

Our Weekly News.com

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Walnut

Walnut City Council Recap

By NATALIE KIM

Diamond Bar - Mayor Pacheco began the Oct. 14 Walnut City Council meeting by recognizing the recently retired Assistant Chief Fire Director Dave Stone. The Council thanked Stone for his invaluable commitment and tireless work keeping Walnut safe, and wished him a happy and peaceful retirement. Following the presentation,

see Walnut page 8

Diamond Bar

Diamond Bar City Council Recap

By NATALIE KIM

Diamond Bar - The Aug. 20 Diamond Bar City Council meeting began with an update from the City staff, announcing plans for a City clock on a street median on Diamond Bar Boulevard and Grand Avenue. The announcement was followed by a plethora of presentations, the first to Gary Miller upon his retirement from the

see DB page 6



PHOTO BY: MONIQUE VALADEZ

Inland Empire Field Representatives gather at Chino's Planes of Fame Air Museum to build stronger bonds and effective leadership.

Elected Officials, Aides Take Flight

By MONIQUE VALADEZ

Chino - San Bernardino County Fourth District Supervisor Curt Hagman joined dozens of state and local district

representatives at Chino Airport on Wednesday, Oct. 21 for the newly-formed Inland Empire Field Representative group.

Initiated by Senator Connie Leyva's (D-Chino) San Bernardi-

no District Representative Henry Castillo earlier this year, the Inland Empire group is comprised of district aides, elected official's

see Flight page 3

Drop, Cover, And Hold On!

Walnut Valley Students Join Global Shakeout Earthquake Drill

By KELLY GILE

Diamond Bar - On Oct. 15 at 10:15 a.m., the alarm sounded at Diamond Bar High School.

It was time for the annual Great California Shakeout earth-

see Earthquake page 7



PHOTO COURTESY: WVUSD

Diamond Bar High drama students took part in today's Great Shakeout earthquake drill, playing victims in triage units around the campus.

Inland Empire

Local Sheriffs Make Wish Come True

San Bernardino and Riverside Sheriffs grant Abigail Snipes' wish to fly

STAFF REPORTS

SB County - Twelve-year-old Abigail Snipes, who was born with a genetic nerve disorder that causes tumors, told her mother she dreamed about flying someday. On Oct. 21, Abigail's wish

see IE page 8

Chino Valley Mail Ballot Drop-Off Locations

STAFF REPORTS

Chino Valley - San Bernardino County's Registrar of Voters has set up several mail ballot drop-off locations throughout the county including the Chino Valley Fire District, city halls, and libraries. The consolidated general

see Ballot page 5

Our Featured Businesses

Clark's Helps You Live Better!

By MONIQUE VALADEZ

Chino - When it comes to health and nutrition, one size does not fit all. Just ask your neighborhood's health and nutrition market, Clark's Nutrition and Natural Foods Market who strive to make lives better one customer at a time.

Clark's equates success not with size but with integrity, responsibility

see Clark's page 5



For all your health and nutritional needs, look no further than Clark's in Chino or any of their other I.E. locals. Clark's is open 7 a.m. to 9 p.m. every day. Whatever your health goals, Clark's can help! Visit www.clarksnutrition.com.

"Sell Your Casa" With Gil Rivera

By SARAH SANCHEZ

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see Gil page 5



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Proud of Myself

By MICHAEL ARMIJO

I remember closing my eyes, trying my hardest to embrace the way I felt. I wanted to burn into my memory the feeling of enchantment that overwhelmed me. I wanted the way I felt that evening to last a lifetime.

It wasn't just dinner and cocktails with some co-workers. It wasn't just a significant evening for someone special, a celebration of achievement. The evening meant more to me than it did to the person being honored. It was an evening in which I was proud to be included.

With my wife in my arms, I memorized the melody of the song as we slowly moved over the shiny, wooden dance floor. A glance out of the window provided a beautiful view of the city. A look around the room at people I respected and admired filled me with tremendous pride. I will never forget how it felt to be present and included that night.

When I tried to recall the last time I felt this way, it took me back to the 7th Grade. I remember failing all my classes and my teacher, Miss Contreras, helped to change my perspective. She told me that I deserved to be number one; that I deserved to be the best and to feel proud of myself. What she said worked, because I found the path that led me to becoming Student of the Year, along with top grades and a place on the honor roll.

Unfortunately, that feeling was taken from me. Abuse and neglect took those happy moments from my life and traded them for sadness and pain.

