

OURWEEKLYNEWS.COM

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Walnut

The Annual Walnut Family Festival On Oct. 10

Family Fun Featuring Parade, Kid's Fun Zone and Live Music

By ALICIA JENSEN

Walnut – The 39th Annual Walnut Family Festival is scheduled for Saturday, Oct. 10, from 8

see Walnut page 8

Inland Empire

Traffic Delays On Archibald

Resurfacing began on October 7

STAFF REPORTS

Eastvale – Road construction on Archibald Avenue north of Limonite Avenue will cause traffic delays over the next couple of weeks.

Traffic delays are expected on both north and southbound lanes on Archibald Avenue.

A developer in City of Ontario is

see IE page 6



PHOTO COURTESY: CITY OF WALNUT

Watch local equestrian groups such as the Rising Hope Ranch (pictured) and the Walnut Valley Riders parade through the streets of Walnut in celebration of the 39th annual Walnut Family Festival Event this Saturday, Oct. 11. The parade kicks off at 10 a.m. Suzanne Park will host a Kid's Fun Zone with character appearances from the Disney movie, "Frozen," Food, Pet Adoptions, Community Booths and Live Entertainment until 6 p.m.



PHOTO COURTESY: FACEBOOK

Bark for Life Of Chino Valley On Oct. 17

Featuring K9 Demonstrations, the Batmobile, Sheep Herding and Fly Frisbee

STAFF REPORTS

Chino – Loyal and loving canines bring comfort to a sick person, and man's best friend will be the honored guest Saturday, Oct. 17, during the American Cancer Society's Bark for Life of

Chino Valley.

"The fifth annual Bark for Life of Chino Valley is a family-friendly event honoring our furry friends as caregivers and comforting pets for loved ones who are fighting cancer," Bark for Life Chino Valley Event Coordinator Jennifer Rudin said.

The Chino Valley Bark for Life will include demonstrations by the Chino Police Department's K9 Unit and San Bernardino County Sheriff's Department

see Bark page 5

Los Angeles

Search And Rescue Teams Prepare For El Niño

STAFF REPORTS

LA County – The Los Angeles County Sheriff's eight search-and-rescue (SAR) teams are training and planning for the anticipated El Niño storms predicted for L.A. County. Earlier this month, 36 SAR specialists trained for swift-water rescue

see Sheriff page 8

Two Arrested After Stabbings In Chino

STAFF REPORTS

Chino – On Friday, Oct. 2, two suspects were in custody after an altercation that resulted in three victims suffering non-life threatening stab wounds.

Chino Police Officers responded to the 12200 block of Arlington Avenue before midnight regarding individuals fighting in the street.

Shortly thereafter, officers at-

see Arrest page 5

Our Featured Businesses

Holiday Getaway At Comfort Suites

STAFF REPORTS

La Puente – The holidays are quickly approaching, with Thanksgiving and Christmas just around the corner. With all the planning, cooking, shopping and cleaning at hand now might be a good time to take a little mini vacation and recharge your batteries to stay productive. You may not have the time to make major travel plans,

see Comfort page 5



Located at 753 Glendora Avenue in La Puente, Comfort Suites can be reached at 626-330-0030, or visit their website at www.industryhillshotel for more information and photos of their site. Be sure to check out their ad on page 8.

Open For Breakfast

The Whole Enchilada Brings a Fiesta to Weekend Mornings

STAFF REPORTS

Diamond Bar – Add a little spice to your morning routine and hurry over to The Whole Enchilada for a flavorful breakfast

see Breakfast page 5



The Whole Enchilada is located at 1114 S. Diamond Bar Blvd., (at Grand Avenue, in Diamond Bar). They are open Mon. – Thurs., 11 a.m. to 9 p.m.; Fri., 11 a.m. to 10 p.m.; Sat., 9 a.m. to 10 p.m.; and Sun., 9 a.m. to 9 p.m.

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Where Are You?

By MICHAEL ARMIJO

It felt like a chill. Like a tingling inside my skull. As though I had missed something extremely important. Or something devastating. It was the shrill in her voice that really impacted me.

"Where are you? I've been trying to get a hold of you for over an hour!"

I was a bit confused, a bit nervous about what I was about to hear, but I had to ask the question:

"Why? What happened? What's so important?"

I was pretty shocked to hear the outcome of the question why I was being sought out so drastically.

