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WALNUT

Westhoff Joins Global Fair

BY KELLI GILE

WALNUT, CA - Westhoff Elementary families got a chance to sample foods from around the world during a Culture Fair held Friday, October 13. The school's Community Club hosts the annual food fest with

see **Walnut** page 10

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LOCAL NEWS

Chino Hills Man Arrested for ADW

BY ANTHONY SAUDE

Chino Hills - Eric Frazin, a 31 year old Chino Hills resident was arrested on suspicion of assault with a deadly weapon after he attacked someone with a skateboard. The victim was sent to the hospital after he sustained injuries from being "struck in the head several times" according to a statement released by the San Bernardino County sheriff's office. The Chino Hills station was called just before 11:30 am on Thursday with a report of the attack. The deputies were dispatched to the 13000 block of Emerald



PHOTO COURTESY: GOOGLE

Way; Frazin had left the scene before the deputies arrived. Upon further investigations the deputies found that they had

see **Local** page 10

FIRE IN DIAMOND BAR

BY ANTHONY SAUDE

Diamond Bar - More than 100 firefighters were dispatched to the scene of two brush fires, at about 4:45 am authorities reported that the forward progress of the fire had been stopped. The fires were started about a half a mile apart early Wednesday Morning in Diamond Bar. The fires were reported a little after 2:15 am according to Los Angeles County Sheriff's Department

The two fires converged on the 57 freeway and combined to burn about 15 acres all before nine in the morning. The fires started on the northbound Orange (57) Freeway in Brea and quickly spread to the Diamond Bar area. Resident Lorraine Perea-Martinez said "the 57 freeway northbound was closed from Lambert to Diamond Bar Blvd during my morning commute".



PHOTO COURTESY: GOOGLE

"It took us 20 minutes to go from to get from the 60 fwy to Lambert on the southbound side" said Perea-Martinez. Perea-Martinez also said she heard unconfirmed reports from channel 5 news that the fire was started by a guy throwing flares out his car window". A statement released by LA Sheriff's Department said that arson investigators were sent

see **Fire** page 10

LICENSE PLATE CAMERAS DETER CRIME

BY MARISSA MITCHELL

Walnut, CA - A week ago the City of Walnut announced that they would begin their "License Plate Camera Pilot Program." The city will begin installing motion detector cameras to ward of crime in the community by catching criminal activity with exactitude. Via coordination with the Los Angeles Sheriff's Department, Walnut city staff has identified locations for the cameras. In some

of those locations, a separate pole will be placed to support camera installation. Residents voiced their concerns to the City of Walnut about the rise in criminal activity, and the city responded. Thus far, the city has promised to install ten (10) motion detection cameras that will take photographs of vehicle license plates, so as to more easily catch criminals right after or during the act of crime. These cameras will only take

see **Crime** page 10



PHOTO COURTESY: GOOGLE

INLAND EMPIRE

Can You Stop a Barking Dog?

BY MARISSA MITCHELL

Local News - Last week a woman in Eastvale posted her frustration on the city Facebook page regarding a very loud dog her neighbors have. What to do about neighboring barking dogs - particularly when they consistently disturb the peace of surrounding residents - can be a relevant question for many.

If a person calls Animal Control, this will not do much to alleviate the immediacy of the barking noises. Animal Control will mail a form to the complaining resident, one that stipulates that the dog is disturbing the

peace. That form, in turn, will be sent to the address of the dog's owner, after which the reporting resident will have to attend court to finally issue a citation.

This process can take quite a while. Those affected by the barking of a neighbor's dog may take the old-fashioned approach of simply asking the dog owner/neighbor to control their dog's barking, perhaps through a bark collar. This may or may not be effective depending of the type and receptivity of the

see **IE** page 10



PHOTO COURTESY: GOOGLE

Our Featured Businesses

What Does 4% vs. 6% Mean?

BY SARAH SANCHEZ

Southern California - What does 4% opposed to 6% really mean? If you're selling your home, you'll pay a 6% commission to the realtors. But with Gil Rivera from SellYourCasa.com you'll only pay 4% for the SAME AMOUNT OF WORK! So if your home sells for \$500,000, at 6% you'll fork over \$30,000 for commission. With Gil Rivera you'll

see **GRivera** page 10



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14 Years of Carpet Cleaning Experience

BY MICHAEL ARMIGO

Inland Empire - Honesty and integrity are always a factor in business and are sought out continuously. But how some people get there is through longevity and experience. When you have all four of those elements you have no choice but to be successful in your field. Extreme Carpet Care clients have boasted they've received all four of

see **Extreme** page 10



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Our Life

Green Eggs and Ham

BY MICHAEL ARMIJO

I've looked at society and the everyday human being, and I've come to a conclusion: I just don't understand.