Over the years I've worked hard to overcome those hard times and make a positive difference in the lives around me. Just as Miss Contreras did for me, I've tried to help people find their own path to personal worth, encouraging people to live the life of an achiever; showing people that it can be done.

Because of who I was and where I've been, helping others and making a positive contribution has always meant so much to me. I've always dreamed of feeling the satisfaction of making a difference – without conditions or ulterior motives. I've waited for the day that I knew my accomplishments were worthy of my intentions.

And that evening - an evening I will forever hold dear in my heart - I stood there with peers of mine whom I respected, with the woman I've loved for nearly 30 years, and I felt proud of my life. With a tear in my eye, I realized I have made a difference in the lives around me.

And just as I felt when I won that 7th Grade Student of the Year award, I had earned a feeling that no one could ever take from me. I found the path to fulfillment for what I've done with my life, and realized it was okay to feel proud of myself.

Halloween Safety Tips

COURTESY OF POMONA PD

Pomona - The Pomona Police Department would like to offer the following simple tips to make Halloween safe and fun:

- Be sure older children take friends and younger children are accompanied by a trusted adult when trick-or-treating.
- Accompany younger children to the door of every home they approach and make sure parents and guardians are familiar with every home and all people from which the children receive treats.
- Teach children to NEVER enter a home without prior permission from their parents or guardians.

- Teach children to NEVER approach a vehicle, occupied or not, unless they are accompanied by a parent or guardian.
- Make sure all children wear reflective clothing and carry a glow stick when out at dusk and at night to help drivers see you.
- Teach your children to be aware of drivers on the road before they cross the street. Only walk on sidewalks, use established crosswalks and look both ways before crossing the street to stay safe.
- Make sure children are able to see and breathe properly and easily when using facial masks. All costumes and masks should be clearly marked as flame resistant.



PHOTO COURTESY: GOOGLE

- Teach children to NEVER approach a home that is not well lit both inside and outside.
- Teach children to stay alert for any suspicious incidents and report them to their parents, guardians, and/or the proper authority.
- Teach children if anyone tries to grab them to make a

scene: loudly yell, "This person is not my father/mother/guardian," and make every effort to get away by kicking, screaming, and resisting.

- Consider organizing or attending parties at home, in schools, or in community centers as a good alternative to trick-or-treating.

Elected officials, aides take flight

Flight from page 1

field representatives and staff throughout the Inland Empire. The group meets quarterly at various locations hosted by a representative's department.

"Fostering partnerships was the goal when we first started these meetings with Inland Empire representatives," Castillo, a seasoned district aide said. "Growing up in Pomona, I knew the political climate here is really splintered. When I ran it by Senator Leyva and staff, they thought it was a great way to foster partnerships with all the other levels of government in our area."

Castillo also highlights that the Inland Empire group was developed to discuss hot issues, learn about the Inland Empire's points of interest and improve their relationships with constituents.

"Most of the time a constituent will call a state representative office with a federal issue or a county issue and instead of just giving them a number for them to call we can actually refer them to a specific person and follow up with that representative personally," he said.

Hosted by Hagman's office this month, the group gathered at

The Planes of Fame Air Museum at Chino Airport for a docent-led tour, a lunch discussion on airport's economic development plans and an airplane restoration demonstration by AeroTrader.

"Given the recent success of the county on developing Chino and control of Ontario airports, it's only fitting that this group meet at Chino Airport," Hagman said. "It's the perfect setting to build working relationships, improve our leadership and explore the county's gems."

The group was guided through the museum's hangars filled with historical aircrafts including the museum's rare P-38 Lightning exhibit featuring WWII 475th Fighter Group artifacts.

Matt Smith, a museum guide for over two years, corralled the pack along the well-manicured hangars of the museum while some of the patrons lost themselves in the exhibits snapping photos of a bygone era.

"The museum's history is mind boggling," Smith, a retired employee from Northrup Grumman said. "As a docent, every tour is a learning experience for me. I'm always learning from the guests."

Following the guided tour, guests were treated to pizza and a quick recap of the district's upcoming development goals.



PHOTO COURTESY: MONIQUE VALADEZ

Museum docent Mike Smith gives a tour of the Planes of Fame Air Museum to the Inland Empire Field Representative group.

According to Hagman, the county is currently assembling money and muscle for future development of Chino Airport, one of the busiest county airports.

"We're aiming for big results this year," the supervisor said. "Chino Airport is underutilized and we hope to bring FedEx very soon as an anchor tenant bringing more jobs and revenue to the area."

