

OurWeeklyNews.com

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Walnut

Walnut Goes Solar

New Expedited Solar System Permit Process Adopted

By **MONIQUE VALADEZ**

Walnut - Walnut homeowners and businesses looking to go solar now have a team of city officials backing them in their smart, energy efficient lifestyle. With the passing of a new state law AB 2188, all California cities and counties had until September to

see Walnut page 6

Diamond Bar

Senior Health Fair

COURTESY OF CITY OF DIAMOND BAR

Diamond Bar - The City of Diamond Bar is hosting its annual Health Fair & Flu Shot Clinic for adults age 55 and older on Thursday, Nov. 12 from 9 a.m. to 11:30 a.m. at the Diamond Bar Center.

Attendees will have a chance to visit with various health vendors and service providers with information and answers to questions regarding a variety of topics ranging from health-care plans to senior living op-

see DB page 3



PHOTO COURTESY: MT. SAC

Mt. San Antonio College's Board of Trustees' dig in for their ground breaking ceremony held on Thursday, Oct. 22 where their new Business and Computer Complex will be built.

Mt. SAC Breaks Ground... Again!

By **MONIQUE VALADEZ**

Walnut - Mt. San Antonio College in Walnut formally broke ground on its new business and computer complex Oct. 22.

Designed to fulfill the academic needs of the school's business and computer technology programs and other programs well into the 21st century, the 87,000-square-foot

complex will comprise three buildings including new technology-based classrooms, lab-based learning environments

see Mt SAC page 3

Local Teens Shape The Community

By **MONIQUE VALADEZ**

Chino - From the teen center to the new planned Liberty Courtyard, a group of 11 teenagers have their own ideas on how to make Chino Valley more attractive to young people.

These local high school students, more formally know as the city's Teen Advisory Committee (TAC), want to have a voice in local government and



PHOTO COURTESY: CITY OF CHINO

City of Chino's 2015-16 Teen Advisory Committee

see Teens page 6

Inland Empire

Sheriff Celebrates New Training Center

By **MONIQUE VALADEZ**

SB County - San Bernardino County Sheriff officially unveiled its new, expanded training center Thursday, Oct. 22 at a dedication ceremony led by Sheriff John McMahon.

The Frank Bland Regional Training Center in Devore is a completely new building, having been rebuilt on the spot where

see IE page 7

Be Their Parents, Not Their Friends!

By **NICOLE LEIVA**

Chino - On Oct. 22, the Chino Valley Unified School District hosted a Parent Information Forum, in the Chino Hills High theatre. This forum had about 100 parents in attendance and it covered a wide range of issues that are affecting our millennial's in the Chino Unified School District.

Those issues range from

see Parents page 5

Our Featured Businesses

Get Ready For The Holidays With Kitchen & Flooring

STAFF REPORTS

Diamond Bar - Expecting a house full of out-of-town guests this holiday season? Show off your remodeled home with the help of Kitchen & Flooring Center, Inc. They take care of everything from A to Z

see Kitchen page 5



Kitchen & Flooring Center, Inc. is located at 20875 Golden Springs Drive, in Diamond Bar. They can be reached at (909) 594-5020, or visit www.kitchennflooring.com.

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



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The Carpenter

By MICHAEL ARMIJO

I received an email a while back that has always resonated with me. I find myself thinking about it from time to time, as the words it contained often remind me to work hard and be proud of what I've accomplished. It has encouraged me to continue to keep my heart within my work, as you never know what life will bring you. It is good advice, no matter who you are or what you do, and I share it with you now.

The Carpenter: An elderly carpenter was ready to retire. He told his employer of his plans to leave the house-building business and live a more leisurely life with his wife and extended family. He would miss the paycheck, but he needed to retire. They could get by.

The employer, who was sorry to see his good worker go, asked if he would build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career.

When the carpenter finished his work the employer came to inspect the house. He handed the front-door key to the carpenter. "This is your house," he said, "my gift to you for all of your hard work and dedication."

The carpenter was shocked; what a shame! If he had only known he was building his own house, he would have done it all so differently.

So it is with us. We build our lives, a day at a time, often putting less than our best into the building. Then with a shock we realize we have to live in the house we've built. If we could do it over, we'd do it much differently. But we cannot go back.

You are the carpenter. Each day you hammer a nail, place a board, or erect a wall. "Life is a do-it-yourself project," someone once said. Your attitudes and the choices you make today, build the "house" you live in tomorrow. Build wisely, and remember: Work like you don't need the money. Love like you've never been hurt. Dance like no one is watching. Enjoy life like it's your last day on Earth.