"I couldn't get a hold of you!"

That was it. I felt the shrill, the panic, the worry for; 'I couldn't get a hold of you.'

I was left trying to figure out: when did it happen? When did we get to a point in our lives that our whereabouts are necessary at all times? Or the flip side, when did our family become so insecure that they need to know where we are upon demand?

There was a time, not too far in the past, when we had privacy. We had time alone. Time for ourselves. Technology, in this day and age, seems to have given that 'right' away. Those moments of reflection, moments of inner thought. Those moments of peace, of serenity. We seem to continue to a need to be clouded, distracted, or entertained constantly.

There are times we must shut the computer, the iPad, the phone, the internet, and the TV off. To take a walk, to sit outside. To talk, read, share, and to listen. To learn how to communicate without a keyboard or a text message.

But our demise for 'instance' isn't just technology's fault, we too are to blame. We are constantly allowing others to rely on us to a point of severe dependency. Our thirst for technology and our constant obsession only shows our loved ones that it's important to obsessively see all, and to know all, every minute and every second of the day. Our behavior has taught them to react in a shrilling tone, in a panicked voice. Until we are pinpointed, marked, labeled, or GPS'd until the question is answered: "Where are you?"



PHOTO COURTESY: GOOGLE

Green Is The New Orange This Halloween

Discover new ways to reduce, reuse and recycle this Halloween

COURTESY OF WASTE MANAGEMENT OF SOUTHERN CALIFORNIA

Inland Empire – Halloween is just around the corner and in the next few weeks, residents will begin transforming their homes into haunted castles. Before they do, Waste Management of Southern California wants to remind residents that there are several ways in which they can get into the spooky spirit without scaring off Mother Nature.

"Between the candy, costumes and decorations that are typically used once before being tossed to the curb, Halloween is notorious for accumulating trash," said Eloisa Orozco, spokesperson for Waste Management of Southern California. "To help keep the spirit of the holiday without making it a nightmare for the environment, we're offering our customers a handful of tips that they can easily use to reduce waste and be green during the Halloween season!"

Zombies, princesses and superheroes can keep their Halloween celebrations festive and eco-friendly by using the following tips from Waste Management:

Give your pumpkin a second life. Instead of tossing your used jack-o'-lantern to the curb after Halloween, remove the candle and add it to a compost pile. Organic waste, such as unwanted pumpkins and fallen leaves, is nutrient rich

and can help enrich fertilizer and produce healthier lawns, plants and flowers.

Hand out eco-friendly treats. Health food stores offer a wide range of candy from organic chocolates to organic lollipops. These tasty treats are produced using methods that are not damaging to the environment.

Use recyclable bags for your trick-or-treaters. Create a unique candy basket or simply put a reusable bag to good use. Avoiding the plastic jack-o'-lantern containers will clear up space in the home, save money and add a dash of originality to your child's costume.

Make your own costumes. Put less stress on your wallet by opting for costumes made of reusable or recycled materials. You can find Halloween costume materials from thrift stores or yard sales.

Walk instead of drive. Rather than drive to other neighborhoods, stay close to home and trick-or-treat in your neighborhood. By walking from house to house you are reducing fuel consumption and air pollution.

Throw a green Halloween party. Purchase organic pumpkins for carving and apples for bobbing from local organic farms. Once the jack-o'-lanterns are carved and the bobbing is complete, use the apples and pumpkins for pies, soups and other tasty dishes.

Help keep neighborhoods clean while trick-or-treating. Carry an extra bag and pick up litter along the way. Candy wrappers can be a big source of litter on local streets during Halloween.

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Huff Supports National Bullying Prevention Month

Senator Alarmed by Reports That Many Students Face Daily Harassment, Especially Those with Life Threatening Food Allergies



PHOTO COURTESY: TWITTER
Senator Bob Huff

COURTESY OF SENATOR BOB HUFF

San Dimas – Senator Bob Huff (R-San Dimas) announced his support earlier this month for National Bullying Prevention Awareness Month, aimed at reducing or even preventing bullying on school campuses, playgrounds and elsewhere. The effort, created by the organization STOMP Out Bullying, observes October as a time to raise awareness and education.

"I am greatly concerned by statistics that show one out of every four students in America deal with the threat of bullying every single day of their lives," said Senator Huff. "Being the target of a bully is a scary fact of life for far too many children and teenagers. The good news is we can take action to prevent harm done to our children. One of those steps is to raise awareness to the issue and then confront it."