Hagan also mentioned his efforts to expand the underutilized Prado Regional Park in Chino and the county's recent regain of control of Ontario International Airport.

Castillo admits that since starting this group, participants have been astonished with what they have learned from the group's quarterly gatherings.

"It's surprising how many parts of the Inland Empire we are unfamiliar with or resources

we are not aware of," Castillo expressed. "By having these quarterly meetings in different locations it's a great way to highlight and learn about the different resources available in our areas."

About 15 people attended the meeting at Chino Airport, and while the group will continue to grow and learn, Castillo hopes to accomplish strong working relationships to solve constituent issues.

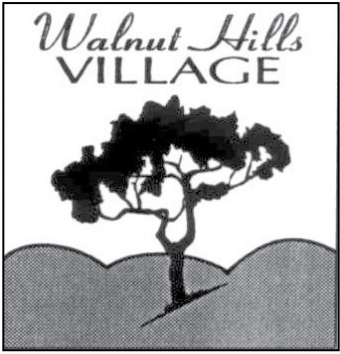
"A couple of months ago, I called both the county and the city to resolve a new rehabilitation center licensing question from a resident," Castillo said. "I was able to depend on the relationships built through our I.E. Representatives meeting to not only educate myself on the issue but also the concerned constituents."

Mission accomplished.

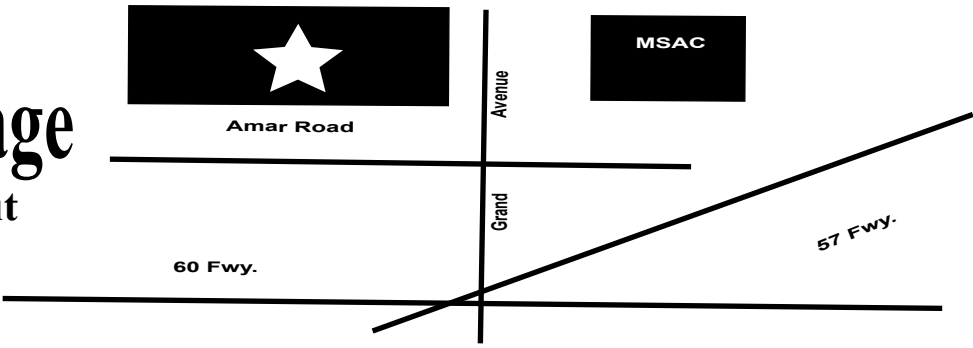
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Clark's helps you live better!

Clark's from page 1

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Bruce Clark is vice president of retail development, and their sister Tracy Clark is the director of finance.

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CV mail ballot drop-off locations

Ballot from page 1

election is Nov. 3.

Some of the Chino Valley drop-off boxes are located at the following locations:

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Chino Hills City Hall,
14000 City Center Dr., Chino Hills

Chino Branch Library,
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Chino Hills Branch Library,
14020 City Center Ave., Chino Hills

Cal Aero Preserve Academy Branch Library,
15850 Main St., Chino

Chino Valley Independent Fire Department,
14011 City Center Dr., Chino Hills

For a complete list of county-



PHOTO COURTESY: GOOGLE

wide locations, visit <http://www.sbcountyelections.com/Voting/MailBallotDropOff/2015/1103.aspx>

The public can drop off mail ballots during regular business hours, Monday through Friday between 8:00 a.m. and 5:00 p.m. The ROV will pick up mail ballots every Tuesday until the election. The last pick-up will take place on Tuesday, November 3, 2015 at 5:00 p.m.

Voters can still sign up to receive a mail ballot by filling out the Mail Ballot Application found on the back cover of

their Voter Information Guide, by downloading an application from the Elections Office website, or by calling the Elections Office. Voted mail ballots may be returned via the U.S. Postal Service, in person to any polling place on Election Day, or to one of the 30 mail ballot drop-off locations prior to Election Day. The deadline to apply for a Mail Ballot is seven days prior to Election Day.

Voters can find their polling place assignments at www.sbcountyelections.com or by calling (909) 387-8300.

"Sell your casa" with Gil Rivera

Gil from page 1

four-unit investment properties in Los Angeles, Orange, San Bernardino and Riverside Counties. He also does real estate appraisals for banks, estates, taxes, trusts, divorces, attorneys, refinances, and home purchases. Rivera also has assistants that work with him who are fluent in Spanish and Chinese, which helps him to reach people of different dialects all over Southern California.