Avoid 'Slick Rick' Phone Scammers

By MONIQUE VALADEZ

Chino - Last week, I was contacted on my cell phone by an "unavailable" number. I hesitated answering it but thought perhaps it was an important call about my son. So I answered it. Little did I know that those brief three minutes taught me a valuable lesson about phone and cyber scammers.

I noticed a few red flags such as using generic terms when describing information such as "your computer". What if I didn't even have a computer? He also didn't claim any company.

So I decided to play along. "We are getting emails from your computer that you have a virus," he pressed on.

I told him that I was at work and I did not have access to my laptop. This response immediately changed his tone with me. He asked when I would be able to get in front of my laptop. "Who does this guy think he is, 'Slick-Rick,'" I thought.

After a couple attempts to figure out a good time to call me back, the man thanked me for my time and hung up the phone. These scammers are clever and easily convince anyone into thinking there is an obvious issue with their computer.

Scams come in all shapes and sizes. According to Microsoft, scammers don't just make phone calls they also send fraudulent email messages and set up fake websites. They might offer to help solve your computer problems or sell you a software license. Once they have access to your computer, they can do the following:

- Trick you into installing malicious software that could capture sensitive data, such as online banking user names and passwords. They might also then charge you to remove this software.
- Convince you to visit legitimate websites (like www.ammyy.com) to download software that will allow them to take control of



PHOTO COURTESY: GOOGLE

your computer remotely and adjust settings to leave your computer vulnerable.

- Request credit card information so they can bill you for phony services.
 - Direct you to fraudulent websites and ask you to enter credit card and other personal or financial information there.
- Protect yourself by knowing the facts. Don't fall victim to 'Slick Rick' and his bandits. If it sounds suspicious, hang up. If it looks suspicious don't open it. When in doubt, take it to an expert.

Mt. SAC breaks ground... again!

Mt SAC from page 1

and a student-run restaurant.

"This is going to be a state-of-the-art complex that will consolidate our business and computer programs in one central area," said Mt. SAC Business Dean Jennifer Galbraith.

The new complex, located south of the tennis courts and west of the Language Center, building 66, will bring much-needed space for a wide range of programs including paralegal studies, accounting, computer information systems, office technology, culinary arts, hospitality management and interior design.

The three-building complex will also feature the Language Learning Center and computer security lab.

In addition, a lobby will be added to the west side of building 66 to connect this building to the rest of the campus through a new pedestrian path.

The new complex is expected to cost \$46 million by completion in the spring of 2018,



PHOTO COURTESY: MT. SAC

Artist rendering of the new business and computer complex

college officials said. Construction begins in December. Half of the project is funded through Measure RR, Mt. SAC's \$353-million facilities bond approved by voters in 2008.

Measure R and Measure RR has brought an influx in construction to the campus. A \$16.6 million Student Success Center opens in 2016 and \$14.7 million food service center opens in December.

Several complaints have been arriving on the Walnut city council's desks regarding

the campus' growth. Residents along with city officials filed a lawsuit on construction of a \$48 million five-level parking garage earlier this year.

A \$3.8 million solar-power project was recently approved by the college's board members but some locals say the "solar farm" project would cause traffic congestion and would be an eyesore. College officials say that the project could save the campus nearly half a million dollars in energy costs annually.

Annual Eco Expo

COURTESY OF CITY OF DIAMOND BAR

Diamond Bar - Diamond Bar residents will have the opportunity to rid their homes of obsolete electronics, unwanted textiles and unneeded confidential documents when the City holds its annual Eco Expo event in celebration of America Recycles Day.

Set to take place on Saturday, Nov. 14 from 9 a.m. to 1 p.m. at the AQMD parking lot, this environmentally-themed event will feature a variety of information booths, collection areas and activities centered on green living and recycling.

Also as part of this event, Waste Management will be giving away up to 80 gallons of mulch to interested residents. This is a "self-serve" giveaway, so containers and tools for loading mulch are strongly recommended.

AQMD is located at 21865 Copley Drive in Diamond Bar. For more information, visit www.diamondbarca.gov/greendb or contact the City's Environmental Services Division at 909-839-7015.

Senior Health Fair

DB from page 1

tions. There will also be health screenings, demonstrations and giveaways, as well as free flu shots administered on a first-come, first-served basis by the Los Angeles County Department of Public Health.