I don't understand why some people act the way they do. They insist on playing games with others and sometimes, so adamantly, they convince themselves that life really is the misery that they proclaim it to be. They think that their position in life gives them the experience, knowledge and power to pick and choose whom they're going to benefit.

Recently, I had an experience with someone who had the authority to make life easier for others. On the day that I was dealing with this person, she decided that particular day was not a day that she was going to help anyone. At some point in our conversation, she decided she would not be granting me any wishes. Her logic was, "Too bad." She made a choice that because of who I am, I didn't deserve anything from her; and I, in turn, had no choice but to suffer the consequences of the misunderstandings that were evident.

I understand that there are protocols in life, and procedures are put in place to reduce errors and increase productivity. But I also understand

that there is an immeasurable element that structure, protocol, and procedure sometimes need to take a back seat to. It's a measure I call "human compassion."

We don't always hear the answers that we want to, but "too bad" ranks right up there with "can't" and "impossible". I believe it's not what you say in life, it's how you say it. There is a way to communicate with kindness and integrity, and still get the point across. When we forget kindness and compassion, we sometimes lose our spirit.

Regardless of these misunderstandings in life, I still believe in wonderful things. At this time of year, especially, I still believe in the purest goodness of humanity. I still believe in the childhood premise of a handsome prince charming coming for his beautiful princess. I still believe that a gentle kiss can awaken a deep and lonely sleep because of the love behind it. I still believe in the big man in the red suit who brings toys to children on Christmas Eve.

And just like those bedtime stories of my past, I believe in happy scenarios with wish-like endings. I believe the quite convincing Sam I Am, when he tells me that that there is deliciousness in the taste of "Green Eggs and Ham."

Perhaps we need to believe in people and human compassion more, so there are more philosophical Green Eggs and Ham moments in our lives. ■



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Safety and Homeownership

BY NEF CORTEZ



One of the most important considerations when one is looking to buy a home is the safety of the community in which the home is located.

Diamond Bar has consistently ranked as one of the safest cities in the US, and without a question, in California.

I attended Supervisor Janice Hahn's first Annual Public Safety Appreciation Barbecue Lunch today. It was co-sponsored with the Regional Chamber of Commerce of which I am a Board Member. I was proud to help represent the Tri-Counties Association of Realtors in honoring our First Responders at this event. I joined fellow Realtors Laura Greene, William Jia, Lily Valdivia-Rodriguez, Dennis Ni, and Raul at their table.

This event honors the men

and women who provide us with the sense of safety that we all desire in the excellent quality of life that we are able to enjoy in this beautiful city of ours. Chief Parra represented Los Angeles County Sheriff Jim McDonald, who was not able to attend. He thanked Supervisor Hahn for her support of the work that the men and women of the Department do each and every day.

Los Angeles County Fire Department Chief Daryl L. Osby thanked Supervisor Hahn for her support, and mentioned that the Los Angeles County Sheriffs Department was the first in the world to incorporate the Paramedics within their scope of service. He mentioned that he was proud to have started his service under the leadership of her father, Supervisor

Buyers looking to buy will always look to the safety of themselves and their loved ones, and they are sure to find it here in the Diamond Bar community. ■

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Community Events

UPCOMING EVENTS:

Landscape and Water Conservation Festival

When: Saturday, October 21, 9:00 am to 2:00 pm

Where: Chino Basin Water Conservation District, 4594 San Bernardino St., Montclair

Details: This is a FREE family-friendly festival where you can celebrate and learn more about water wise landscaping and water conservation through free workshops, demonstrations, and resources to help you be successful in achieving a water efficient home and yard.
Contact: cityofchino.org
Cost: FREE

Halloween Spooktacular

When: Tuesday, October 31, 4:00 pm to 8:00 pm

Where: Chino Spectrum Marketplace, between the Chino Valley (71) Freeway, Grand, and Pipeline Avenues.

Details: Event activities will be-

gin at 4:00 p.m. and conclude at 8:00 p.m. at the Chino Spectrum Marketplace. Activities include: Games, Trunk or Treating, Giveaways, Costume Contest and Art Projects

The Chino Spectrum Marketplace is located between the Chino Valley (71) Freeway, Grand, and Pipeline Avenues.

In the event of severe weather or unsafe conditions, the City of Chino may cancel the event to ensure the safety of all participants.