According to statistics:

- 1 out of 4 kids are bullied
- 9 out of 10 LGBT students experience harassment at school

- Depending on their ages, up to 43% of kids and teens report being cyberbullied

- 8% of kids stay home from school each day due to the fear of being bullied

- 1/3 of children with life threatening food allergies are bullied

One particular form of bullying concerning Huff is that which is aimed at children who



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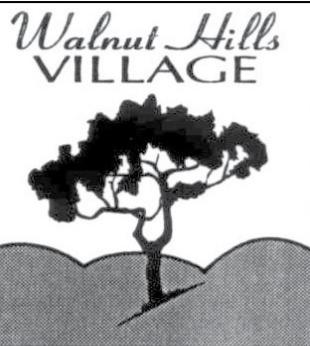


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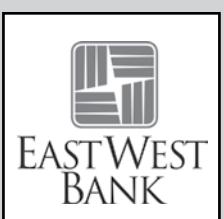
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A holiday at Comfort Suites

Comfort from page 1

but staying local at Comfort Suites might be the perfect solution.

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Located at 753 Glendora Avenue in La Puente, Comfort Suites can be reached at 626-330-0030, or visit their website at www.industryhillshotel for more information and photos of their site. Be sure to check out their ad on page 8 of this publication.

Bark for Life, Chino Valley!

Bark from page 1

Bloodhound K9 Unit, entertainment, food, dog games and dog contests. Sheep herding, fly frisbee, barn hunting, and animal adoptions will all be featured, Rudin said. In addition, participants can take their photograph with a replica 1966 Batmobile (www.charitybatmobile.com), owned by Chino resident Leonora Foddrill who brings out the celebrity ride to various charity functions across the Inland Empire in memory of her late husband Jimmy Foddrill.

More than 100 booths will offer products and services. "We have a great mix of vendors and informational booths including

onsite microchip services and grooming for pets," she said.

"One of the highlights this year is our 'Ask the Doctor' booth featuring the event's Grand Marshal Dr. Greg Ogilvie and Dr. Darlene Sanchez, founder of Loving Hands Animal Hospital, Inc. in Chino, where the public will have the opportunity to ask leading veterinary doctors questions about their pets," Rudin said.

"This year, our fundraising goal is \$15,000 and we hope the entire community will join us in this great cause, all while having fun with their pets," Rudin said.

Pets will also be available for adoption from Priceless Pets Rescue, a Chino Hills based no-kill, volunteer animal shelter serving the Inland Empire.

A registration fee is required for all pets. Rudin encourages pet owners to register their dogs early to receive a discount. To register, visit www.relayforlife.org/barkchinoca. Admission is free and open to the public.

Proceeds will be used by the American Cancer Society to assist local cancer patients, for community education.

"The first 200 dogs will receive a commemorative bandana. We also have goodies for the humans," she said.

The event will be held at Boys Republic High School, 1907 Boys Republic Drive in Chino Hills, from 9 a.m. to 3 p.m. For more information, contact Rudin at 909-529-0505 or email, JenRudn@msn.com.

Two arrested after stabbings in Chino

Arrest from page 1

tempted to stop a white Dodge Charger seen leaving the area. The vehicle failed to yield and after a short pursuit, collided into the public right of way in the 12600 block of San Antonio Av-

enue

The driver, Brandon Coats, 19, of Chino, was immediately taken into custody. A second suspect, a 15-year-old male who had fled on foot from the scene, was later located in the area and was taken into custody without incident.

Coats was booked at the West

Valley Detention Center for driving under the influence and evading police. The teen was booked at the San Bernardino Juvenile Detention Center for assault with a deadly weapon.

Anyone with information is asked to contact the Chino Police Department at 909-628-1234.

The Whole Enchilada open for breakfast

Breakfast from page 1

fiesta! The Whole Enchilada is now open early on Saturday and Sunday at 7:30 a.m. The early bird catches the worm when you visit The Whole Enchilada and grab their Early Bird Special breakfast plate for just \$5.99.

Bring the entire family to The Whole Enchilada, where you can get a taste of authenticity and enjoy a wonderful experience.