Admission is free and open to the public; however, those wishing to receive a flu shot must pre-register by calling 909-839-7068 before the event date. Diamond Bar Center is located at 1600 Grand Avenue.



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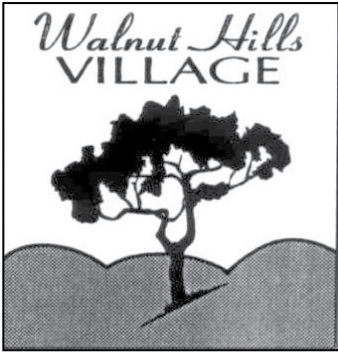
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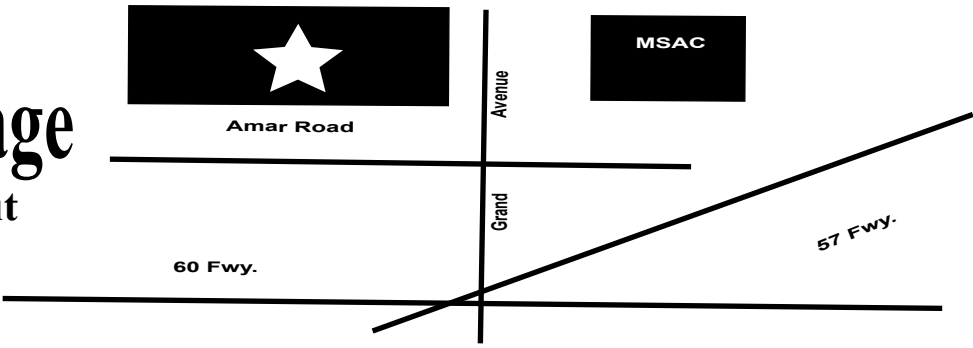
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Be their parents, not their friends!

Parents from page 1

drug trends, social media use, cell phones, privacy, teen driver laws, and knowing your rights as a parent.

Chino Police Officer's and San Bernardino County Sheriff's led the event by sharing their experience and knowledge about the issues at the forefront of junior high and high school students across the district. The law enforcement officers talked about teens as young as 12 are trying the gateway drug marijuana. They also spoke about the issue with the new trend of vapors and teens using the vapors to smoke marijuana. In addition teens are experimenting with mixing two different drugs together, which can be very dangerous.

Social media use is an extremely important topic because with the internet and texting, teens can connect with

anyone or any subject of their choice. Teens use their phones to share nude photos with each other, which can be considered child pornography. Some teens communicate via text with codes referring to drugs, parties or sex. So if parents check their phones they won't know what they are talking about.

The officers also spoke about teens using social media to meet strangers on websites that are looking for relationships with minors or terrorist groups like ISIS looking to recruit youth. Worst of all teens are using social media for bullying, which can cause stress, anxiety and lead to suicide.

The presenters wrapped up the forum with addressing teen driver laws and the importance of parents and teens knowing and applying those laws when teens begin to drive.

In the end, law enforcement made a strong plea to the parents, "Be the parent, not their

friend! Know your rights as a parent."

Officers also told the forum to maintain regular communication with their children and to discipline their children accordingly.

Your children do not have the right to privacy when it comes to their bedrooms, phones, or cars, because the parents are the providers to these privileges and they can take away these privileges when necessary to keep their children safe, officers said.

The parents in attendance were very pleased with the forum. After speaking to several parents, they all responded with a sense of great appreciation to the district and law enforcement for providing this eye-opening information. Some said they were hopeful. Chino Hills High School Principal Isabel Brenes was very pleased with the parent attendance and the positive response from the parents.

Kitchen & Flooring

BF from page 1

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Clark's helps you live better!

Clark's from page 1

and service.

"The cornerstone of Clark's market position is to provide reliable scientific information for the consumer's benefit in making educated and informed decisions resulting in vibrant health," Clark's website states.

Spanning three generations, Clark's Nutrition and Natural Foods Markets was founded in 1972 in Riverside by the Clark family patriarch, Jim Clark, whose vision of healthy living grew into what is today a 60 billion-dollar industry.

Today's, Jim's grandchildren have taken over the reins of Clark's Nutrition and Natural Foods Markets. Grandson Jeff Clark is president, his brother

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

Their newest location in Chino, 12835 Mountain Avenue (at corner of Mountain Avenue and Riverside Drive), boasts a large selection of organic, gluten free, grass-fed beef, vitamins and raw foods. They also carry an extensive collection of health and beauty production including, celebrity Suzanne Somers' skin care and cosmetic line, "SUZANNE Organics."