With a 24-year proven track record of success, Rivera has sold homes in 26 different cities throughout Southern California.

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Rivera's philosophy is to "treat my clients the way I want to be treated." In fact, Rivera said that

he became a Realtor because he did not like the way his Realtor treated him when he was buying his home. Rivera shows respect for his clients at all times. He listens to what they say, so that he can better serve them.

Rivera also does not push his Buyers into a sale. "I always tell Buyers: 'You will know right away when we walk into the house that's meant for you.' Rivera said, "Whether it takes a week or months, my Buyers will always be satisfied with their purchase and are never pressured into it."

Rivera's Sellers love the fact that he offers a discounted commission, but with full service. Rivera offers a 4 percent Total Commission for Sellers, which includes 2.5 percent to the Buyer's Agent and 1.5 percent to Rivera's office. Most Realtors negotiate a 6 percent commission because they have to split the fees with their brokerage. But, Rivera passes on the savings to the Seller. This will save

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Rivera absolutely loves what he does. He loves selling homes to Buyers because he helps fulfill their dreams of home ownership. His favorite part of selling homes to is transferring the keys to the excited new owners. Rivera also loves selling homes for Sellers. He enjoys the individuality that each property offers and promoting the positive attributes of the home.

Rivera says, "Many agents spend their time showing houses....I sell them!"

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White House Honors Pomona Schools

STAFF REPORTS

Pomona – On Oct. 15, Pomona Unified School District and Cal Poly Pomona were recognized at the White House for a partnership helping underprivileged Hispanic youth reach higher education.

“It’s through important partnerships such as the one we have with Cal Poly Pomona that we are able to offer tremendous educational opportunities to our students and support them in their academic, professional and personal endeavors,” said Martinez, who was recognized at the White House earlier this year for bolstering student achievement and increasing access to technology at PUSD schools.

Cal Poly’s program, named Pomona TRANSFERmation, grew out of its PolyTransfer program, which was created in response to a call for greater access to higher education from the White House Initiative on Educational Excellence for Hispanics.

TRANSFERmation will cre-

ate pathways for PUSD graduates to enter two- and four-year colleges and universities, as well as improve their college readiness in English and math, build support networks for them and engage parents.

“We are proud to forge this four-year partnership with Cal Poly Pomona to offer our Latino students a pipeline to college and help remove barriers to higher education by prioritizing early intervention, as well as parent engagement efforts,” said Board of Education President Andrew Wong. “We remain committed to fostering a college going culture, enhancing academic and educational programs, and making acceptance to a four-year university not only a possibility, but a reality.”

Cal Poly Pomona has long had agreements with local community colleges that ease the path for students, but Terri Gomez, interim associate dean for Cal Poly Pomona’s College of Education and Integrative Studies, said more can be done.

“We know that if we real-

ly want to have an impact, we have to extend that pipeline to K-12 students,” Gomez said. “We want to facilitate educational access, which will lead to economic mobility.”

As part of Cal Poly Pomona’s commitment, the university will provide college and financial aid workshops for PUSD high school students; bilingual workshops at the high schools for Latino parents; bilingual campus tours for parents and students; peer mentoring with Cal Poly Pomona transfer students; and a summer program for prospective Latino high school and community college students.

“This truly is a transformative initiative that will change the lives of our first-generation and underrepresented Latino students, who often face challenges to success, and also supports our efforts to provide the children of this community with a high-quality education,” Martinez said. “I want to thank Cal Poly Pomona for its foresight and leadership. It is an honor to jointly receive this White House recognition.”

Diamond Bar city council recap

DB from page 1

US House of Representatives. Miller has resided in the same home since 1979. He was one of the first elected councilmembers for Diamond Bar, and even helped resident’s petition for cityhood.

Alex Lee was presented a Certificate of Recognition for being named Leo of the Year for his efforts in volunteer and humanitarian work with Diamond Bar High School’s Leo Club, which was also earned an Excellence Award for humanitarian efforts, fundraising, and volunteer efforts.

Next, October 2015 was proclaimed National Cyber Security Awareness Month, to spread awareness about the damaging effects of poor cyber security. Residents were encouraged to learn more about cyber security at www.stopthinkconnect.org, as poor cyber security can affect not only personal life, but also businesses.

Finally, there was a presen-

tation on the importance of voting, and all eligible residents were encouraged to vote in the upcoming Nov. 3 election. People eligible to vote can register to vote and learn more about voting at www.lavote.net.