From savory huevos rancheros and chorizo to hearty egg burritos and a breakfast skillet, The Whole Enchilada offers two mouth-watering menus featuring an array of classic American dishes and traditional Mexican cuisine. Visit The Whole Enchilada for a rich, delicious, invigorating Mexican breakfast perfect for any occasion.

They guarantee you will enjoy your dining experience!

"All our food is made fresh daily," says Lil Palmer of The Whole Enchilada.

The restaurant has been in business for over 30 years, and offers fresh, authentic Mexican recipes their resident chef brought from their homeland. There is a reason it is a favorite with locals. The Whole Enchilada offers a variety of delicious Mexican dishes ranging from enchiladas and burritos to carne asada and fajitas – and don't forget their Mexican Kaluha Flan or Rio Grande Mud Pie after your meal!

The Whole Enchilada can help cater any event you have planned featuring their delicious handmade tamales, which are available year round. This traditional holiday dish is sold by the dozen and is available in pork, beef, chicken, green chili and cheese. Other menu items, such as the taquito or street taco platters, are available for catering as well.

Whether it's an anniversary, a business meeting or catered Grand Opening, a fundraiser or birthday party, or even just a wonderful excuse not to cook, The Whole Enchilada will dazzle you with their excellent customer service and delicious food. They look forward to helping you celebrate the special moments in your life.

The celebration doesn't stop with just one visit. The Whole Enchilada has gift cards available for purchase in person or online. And be sure to ask about the Combo Punch Card, Enchilada Bucks, and Kids Club.

Whether you live near or far, come be a local at The Whole Enchilada. Your taste buds will thank you! The Whole Enchilada is located at 1114 S. Diamond Bar Blvd. You can reach them at (909) 861-5340, and visit their website at www.wholeenchilada.com. See their ad on the back page of this publication.

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Pomona Unified Cosmetology Program Expands

COURTESY OF POMONA UNIFIED SCHOOL DISTRICT

Pomona — The Pomona Unified Adult and Career Education's Barbering and Cosmetology program has expanded partnerships to include eligible high school students from nearby school districts who are interested in taking advantage of the innovative and

popular course offering, which launched last year.

The PUSD Adult and Career Education Program is articulating with the San Antonio Regional Occupational Program — which serves students from Bonita Unified and Pomona Unified — and Baldy View Regional Occupational Program — serving students from Chino Valley, Claremont, Upland

and Chaffey school districts — to provide the articulated course.

This is the first time that two regional occupation programs have collaborated to meet the needs of high school students in Pomona and surrounding districts.

"This innovative model supports Pomona Unified students who wish to pursue a career after high school, while also extending admission to local high school students who desire the same high-quality level of training but don't have access to it in their areas," Board of Education President Andrew Wong said. "This speaks volumes of the caliber programs PUSD offers and how the partnerships we forge are able to benefit all students."

Under the collaboration, high school students from these districts will have the opportunity to pursue Barbering and Cosmetology State Board licensure requirements, complete the two-year course and become workforce-ready by the end of the senior year.

"This offers students an incredible opportunity to pursue their careers and receive hands-on training while in high school," said Enrique Medina, director of Career Readiness at PUSD. "We welcome all additional applicants to our program and appreciate Baldy View and San Antonio's collaborative approach to provide real-world education and mentorship for our students."

In order to receive a Certificate



PHOTO COURTESY: PUSD
Students gain experience in the field and work with clients to prepare for the State Board exam.

of Completion in Cosmetology, students must enroll in their junior year of high school and complete the 1,600-hour course over the next two years. Upon graduation from high school, students will begin accepting clients in preparation for the State Board exam.

Client operation hours will run from 5:15 to 7:15 p.m. Mondays through Thursdays and from 10 a.m. to 1 p.m. Saturdays. All work will be performed by students in training.

"We are thrilled to expand program enrollment and look forward to its continued success," Pomona Unified Superintendent Richard Martinez said. "The increasing popularity of this program speaks volumes of the high-quality education and vocational train-

Traffic delays on Archibald

IE from page 1

resurfacing Archibald Avenue between Limonite Avenue and north of City limits, say Eastvale Public Works Department officials.

The work will continue until Oct. 15.

Local access to businesses and residences will be maintained throughout all construction activities.

Commuters are encouraged to use alternate routes during resurfacing process.

According to a city-issued news release, flaggers will be provided as needed to assist traffic through the work zone.

Road work will continue through the weekend to minimize weekday traffic congestion.