Clark's puts an emphasis on connecting with the community through various in-store and local events.

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The Skin Of Our Teeth

Thornton Wilder's Pulitzer Prize-Winning Play Makes Its Way to DBHS Stage

COURTESY OF DIAMOND BAR HIGH SCHOOL DRAMA DEPARTMENT

Diamond Bar – The Diamond Bar High School Theatre Company begins its fall season with a performance of Thornton Wilder's play *The Skin of Our Teeth* in the DBHS Theatre, with show times at November 6, 7, 13 & 14 at 7 p.m. Pre-sale tickets are \$11 for adults and \$9 for students; at the door adult tickets are \$14 and students are \$12. Tickets are available online at seatyourself.biz/dbhs-drama.

Written immediately after the attack on Pearl Harbor, *The Skin of Our Teeth* is an allegory dealing with themes of human nature, human struggle, and humanity's search for higher purpose and meaning in times of turbulence. The story fol-

lows the trials and tribulations faced by the Antrobuses, a sort of "Everyman Family," whose members are archetypes found throughout human societies. Though the story is imbued with the concerns of America at the inception of its involvement in WWII and allusions to biblical characters, its themes of recurring violence and the effects of hedonistic lack of concern with the consequences of humanity's actions speak to the current concerns of modern audiences in the turbulent beginnings of the 21st century. The audience's glimpse into the lives of the Antrobus family and their struggle for survival in a world on the precipice of ending, gives insight into the boldness and resilience of the human spirit. Wilder's play sees humanity as Phoenix-like ever rising from the ashes and never giving up hope for a better future. Though the play deals with heavy themes, its anachronistic self-referential, theatrical approach is still fresh

and packed with very funny moments.

Advanced Theatre Arts students at Diamond Bar High School work in a company structure to create and produce all aspects of their shows from design, to set construction, to publicity and performance. Students are working hard to achieve high production values since this is the first time that a DBHS production has been submitted for adjudication by the California Educational Theatre Association. The production will highlight the play's theatricality by featuring several elements of audience participation that seek to immerse the audience into the drama and make them part of the creative process.

Celebrated playwright, Paula Vogel, has written, "For an American dramatist, all roads lead back to Thornton Wilder... *The Skin of Our Teeth* was a remarkable gift to an America entrenched in catastrophe, a tribute to the trait of human endurance."

Walnut goes solar

Walnut from page 1

implement a state-standardized permitting process for the alternative energy systems.

The new law takes out the red tape and burdensome permit process allowing for an easier and faster process for residents and installers alike.

The Walnut City Council made it official on June 24 by adopting a new ordinance to help expedite and streamline a formal permit process for small residential rooftop solar energy systems.

According to city officials, they hope to advance the use of solar energy by all its residents, businesses, and industries by pro-

viding an expedited permitting process to assure the effective deployment of solar technology.

According to the new state law, which builds on the Solar Rights Act of 1978, seeks to reduce permitting barriers by mandating cities institute a more accessible and straight-forward permitting process, and by reducing opportunities for local governments to delay and unnecessarily condition approvals.

Under the new law, the city must allow homeowners to apply for the permits online, and must make all required documents available on their websites. A standard plan and checklist must also be provided to homeowners that explains the local building

and safety requirements for rooftop solar panels. Cities must also complete the application process including inspections in a timely manner.

This new permitting process is also expected to save homeowners and solar energy installers a significant amount of time and money. In the long-run, this is a win-win situation for both governing bodies and residents converting to solar energy as well as helping expedite California's "Million Solar Roofs" initiative.

For more information about solar energy systems and inspections, contact your city's building division. The Walnut City Building Division can be contacted at (909) 595-7543.

Local teens shape the community

Teens from page 1

bend the ears of elected city officials and other community leaders.

"The Teen Advisory Committee has not only given me a voice in my community, but it has also allowed me to meet other teens who care about the City of Chino and to help organize events that benefit the community," Teen Advisory Committee Member Bridgette Rojas said.

The committee members serve in an advisory capacity to the Community Services Commission by providing input on teen issues as they relate to programs or projects in Chino, city officials said.

Leading the committee this year are Noemi Lemus, Chairperson; Natalie Camacho, Vice Chair; and Bella Ferriola, Secretary. The officers were elected

by the members during their first meeting, which was held September 3, in the City of Chino Council Chambers.