The City was then introduced to the new Los Angeles County Assistant Fire Chief, former Diamond Bar resident Jim Robinson. A report was then presented concerning the imminent El Niño season, and residents were warned of strong storms and the possibility for flooding. Residents were advised to clear out v-ditches, drains and rain gutters of debris; to check their roofs for leaks; and most importantly, have a Family Evacuation Plan in the case of flooding.

During the public comments, representatives from the Diamond Bar Public Library announced several events, such as: on Oct 24. at 2 p.m., Lisa See will be at the Diamond Bar Public Library to discuss her book, “China Dolls,” followed by a book signing; a workshop for

toddlers on Oct. 28 at 11 a.m., allowing a fun time for parents to play with their children; and finally a Halloween Spooktacular Party with the Wacko Show, on Oct. 31 at 2 p.m.

Following the public comments, the schedules of future events was read as follows: the Parks and Recreation Commission meeting is on Oct. 22 at 7 p.m.; the Planning Commission meeting is on Oct. 27 at 7 p.m.; the Halloween Haunted House is on Oct. 30 and 31, from 6 to 9 p.m. at Heritage Park, 2900 S Brea Canyon Rd.; election day is on Nov. 3, and polls will be open from 7 a.m. to 8 p.m.; and the next City Council meeting is on Nov. 3 at 6:30 p.m.

The Council then approved all items on the consent calendar, including the Council minutes from Oct. 6, and a check register for \$1,924,665.07.

The Council adjourned with plans to meet again on Nov. 3, at 6:30 p.m. at the APMD Government Center Auditorium, 21865 Copley Dr.

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Drop, cover, and hold on!

Earthquake from page 1

quake drill and students and staff prepared to take action.

On cue, they immediately dropped and took cover under their desks and tables, and held on to something sturdy for one-minute.

Then the classes went to three designated areas around the campus to take roll call.

The school also practiced their emergency response plans with search and rescue and medical evaluation drills.

Beginning drama students were on hand in staged triage areas to help act out roles as earthquake victims. They took



PHOTO COURTESY: WVUSD

Freshman Zoe Marquez gets in character with an arm injury. School nurse Terri Guest, teachers Stephanie Green, and Beatrice Casagran access the situation.

their parts seriously, researching and practicing prior to the earthquake drill.

"It's always necessary to have these types of drills because it helps the site prepare for disasters – especially here in earthquake-prone California," said Assistant Principal John Terry. "So the more we can practice, the safer and more prepared we'll be."

A special thanks to Chase Paulson, Terry Guest, Lorraine Gomes, Doug Medford, Beatrice Casagran, USB and Drama students, and all the staff and volunteers who made the school-wide event a success.

"Practicing these drills supports and reinforces the impor-

tance of emergency care in a disaster until medical assistance is available," said school nurse Terry Guest, who led one of the triage units.

The drill began as the Great California ShakeOut in 2008, but now the annual earthquake drill has gone global.

More than 22 million people worldwide, including 10.5 million Californians signed up to simultaneously practice "Drop, Cover, and Hold On," this year, the safety protocol recommended by experts during an earthquake.

All 15 Walnut Valley Unified School District campuses and the District Office took part in the Great Shakeout.



PHOTO COURTESY: WVUSD

Coleen Gee's art history class students dropped under their desks and took cover during the minute-long drill

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Thursday, October 29th

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Local Sheriffs make wish come true



PHOTO COURTESY: SBCSD

Abigail, 12, is granted wish to fly in San Bernardino Sheriff Department's 40King helicopter made possible by S.B. and Riverside Sheriffs' and the Loma Linda Children's Hospital based Debbie Chisholm Memorial Foundation.

IE from page 1

was granted, thanks to the San Bernardino Sheriff Department's Aviation Division and the Debbie Chisholm Memorial Foundation.

Abigail was born with neuro-

fibromatosis, a genetic disorder of the nerves. Abigail and her family have spent most of her life in and out of hospitals. Recently, doctors told Abigail and her family that nothing can be done for her growing tumor and an operation would be too dan-

gerous.

Abigail and her mother Angela arrived at the San Bernardino Airport where they were greeted by several members of the Sheriff Department. They were given a special tour of the Sheriff's Aviation Division. Following the tour, Abigail was given some helpful instructions by sheriffs while getting strapped into the sheriff's 40King helicopter.

Donning a big smile and helicopter helmet, Abigail's wish to fly came true as the helicopter flew around the Inland Empire.