For additional information, contact the City of Eastvale Public Works Department at 951-703-4470.

ing available to our students. We hope they will take advantage of this opportunity to develop 21st century skills."

The San Antonio and Baldy View ROP programs are currently accepting applications.

For more information about the program, call San Antonio ROP at (909) 397-4711, ext. 6785, or Baldy View ROP at (909) 980-6490.

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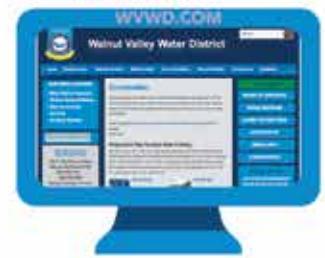
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WVWD BOARD ADOPTS A STAGE 3 WATER SUPPLY SHORTAGE RESOLUTION

To help comply with the state's conservation mandates and to protect our water supply, WVWD's Board of Directors has voted to implement emergency conservation regulations.

The following conservation measures are now in effect for all of our customers:

	Outdoor watering is limited to 2 days per week		All leaks in water users' plumbing systems must be repaired within 48 hours
	Lawn or landscape watering is also prohibited between 8 a.m. – 5 p.m.		Using a hose to wash a vehicle is prohibited unless the hose has a shut-off nozzle
	Watering is limited to no more than 15 minutes per day per irrigation station		Operating a water feature that does not use recirculated water is prohibited
	Washing hard or paved surfaces such as sidewalks or driveways is prohibited		Filling ornamental lakes or ponds is prohibited except as needed to sustain life
	Watering any landscaped area cannot cause excessive water runoff onto hardscape		Refilling pools and spas more than one foot with potable water is prohibited

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WWWD.ORG



州長布朗頒布了緊急節水令

為因應史上最嚴重的乾旱, 加州州政府要求全州的居民和企業減少百分之二十五的用水量。

核桃谷水利局需要區內用水客戶的幫忙, 來達到符合加州新的限水措施以及保護我們最珍貴的資源。大家一起來做, 就能夠有所改變!

核桃谷水利局委員會通過了第三階段水源短缺決議案

為幫助達到符合加州新的節水措施以及保護我們的用水供應, 核桃谷水利局委員會已投票通過進行緊急節水的法規。以下的節水措施現正全面啟動。

	戶外澆水限每周兩次		任何用戶的水管系統有漏水的情況時, 都必須在48小時之內修復。
	禁止在上午八點到下午五點之間澆灌戶外草皮或園藝。		禁止使用水管灑水洗車, 除非水管裝置有可控制出水的噴嘴。
	每個自動灑水器灑水限制在不超過15分鐘		禁止使用沒有水循環再利用的水設施。
	禁止沖洗戶外鋪面或硬地面, 例如人行道或是車道		禁止用水注滿裝飾性的池塘或湖泊, 除非是用以必須維持(水中生物)生命
	當戶外園藝區域澆水時, 禁止造成多餘的水流到附近的硬地面。		禁止加注自來水於超過一呎深的游泳池或三溫暖池的重新注水。

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Search and rescue teams prepare**Sheriff from page 1**

response. The focus was land-based operations which primarily deal with how to rescue a victim safely out of a fast flowing river or channel without having to enter the water.

Upcoming future training will certify these SAR team members as Swift-water Rescue Technicians. Many current SAR team members already possess this certification, which deals with how to rescue a person trapped in a river or channel by entering the water and making contact with them. Swift-water rescue responses are the highest level of risk to the public safety agencies who respond. One-third of all swift-water deaths are rescuers who attempt to save someone from a river or channel.

The eight SAR teams consist of team members who live in the immediate area and they will be

pre-identifying likely areas prone to flooding. They will coordinate with our public safety partner agencies who are stakeholders in flood responses. Once identified, the teams will pre-plan rescue sites for those areas including the identification of possible hazards.

SAR teams work closely with LASD's Special Enforcement Bureau Emergency Services Detail (SEB/ESD), a highly trained and multi-mission bureau which staffs Air Rescue 5, the premier helicopter rescue platform. SEB/ESD deputies operate 24-hours a day, seven days a week. In addition to their tactical operations, all SEB/ESD deputies are certified paramedics and rescue divers. SEB/ESD is responsible for coordinating and participating in mountain search and rescue, underwater search and rescue, and swift water and flood rescue operations for the Los Angeles County Sheriff's Department. They staff the Air-5 Rescue He-

licopter, the SEB/ESD Ocean Rescue Boats, and are Special Weapons Team members.