This year, the TAC will be working with the Community Services Commission subcommittee for the construction of the Chino Liberty Courtyard. The courtyard is a planned monument that pays tribute to those who have served or are currently serving in the U.S. Armed Forces. The courtyard will be located at the Carolyn Owens Community Building on B Street.

The teens will explore new ways to bring more awareness and increase participation to the Chino Experience Teen Center.

Additionally, the teens will take part in charitable projects including helping out the Chino Neighborhood House and the Chino Unified School District's Care Closet.

Open positions are filled on an annual basis as the result of a competitive application process.

Returning members include: Natalie Camacho, Don Lugo High School; Daniel Contreras, Don Lugo High School; Mari Fierro, Don Lugo High School; Noemi Lemus, Don Lugo High School; Alexis Madrid, Don Lugo High School; and Bridgette Rojas, Don Lugo High School.

Newly appointed members are: Elizabeth Cazares, Don Lugo High School;

Edith Contreras, Don Lugo High School; Michelle Cruz, Don Lugo High School; Bella Ferriola, Ayala High School; and Nicholas Sanchez, Don Lugo High School.

TAC meetings are held on the first Thursday of each month, September through May, at 7 p.m., in the City of Chino Council Chambers.

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Sheriff celebrates new training center

IE from page 1

their old center stood last August before it was demolished. The new facility expanded to a 4,000-square-foot administrative building that includes training classrooms with upgraded tech tools.

"The improvements symbolize many great things: the legacy of those whose vision we carried, tremendous support and collaboration between the CEO, County Board of Supervisors, and the Sheriff's Department; and our commitment to providing quality service to our communities by enhancing our capacity to deliver professional training," said Sheriff Captain Darren Goodman.

According to sheriff officials, training staff now has office space necessary to conduct their daily administrative tasks in close proximity of the classrooms and have a view of the physical training field. Classrooms were increased to provide additional space for larger academy classes with state of the art digital technology to deliver one of the state's top recognized training academies.

Providing basic training for new recruits since 1973, the new center is already taking full advantage of its new digs. As of Oct. 5, the 200th academy began with recruits who will re-



PHOTO COURTESY: SBSCS

SB County Sheriff John McMahon cuts the ceremonial red ribbon at the grand re-opening of the Frank Bland Regional Training Center in Devore on Oct. 22.

ceive 26 weeks of training.

The new center brings additional space for larger academy classes for aspiring sheriffs throughout the state, boasting an average of 300 graduates each year in the academy programs.

"Our basic academy is one of few 'intensive delivery' programs still operating in the state," sheriff officials said. "We believe the emphasis on discipline, stress and real-world scenarios helps develop a well-rounded officer, better prepared to handle the challenges of a law enforcement career."

In addition to the administrative building and classroom upgrades, several improvements were made to the firearms ranges.

"Our high standards, pro-

fessionalism, and commitment to excellence contribute to the constant demand for training our facility receives from agencies throughout the county and state," sheriff officials state in a press release.

The 800-acre training center also holds an eight-mile Emergency Vehicle Operations Center, one of the largest outdoor ranges in the region. Five 50-yard ranges, a Trap and Skeet range, and a 300-yard rifle range for multiple firearms training.

"From constantly seeking the most relevant and useful tactics, to the newest state of the art technology, the Training Center's mission will always be to prepare today's officers for tomorrow's challenges," Goodman added.

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PHOTO COURTESY: WNVUSD

1. Castle Rock kindergartener Eva Jorgenson received a Super Star Award
2. Castle Rock parent Christina Munoz, shown with Board President Larry Redinger, was honored with the Partner in Education Award 3. CJ Morris Elementary fifth grader Nathan Tome was presented with the Super Star Student

Walnut Valley Honors Star Students

BY KELLI GILE

Walnut – The Walnut Valley Unified School District (WVUSD) Board of Trustees recognized outstanding students and community members during the Oct. 21 meeting.

Castle Rock Elementary kindergartener Eva Jorgenson was honored as a Super Star Student. She recently came up with plan to raise money to help children, families, and communities in third world countries.

As an International Baccalaureate School, Castle Rock strives to develop global students. Teachers facilitate learning through units of study and students are encouraged to develop action plans to solve problems.

After learning that some children are unable to go to school due to limited resources, Ava wanted to do something to help. The kindergarten classes held a fundraiser to support World Vision and raised a total of \$2,500.