The tour and flight was made possible through the Debbie Chisholm Memorial Foundation (DCMF), the San Bernardino County Safety Employees Association (SEBA) and the Riverside Sheriffs' Association (RSA).

DCMF, SEBA and RSA have worked together for over 15 years to grant wishes of catastrophically ill children throughout the Inland Empire. The charity is named after 12 year old Debbie Chisholm, the daughter of Riverside County Deputy Sheriff Fred Chisholm. After a very hard fight with brain cancer, Debbie died in February of 1994. DCMF has granted over 400 wishes of sick children and provided gifts to more than 3,000 pediatric cancer patients at Loma Linda University Children's Hospital.

Walnut city council recap

Walnut from page 1

two ordinances were approved by the Council: one ordinance amended the City's municipal code regarding purchase and sale of equipment and supplies; the other amended the City's municipal code regarding

the drawing of warrants. The amendments to the municipal code were a response to Councilmember Tragarz's concern over the lack of checks and balances in the Council, as the City Attorney and City Manager were able to draw warrants without bringing the warrants before the Council.

The Council then approved all items on the consent calendar, including the minutes from the Sept. 23 City Council meeting; a resolution allowing claims and demands in the amount of \$1,094,204.78; a resolution to deny Verizon's plans to construct a new wireless telecommunication facility; final tract maps for Francesca Senior Housing; awarding a bid of \$46,980 for storm drain maintenance; a memorandum of understanding between the Los Angeles County and the City regarding the administration and cost sharing for a coordinated integrated monitoring program for the upper San Gabriel River watershed; and a request for formal bids for auditing services.

The Council also approved waiving all applicable City fees for the destruction and subsequent reconstruction of the San Jose Hills road walls located at 20648, 20630, 20624, and 20618 Loyaltan Drive. The Council also discussed Mt. San Antonio College's plans to construct a photovoltaic solar system, and how to cease construction on the site. Many residents expressed concern over the aesthetics and increased traffic on the intersection of Grand and Temple, and the Council agreed that action was necessary against the project.



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Straight Talk With Danice

A Letter From Lisa

By **DANICE AKIYOSHI, N.D.**



Q: I quit smoking three months ago and it's been super hard.

I have gone from putting cigarettes in my mouth to putting food in my mouth instead. I have gained 12 pounds and my pants don't fit anymore. I already feel bad and I know I need to do better. It was my birthday three days ago and my boyfriend had a treadmill delivered to my office as my birthday gift. I am self-employed and have plenty of room, but my face was burning with anger and shame when my boyfriend showed up during the delivery to ask me if I liked my gift. I

never mentioned wanting exercise equipment in my home or office, but his message is clear. Feeling humiliated, I canceled my birthday dinner date with him and I am avoiding his calls. Why would he embarrass me at work when I'm already going through a tough time? I will never step a foot on that treadmill, I'm so upset. He should have discussed it with me, and the surprise delivery to my office ruined my birthday. He could tell I was quiet and said he was just trying to help me. What bull. I ignored him. Was he wrong in your opinion?

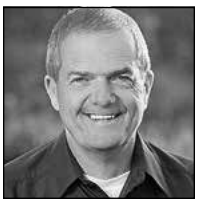
A: First of all, I want to say congratulations on becoming a non-smoker. Quitting is a very big deal and quite difficult for many people. I agree, you didn't need or deserve to be hurt on your birthday. What description fits your boyfriend the best? Is he completely dumb, insensitive, mean or passive-aggressive? I hope

he's just sort of dumb and he really was just trying to help you. Please take inventory of all of his other behaviors. If he's mostly a good guy, write this off to poor judgment on his part. If he's a passive aggressive, insensitive, or mean person who is trying to tell you that you're becoming unattractive as you tackle your addiction, then you are probably doing the right thing to avoid him. Only you have these answers. Be fair though, you might be a bit edgy right now. Take a proper inventory of your relationship. 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.

Famous Last Words

By **PASTOR MARK HOPPER**



Some one said that "last words are lasting words".

Words that people have spoken to us can have a lasting impact and words that we have spoken can too.

We often associate words or phrases with the individuals that said them. For example, in the movie, "The Godfather" there is the memorable line, "It isn't personal, it's just business." And in one of the Clint Eastwood movies Clint says, "Go ahead, make my day."

These words and phrases tend to stick in our minds and remind us of the person who said them.

I learned a lot about construction from veteran carpenters like Ed and Carl. These men knew their craft and did their work very well.

When Carl was trying to

teach me about framing a wall or hanging a door, he always found a way to encourage me with a timely word.