Los Angeles County Sheriff's Department Search and Rescue Team members are Reserve Sheriff's deputies who volunteer their time to help others for \$1 a year, and who partner with sheriff's civilian volunteers who volunteer for free. There are 200 members of the eight Search and Rescue teams of the Los Angeles County Sheriff's Department. They are all Emergency Medical Technicians and certified mountaineers. These rescuers were activated for 597 search and rescue missions last year, making it one of the most active counties for search and rescue missions in the nation. Reserve deputies and civilian volunteers are supervised by full-time sheriff's deputies. For more information on the ongoing El Niño event, please visit <http://www.elnino.noaa.gov>.

The annual Walnut Family Festival**Walnut from page 1**

a.m. to 6 p.m. at Suzanne Park, located at 625 Suzanne Rd in Walnut. The Festival highlights include a Community Parade (with free giveaways and prizes for the audience) Live Entertainment, Kid's Fun Zone (with special guests from the movie "Frozen" - Elsa and Anna of Arendelle), Food Booths, Arts & Crafts vendors as well as a variety of service clubs, youth organizations, businesses, and environmental services, all aimed at improving your quality of life in Walnut.

The day kicks off with the annual Pancake Breakfast at 8 a.m., followed by a parade down La Puente Road. Then the fun and entertainment kicks into high gear at Suzanne Park.

Arrive early to get the best



Walnut Swim Team

PHOTO COURTESY: CITY OF WALNUT

Walnut High School Marching Band, Walnut Valley Riders, LA Extreme Cheer, AYSO, community floats, and much more.

Live entertainment kicks off on the Valley Vista Stage at 12 p.m. featuring special musical performances by DSB (Journey Tribute Band) from 12:30 p.m. to 2:30 p.m., Box Car 7 playing the best in R&B, classic rock and swing from 3 p.m. to 4 p.m.; and The Filharmonic from 4:30 p.m. to 5:30 p.m., an acapella group as seen on TV show "The Sing Off" and movie "Pitch Perfect 2".

There will be plenty of fun kid activities with carnival attractions, a petting zoo, race car train rides, special guest appearances and a sing-a-long with Queen Elsa and Princess Anna of Arendelle.

The food court will feature several non-profit groups cooking up an assortment of delicious foods while earning money for worthy causes. Come enjoy breakfast, lunch or dinner. The Walnut/Diamond Bar Lions Club will be flipping flapjacks from 8 a.m. to 10 a.m. so you can get a great start on a jam-packed day of fun.

Join us for a day of fabulous food, terrific entertainment, wonderful exhibits and lots of fun!

For more information about the Festival, call the Walnut Community Services at (909) 598-5605.

Straight Talk With Danice

A Letter From Loretta

By DANICE AKIYOSHI, N.D.



Q: I just found out that my 38-year-old son is planning to move in with me. He is in the middle of a divorce and apparently things are getting desperate for him financially because of attorney fees. I heard this through the family grapevine. I am a wid-

ow and I've lived alone for three years. I don't want a roommate at this stage of my life. I would be more willing to loan him the money for his attorney fees. My brother-in-law says this is cold hearted of me. I love my son, but want a peaceful home.

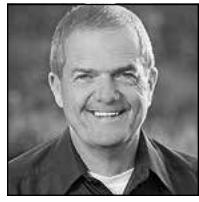
A: If living alone feels best to you, you should be honest about your preference. Living with someone is a big deal. Family grapevines are not always accurate, but if your son does approach you to pitch this arrangement, you should definitely express the ways you're willing to help him while at the same time explaining that living

as roommates does not work for you. It is quite generous of you to offer financial support during this difficult time in his life. You can offer emotional support in many different ways as well. Good luck!

Danice Akiyoshi is a Naturopathic Doctor and the head of Candid Coaching Services. She offers personal coaching services relating to all types of issues and concerns. To send a question to Danice, email her at straighttalk@candidcoachingservices.com. You can also visit her website at www.candidcoachingservices.com.

Do You Have A Passport?

By PASTOR MARK HOPPER



Everyone who travels outside their own country is required to carry a passport. We are now required to have a passport to even visit Mexico and Canada.