"Eva has a heart and mind to touch the life of another," said Principal Resma Byrne.

"We are honoring her because we want her to know it only takes one child, one thought, one question to make a difference in the world."

Castle Rock parent Christina Munoz was recognized with the Partner in Education Award.

"Christina is dedicated, committed, and reliable. What I love about Christina is the fun that she brings to whatever project she's spearheading," Dr. Byrne commented.

"She is my balance and she is always ready with a solution. Christina is a great mother and a great Community Club president!"

CJ Morris Elementary student Nathan Tome received the Super Star Student Award.

"Every one of Nathan's teachers agreed that he embodies the qualities of a star student!" said Principal Shehzad Bhojani.

The well-rounded fifth grader plays two sports, has a passion for science and social studies, and displays strong character and values, especially the IB Attitude of Integrity.

"Nathan is humble and kind, well liked by peers and the first to help a struggling student. He is an overall good kid!" Bhojani added.

CJ Morris Elementary selected Dr. James Lin as the recipient of the Partner in Education Award.

This year, Dr. Lin is donating his time to coach the school's Science Olympiad team.

Lin is medical doctor by profession who now pursues his passion of writing and education. He created the non-profit Bio Agents organization, published several novels, and has helped many students win awards in writing and in science competitions. He also volunteers as head coach of several middle and high school level Science Olympiad teams.

Dr. Lin is also a graduate of Chaparral Middle School and Diamond Bar High School.

"We're thankful for his time and commitment in providing CJ Morris students the opportunity to experience the Science Olympiad," Bhojani added.

Rotary Club of Walnut Valley received the WVUSD Partner in Education Award.

"Rotary has been a wonderful partner to the Walnut Valley Unified School District for many years," said Superintendent Dr. Robert Taylor.

Most recently, the non-profit organization presented a \$2,500 donation to support literacy needs across the District. They generously gave the same amount last year.

"We can't thank them enough for the work they do with our students and all that they do throughout the community," Dr. Taylor added.

The World Youth Education Foundation was also honored with a WVUSD Partner in Education Award for its matching \$2,500 donation.

CHP Receives Grant To Improve Safety

COURTESY OF CHP

Sacramento – The California Highway Patrol (CHP) has received a federal grant to improve the safety of pedestrians and bicyclists throughout California. The grant furthers the Department's mission to help save lives, with a focus on the safety of pedestrians and bicyclists.

"We are asking drivers to be courteous and alert to pedestrians and bicyclists on the roadways," CHP Commissioner Joe Farrow said. "This grant will help us increase traffic safety by providing more education for motorists, cyclists and pedestrians."

California has seen an increase in the number of traffic-related pedestrian and bicyclist collisions. The most recent data from the CHP's Statewide Integrated Traffic Records System reveals 752 pedestrians and 164 bicyclists were killed in collisions statewide in 2013, a 6.6 percent increase in pedestrian fatalities and a 10.6

percent increase in bicyclist fatalities from the previous year.

The California Pedestrian and Bicyclist Safety Enforcement and Education Project III grant runs from October 1, 2015, through September 30, 2016. During this 12-month statewide campaign, CHP officers will use pedestrian and bicyclist collision information to enhance enforcement and public education campaigns. Funding for this program is provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

The CHP's enforcement efforts will include California's 3-Footer Safety law, which requires drivers to keep a minimum distance of three feet between any part of a motor vehicle and a bicycle.

The CHP's educational efforts will include presentations that promote safe pedestrian, bicyclist, and motorist behavior; bike rodeos; and distributing pedestrian and bicycle safety materials.



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Straight Talk With Danice

A Letter From Auntie M.

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



Q: My niece is having her wedding on a cruise ship. Over 20 people from our family are invited to join them on this cruise. My niece asked me if I would book the largest stateroom so I can babysit the youngest kids who aren't old enough for the kids club. This way, everyone is free

to drink and go to the casino late at night. I don't drink or gamble very often, but that doesn't mean I want the task of nightly babysitting. I want to have fun, too. Now I'm not looking forward to the trip at all. I would feel guilty if I cancelled. I already said I would go, and everyone just assumes I will babysit because I'm not as wild as they are. I feel like I'm not really a guest at all. What should I do?

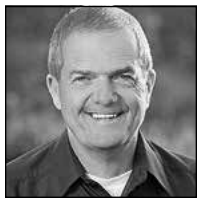
A: It's time for a family meeting. Explain that you look forward to doing your part with the youngest members of the family in the evenings. Then present a schedule with the names of all the viable babysitters.