When I would ask him if my small mistake or imperfection was a problem, he would reply, "You won't be able to see it from my house". It was his way of encouraging me even though I didn't have the skill or experience to do the job as well as he could.

Another phrase that I remember Carl used to say was, "We'll do something even if it is wrong." That may sound like a contradiction, but what he meant was let's get busy and get to work. Sometimes we can spend so much time talking about a project that nothing actually gets done.

My old friend Joe was a pattern maker. He worked in the aerospace industry using wood to make patterns that became molds for small parts for planes and missiles.

When we worked on projects at our church like framing

a wall or remodeling a room, he would say, "Hand me the persuader." The "persuader" was a long-handle sledge hammer that proved helpful aligning a row of two by fours.

What are some words or phrases that your children or grandchildren have heard you say that they still remember today? I wonder what are some words or phrases that I have used that people in our church remember about me?

Proverbs 22:17-18 says, "Listen with your ears and hear the words of the wise...and keep them in your heart."

Let me encourage you to treasure the words that you have heard from those in your past and choose your words carefully, you never know who is listening and what they will remember!

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.

Happy Halloween

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



Halloween is still my favorite holiday. As a child, I always thought it

was so great to create a costume. In our house it was a major event. Very rarely did we buy costumes because it was much more fun to throw them together and create a new look.

You may be asking yourself why a therapist would be writing a column about Halloween. I think our youth is really lacking in imagination and I think

Halloween is a great time to help mold that in your child. Halloween is great time to help your child think about who they might want to be someday as well.

I know there are many safety concerns regarding Halloween and as a parent I understand that. I also understand that our community provides lots of safe ways to celebrate the holiday.

The main thing is to help provide your child with a creative and safe Halloween. My son is older now but we still both love Halloween so very much. We have so many great memories around all the costumes,

themes for decorating, pumpkin carving, parties, and all that makes this holiday so special. Our Halloween's together are some of our best memories.

So spend some time with your child this year helping them develop the perfect costume. Go out together, find the right pumpkin and carve it up together. Spend some time creating special Halloween traditions for you and your family.

Most of all let them use their imaginations and turn into somebody or something else for a day. Learn to have fun with your children during this wonderful holiday.

I think Halloween can create

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some great bonding time between you and your children. It's also a great time to let your hair down and just have some fun.

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 nancyjstoops@verizon.net. Nancy's books, "Midnight the Therapy Dog," and "Live, Heal and Grow," are available at Amazon.com.

Free Workshop Offers Helpful Tax Tips for Small Businesses

STAFF REPORTS

Chino - Advice on year-end tax tips and good tax resources for business owners will be the focus at the Inland Empire Small Business Development Center's Nov. 3 workshop in Chino.

The three-hour instructor-led workshop walks business owners through the tax

basics of owning and operating a business and provides instruction on how to complete a sales- and use-tax return. Topics discussed are preparing and filing a sales and use tax return, how to support and report exempt sales, what is involved with using a resale certificate, determining what is taxable and nontaxable labor, and how to maintain ade-

quate records. This workshop is presented by the State of California Board of Equalization, District 2. The workshop will be from 9 a.m. to noon at the Carolyn Owens Community Center located at 13201 Central Ave., 2nd Floor. To register, contact Deirdre Marsac at 909-983-5005. The workshop is free and open to the public.

Fall 2015 Webinar Dates for the Affordable Care Act 101 in Spanish

COURTESY OF THE SMALL BUSINESS ADMINISTRATION

Los Angeles - Health care continues to be an important issue for small business owners. The Small Business Administration, Department of Health and Human Services, and Small Business Majority are committed to helping businesses navigate the changes and opportunities in health care through the Affordable Care Act 101 webinar series.

Once monthly, small business owners can learn the basics of the Affordable Care Act and how they can enroll in small business health insurance marketplaces. Other topics discussed include insurance reforms, the small business health care tax credit, and employer shared responsibility provisions. SBA, HHS, and SBM representatives help small business owners understand the facts of the Affordable Care Act so they can make in-

formed decisions about providing health insurance for their employees.

The Affordable Care Act 101 in Spanish takes place once monthly on Tuesdays at 4 pm ET/1 pm PT. Registration is free, but required. Below are the registration links for upcoming presentations.

- Tuesday, November 17
- Tuesday, December 15

For more information on how the health care law affects small businesses, check out www.sba.gov/healthcare.