A passport reveals a lot about a person. A passport identifies you as a citizen of a specific country. My passport clearly states that I am a citizen of the United States of America. I am thankful to carry a US passport.

In addition, a passport tells a lot about you. It includes the date and location of your birth. It includes your photograph so that you can quickly and easily be identified with the information in it. It tells when your passport was issued to you and the date it will expire.

Your passport also contains a record of the places you have been. When you enter a foreign country, they usually

stamp your passport to record the date you entered and the date you departed. It indicates if you arrived by plane, train or by automobile. It is fun to thumb through the pages in your passport and remember the adventures you have shared and the places you have been in the past.

Sometimes airlines will put a sticker on the outside of your passport. This indicates that you have been interviewed or screened for security purposes before they allow you to board their airplane.

Today, many countries are relying more on electronic screening. They can scan or swipe your passport and immediately know a lot about you. You may find this comforting or you may feel concerned that there is so much information about you in their records.

I don't know if they had passports in ancient times, but I do know that citizenship was a big deal even in Bible times.

The Apostle Paul invoked his rights as a Roman citizen on several occasions (Acts chap-

ters 16 and 22). Citizens of Rome had additional rights and protections that were not granted to non-citizens.

In one of his letters, Paul says "Our citizenship is in heaven..." (Philippians 3:20). Paul was both proud and thankful to be a citizen of Rome, but he was even more thankful to be a citizen of heaven through his faith in Jesus Christ.

If you have a passport, let me encourage you to dust it off and look through the pages. It will be a helpful reminder of the places you have been to. And, if you are not sure about your citizenship in heaven, let me encourage you to dust off your Bible and read some of the things that the Apostle Paul wrote his letters to the Romans and Ephesians about how you become one.

Pastor Mark Hopper is from the Evangelical Free Church of Diamond Bar, 3255 South Diamond Bar Ave. Sunday services are 9 a.m. and 10:45 a.m. For more information, call (909) 594-7604 or visit www.efreedb.org.

Facing Grief Head On

By NANCY STOOPS, M.A., M.F.T.



I know from lots of personal experience the loss of a loved one is devastating. I know it can dump a person into a very severe depression. It can make us feel like we just can't go on and that life isn't worth living without that loved one. I have literally helped thousands of people heal from the death of a loved one. I know it's important to understand that we all must leave this world when it is our time. Death has no logic or fairness it just is and is the hardest part of living. I also know that we heal when we find a way to live that honors ourselves and our loved ones still here and our loved ones that have passed away.

The worst thing we can do is feel guilty that we are still alive but a very special loved one has passed away. No matter what we do, say or feel, nothing can bring that loved one back to us. All we can do is live our lives fully, live our lives for ourselves and for all of our loved ones that have passed away. The truth is that our loved ones don't want to die and make us feel such unbearable pain because they are no longer here. So it's very important to fully appreciate the life of a loved one when they are alive and with us. One of the tricks of a very successful life is to take nothing for granted especially those closest to us.

So when you lose a loved one grieve but don't give up on your life. Remember we are all only here for such a short time so live well and love well and I promise then you will have no

regrets. Don't waste your life because we only get one time to do it all. Tell people you love them, be affectionate and when they pass away carry them in your heart forever!

This article was written by Nancy Stoops M.A., M.F.T. Nancy is a licensed Marriage and Family Therapist. She has a private practice in Diamond Bar and is currently accepting new clients; she is also a motivational speaker who can inspire your employees or group members. Nancy runs free family support groups, including a group on loss for seniors, and groups on how to manage anger. For more information about any of these services feel free to contact her at (909) 229-0727, or via email at nancystoops@verizon.net. Nancy's books, "Midnight the Therapy Dog," and "Live, Heal and Grow," are available at Amazon.com.



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For more tips on reducing water use, visit [saveourH2O.org](http://www.saveourH2O.org)



Chino Valley Chamber Expo Makes Connections

STAFF REPORTS

Chino – On Saturday, Oct. 3, the Chino Valley Chamber of Commerce, in partnership with Chino Valley Medical Center, hosted its annual Business Expo featuring more than 100 vendor booths and drawing more than 500 attendees to the at the Shoppes at Chino Hills. The crowd mingled among booths while learning about local companies, including Delicate Smiles, Cruise Planners, Pampered Chef, Welborn Media, ABC Public Relations/Armijo News, NutriShop Chino Hills, and Smileland Orthodontics. In addition, a variety of local agencies were represented, including The Chino Valley Police Department's, Supervisor Curt Hagman, City of Chino, City

of Chino Hills and Chino Valley Fire District. Kids also enjoyed a variety of fun activities including pony rides, petting zoo and a children's corner. The Chamber was delighted to see such a great turnout from vendors and visitors, the visitors and vendors themselves all seemed pleased to have taken the time to be a part of the expo.