Assign a night to each capable party or couple. They are free to switch and trade off if they like, but make it clear that you intend to enjoy yourself too, even if you don't choose to drink and gamble. Do not feel guilty when you resist being taken advantage of. Have fun!

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.

Don't Forget To Vote

By **PASTOR MARK HOPPER**



For many communities, this is an "off" year in the election cycle. But for

some cities, there is an election on the first Tuesday in November.

My wife and I live in Diamond Bar. We will be voting for new City Council members and for new School Board members. We also have a bond measure for one of our school districts.

One of the ways you know it is an election season is the amount of flyers related to the election in your mail box. There are also a number of election signs along the main streets in our city promoting a variety of candidates.

My criticism of the election signs is that people forget to remove them after the election is over. I believe there are some regulations on the size and location of the signs, but there should be better ways to make sure they get removed after the voting is complete.

My criticism of the election materials that fill our mailboxes is that they can be misleading and misrepresent opposing candidates.

Recently there was a flyer in

the mail with a photo of a candidate. It was an unflattering picture and it was obvious that the flyer had been produced by the opposition. The flyer made some specific accusations regarding the candidate and urged voters to not vote for him.

I have several problems with this type of political material.

First, we should have a regulation that prohibits the use of an opposing candidate's picture without their permission.

Everyone can find an unflattering photo of their opponent. Candidates should only be allowed to use photos of themselves and not their opponent.

Second, every flyer should include the names of the people who produced and paid for it. The flyer that I received in the mail simply had a generic name of the sponsor and a post office box in another city. It was paid for by "Citizens for a Better Community" or something like that.

My immediate question was, "Who are these people? Who actually produced and paid for this mailing?" People should be required to identify themselves personally and include a phone number and street address so you know exactly who sent out the flyer.

Third, I think there should be a time limit restricting when mailings can be sent. I received

the flyer late in the campaign. It left little time for the opposing candidate to respond to the accusations leveled against him. And, it left him with little time to provide a more positive photo of himself.

I hope that you will vote in the next election. I hope you will take time to learn about each of the candidates and each ballot measure. Read the material carefully. Read the sample ballot, too.

Understand the issues and views of each candidate.

And, be discerning when you read the material you receive in the mail. If it contains an unflattering photo and inflammatory accusations against another candidate, you may just want to toss it in the trash.

Many people are disillusioned and cynical about voting. They are turned off by the negative campaigning and feel their vote doesn't matter. But, do you know that there was a City Council election in Diamond Bar that ended in a tie? The outcome was determined by a coin toss! Every vote really does count!

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.

has made a mistake and has disappointed them. I think it must be very hard to have to go to parenting classes because the court makes that part of your child's probation. Also, if your child can't drive you must take them to counseling, community service, probation appointments, and drug and alcohol classes and so on. I think for many parents, it must feel as if they are on probation as well.

The truth is I have done a lot of work with the department of juvenile probation and the juvenile court system. I see the probation officials and the juvenile court officials working very hard to give the children and teens a second chance. These officials

want them to learn from their mistakes but seem to work really hard to not lock people up, that can be rehabilitated. I have great respect for these officials and for the families that get through this life changing experience. I also believe that a child or a teen can really grow, change and become a better person from this very difficult experience.

My heart goes out to you if you are experiencing the helplessness feeling I am writing about. Take advantage of the positive changes that can occur from this hard experience. Use probation, as a tool to help make yours' a closer and more loving family!

This article was written by

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Feeling So Very Helpless

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



I work with so many parents of children and teens that are on probation. I

see how frightened they are and how helpless they feel. One of the hardest times to get through, is when your child makes a mistake and becomes part of the system.

I see the parents having such mixed emotions of anger, disappointment, sadness, fear, embarrassment and many other emotions as well. I don't think anybody likes to admit their child

has made a mistake and has disappointed them. I think it must be very hard to have to go to parenting classes because the court makes that part of your child's probation. Also, if your child can't drive you must take them to counseling, community service, probation appointments, and drug and alcohol classes and so on. I think for many parents, it must feel as if they are on probation as well.

The truth is I have done a lot of work with the department of juvenile probation and the juvenile court system. I see the probation officials and the juvenile court officials working very hard to give the children and teens a second chance. These officials

want them to learn from their mistakes but seem to work really hard to not lock people up, that can be rehabilitated. I have great respect for these officials and for the families that get through this life changing experience. I also believe that a child or a teen can really grow, change and become a better person from this very difficult experience.