Walnut Happenings

STAFF REPORTS

Chino - This week, Walnut is gearing up for the holiday season with the Walnut Valley Women's Club hosting their annual Tree of Lights fundraising sale starting Oct. 29 at the Von's supermarket, on Lemon Avenue, selling holiday ornaments to raise scholarship funds for local high school seniors. Fundraising sales will be held every Thursday through November, except for Thanksgiving. Sales will also take place on Dec. 3 and 4. Club

members will be selling lights for \$5 and ornaments for \$10 from 12 p.m. to 4 p.m. All proceeds go toward scholarships for 2016 graduates of Walnut and Nogales High Schools.

The more the merrier is the saying Mt. San Antonio College's Student Life Office is gearing up for when they host a Community Volunteer Fair for local organizations on Nov. 19. The Fair assists organizations in recruiting student volunteers especially with the busy holidays around the corner.



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



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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.



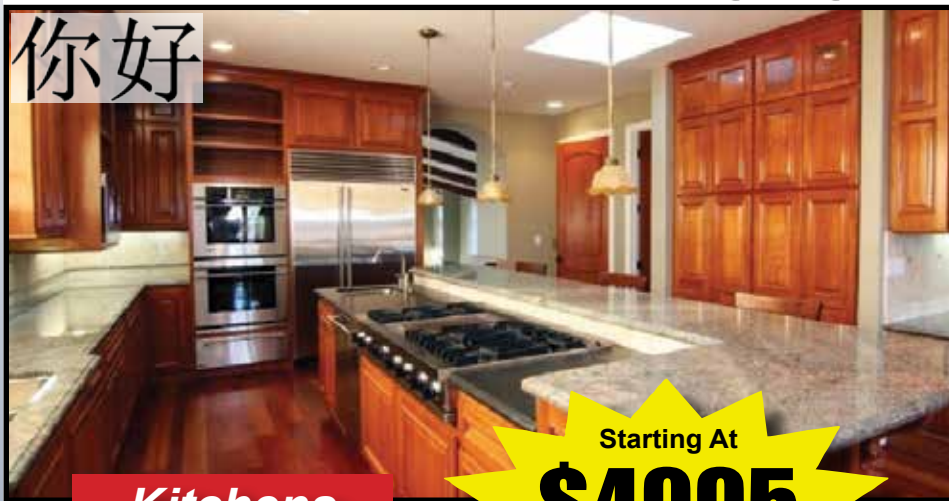
Every room is Internet ready and has ceiling fans to keep you cool!

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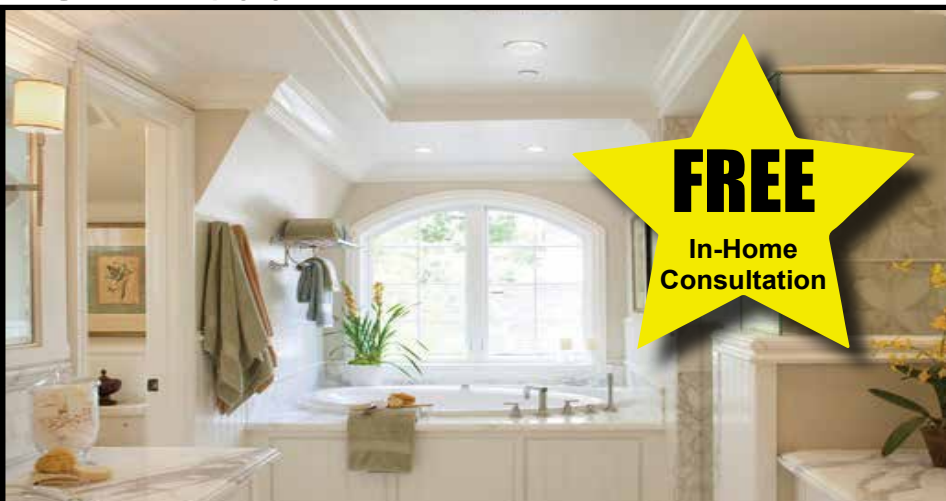
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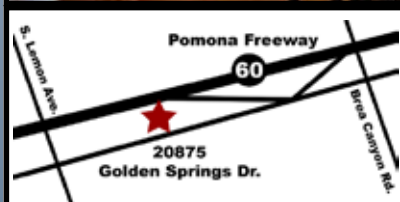
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• cheese enchilada • (2) taquitos
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The Whole Enchilada

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Entrée

Buy 1 entrée, receive the 2nd entrée of equal or lesser value at 1/2 off

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