PHOTOS BY: MICHAEL ARMijo

9 Round 30 Minute Kickbox Fitness

Chino Valley Chamber welcome its newest member on October 15th

BY GEL DELOS SANTOS

Chino - Say goodbye to the boring, big box gyms because a new fitness circuit is in town! Chino Hills residents John and

Selina Licea opened 9 Round 30 Minute Kickbox Fitness franchise club on July 30, 2015 in Chino Hills, located at 14230 Chino Hills Parkway, Suite E. John and Selina are true fitness gurus who fell in love with the concept of a 30-minute full body circuit training routine. It is a high energy fitness program for every body type. Designed for both young and old, from age 10 and up, there is no limit. Full customizable family plans are available for the entire family. Reasonably priced, 9 Round 30 Minute Kickbox Fitness is a more affordable option than those large gyms. With the price that a member pays, membership includes a personal trainer who will guide and coach them through the 9 different stations, or better known as 9 Rounds. Members also have access to an online

nutrition program. John and Selina encourage everyone to stay fit. Selina says, "Don't be afraid because at 9 Round 30 Minute Kickbox Fitness you get fit, never hit!"

The Chino Valley Chamber of Commerce will officially welcome its newest member, 9 Round 30 Minute Kickbox Fitness with a special ribbon-cutting ceremony on Thursday, Oct. 15 at 1:30 p.m. The ceremony will be followed by a grand opening raffle where all proceeds will be donated to Gifts 2 Help, a non-profit organization that benefits local families in need during the holiday season.

Come join the Chamber, city officials, local elected officials and other community members in welcoming John and Selina Licea to the Chino Valley business community.



PHOTO COURTESY: GEL DELOS SANTOS

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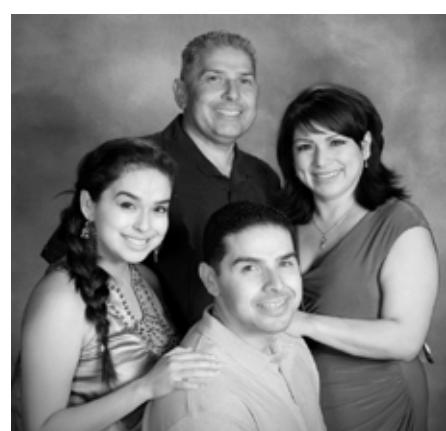
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- 4 Bedrooms • 3 Bath
- Single Story • 2 Car Garage
- 1,856 Sq. Ft.
- Built in 2008

Come see this wonderful 1-story home with plenty of living space. The living and dining rooms lead to an open floor plan with high ceilings. The kitchen has granite countertops and plenty of storage space in cabinetry. There is a good sized backyard with grass area, plus covered patio with ceiling fan, and a new pergola patio area with outdoor fireplace. Wonderful home for entertaining!



Spacious kitchen has granite countertops and plenty of storage space in cabinetry.



Custom tile and paint throughout the home with ceiling fans everywhere!



Long beautiful hallways lead to clean bathrooms! Tankless water heater provides plenty!



Covered patio is cable-ready with ceiling fan! Also a NEW pergola patio with fireplace.



Every room is Internet ready and has ceiling fans to keep you cool!

NO homeowners association! Come see all this home has to offer!

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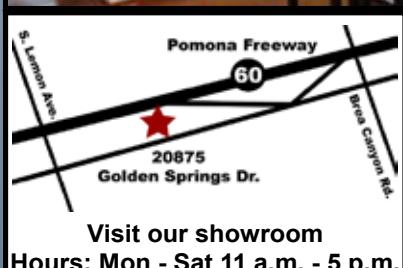


FREE
In-Home
Consultation

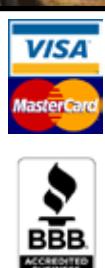
Baths

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• cheese enchilada • (2) taquitos
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Entrée

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The Whole Enchilada

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