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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.

Arrests Made For False Bomb Threats In Corona

STAFF REPORTS

Corona – Corona Police have arrested a 17-year-old Lee V. Pollard High School student on suspicion of making two false bomb threats.

On Tuesday, Oct. 20, shortly after 12:07 p.m., the Corona teen called Pollard High School stating there was a bomb on campus. Shortly after the first call, the minor placed a second call stating the bomb would go off in five minutes.

The next day, Oct. 21, at about 2:40 p.m., the same teen placed a call to Corona High School stating that a bombs were placed at all exits and would go off when the final school bell rang.

In both incidents, high school resource officers and school personnel conducted a thorough search of the campus and were unable to locate any explosive devices.

“The Corona Police Department will continue to investigate bomb threats to their fullest extent, as these types of incidents instill fear in students, their parents, faculty, and our community,” said Public Information Officer Sergeant Paul Mercado. “These types of investigations draw significant amounts of public safety resources away from legitimate purposes. Those found to be engaged in making false bomb threats will be held accountable.”

The teen was arrested and taken to Riverside County Juvenile Hall for making false bomb threats and criminal terrorist threats.

The school district will also take disciplinary actions against the student.

“Our district will not tolerate this type of behavior,” said Michael G. Cobarrubias, Associate Superintendent Corona-Norco USD.

New Technology Can Help Small Businesses

COURTESY OF STATEPOINT

Only half of U.S. small businesses survive more than five years, according to the U.S. Small Business Administration. This data underscores that small business ownership is no cakewalk.

Beyond the classic entrepreneurial challenge of making and sustaining a profit, small business owners now struggle to find time and resources to adapt to new technology, say experts.

“The pace of technological development is as staggering as the ever-changing ways that consumers engage and utilize it. To stay competitive to consumers and to employees, small businesses need to adopt and incorporate online technology into their everyday business operations,” says Seong Ohm, senior vice president of merchandise business services at Sam’s Club.

To help entrepreneurs navigate new technology and embrace the evolving business operations landscape, Ohm offers six tips for small business success:

- Speed up payroll: New mobile and tablet apps make tedious tasks easier and more efficient. For example, online

payroll apps allow employers to run payroll in under a minute, pay workers by direct deposit, and e-file taxes.

- Protect your sales: The latest payment processing technology can better protect your business at the point-of-sale. To avoid bearing liability for fraudulent credit charges, businesses must upgrade terminals to accept EMV chip-enabled credit cards, which more securely protect consumers. Small business owners can rely on merchant services experts to become EMV chip card-compliant, affordably and without hassle.
- Be visible: Even if your business is centrally a brick-and-mortar operation, the importance of having an online presence cannot be overstated. It’s not enough to simply have a website, you need to be discovered. Google frequently changes the way it determines search results rankings. Invest in search engine optimization (SEO) not once, but periodically, to conform to Google’s make-or-break formulas.

A solid social media strategy and mobile capacity for your site will also positively impact your search ranking. Put the marketing books away and lean on digital marketing experts to au-



PHOTOS BY: (c) DRAGONIMAGES - FOTOLIA.COM

dit your current online presence and build a strategy that works for your budget and grows your customer base.

- Stay connected: You may be the one pulling the trigger on big decisions, but that doesn’t mean you are expected to know it all. Seek advice from trusted industry peers or a local SCORE mentor through LinkedIn and social media. Make time for webinars and networking events. Most importantly, stay connected to friends and family during times of stress.
- Get smart about taxes: Set up a legal entity for your business online. This will allow you to hold on to more of your income and increase your asset and liability protections.

Business taxes can be more expensive and complicated than personal filing, so find an accountant that gets your business. You can greatly benefit from the assistance of online accounting experts. They will help you take advantage of deductions and tax credits and assist you in filing your frequent, varied deadlines on time to avoid penalty.

- Safeguard your data: Small businesses are often targets of identity theft. Create sophisticated passwords to protect sensitive information. Consider investing in a protection service with round-the-clock threat monitoring and recovery support in case of fraudulent activity.

To tap into these resources that will create efficiencies when starting or running a business, visit SamsClub.com/benefits.

Don’t let the adoption of new technology overwhelm you. Many of these services are more affordable than you think, are easy to update and offer anytime, anywhere access to experts. These tech tools can swiftly fuel your business operations, streamline processes and save you time and money.

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