Contact: cityofchino.org

Cost: FREE

City of Chino Hills Trick or Treat

When: Tuesday, October 31, 3:00 pm to 5:00 pm

Where: The Shoppes, 13920 City Center Dr., Chino Hills

Details: Trick or Treat - The City of Chino Hills will provide children with a fun and safe environment to go trick-or-treating. Children will participate in a variety of activities, including craft projects, games, and a costume contest. Candy and crafts available while supplies

last. For more information, please see the event flyer. Remember to bring your treat bag! Costume contest will be held in the Promenade at 4:00 pm.

Cost: FREE

Fall Fun Festival

When: Tuesday, October 31, 4:30 pm to 8:30 pm

Where: Heritage Park, 2900 S. Brea Canyon Rd., Diamond Bar

Details: Each year on Halloween night, Heritage Park hosts this safe and fun alternative to trick or treating. This family-friendly Festival, recommended for ages 2 to 8, features game booths, craft areas, prizes, and of course, candy! Admission is free; however participation in games or crafts requires the purchase of a \$5 punch card (good for 10 games).
Cost: FREE

Kids Night Out

When: The third Saturday of the month, 6:00 pm to 11:00 pm

Where: Walnut Teen Center, 21003 La Puente Rd., Walnut

Details: Do you need some extra time for yourself, but you're wondering what to do with the kids? Need to get some holiday shopping done without the children? Then sign them up for Kid's Night Out! Children ages 5 and older will enjoy an evening of fun crafts, games, dinner, dessert, popcorn and a movie. Each night will have a different theme! Cost is \$17 for the first child and \$13 for each additional child from the same immediate family. Please bring a sleeping bag or blanket to rest on movie.

Contact: (909) 444-7959

Cost: \$17 for 1st Child, \$13 for each additional child

Jack Newe's Farmers Market

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

Where: Mt. San Antonio College Campus, Parking Lot B, 1100 N. Grand Ave, Walnut

Contact: (909) 869-0701

Cost: Free Admission/Parking

Did You Know?



Ready For a New Phone? How to Tell if it's Time to Switch Your Wireless Provider

By STATEPOINT

When you're buying a new phone, it's only natural to wonder if it's time to break up with your current wireless provider and move on. Doing so might save you money and offer you more convenience and better service.

But changing providers is a big decision and there are several things to consider when deciding to change your mobile network along with your phone.

Know Your Priorities: It's important to make sure your mobile plan works for you. Look over your bills from the past few months and make a list of what features are important to you -- calling, texting, unlimited data, international calling benefits, travel fees, etc.

Right now, there is no reason to ever run out of data each month. Almost all the major wireless networks are offering unlimited data plans and many will give a lot of free extras to get you to switch.

PHOTO COURTESY: ELENA BLOKHINA/STOCK.ADOBE.COM

But not all plans are created equal. Do your homework to get the best deal. For instance, some wireless providers include taxes and fees in the quoted rate, while others charge taxes and fees on top of the bill. And if you are getting more than one line, ask about family plan rates. If you are over 55, find out if there are any discounted plan rates for your age bracket and make sure the plan meets your needs.

Look for Discounts and Perks: Americans are now spending over half their screen time on smartphones and digital devices, versus watching traditional television. And the trend is only accelerating -- mobile viewing is expected to more than double by 2020.

Seek out a wireless provider that understands how you really use your phone. For example, T-Mobile ONE family plans now come with a standard Netflix subscription included, so customers can binge all their favorite programs on their favorite devices, without spending a penny over the cost of their mobile plans.

Review Trade-in Options:

If staying current is important to you, check out a network's trade-in options. These days, many providers will either pay off what you owe on your devices when you switch or give you a sweet trade-in deal. For example, T-Mobile allows customers to trade in their current iPhone for the newest iPhone after just 50 percent is paid off, and customers will have their remaining payments wiped out. Such perks can make a particular network an attractive choice. To learn more, visit t-mobile.com.

Make the Switch: Do some research to decide if you need a new smartphone and what kind of smartphone works for you. When you go in to make the switch, have the customer service rep help you to back up your contacts and transfer everything correctly to your new device. Also consider the best way to protect your new phone -- using a case or adding a device protection to guard it against loss, theft and damage.

Breaking up with a wireless provider can feel like a big deal. Before doing so, do your research to make the best decision for you. ■

History 101



PHOTO COURTESY: GOOGLE

1991 Twenty-three Diners Massacred at Texas Restaurant

By HISTORY.COM

George Jo Hennard drives his truck through a window in Luby's Cafeteria in Killeen, Texas, and then opens fire on a lunch crowd of over 100 people, killing 23 and injuring 20 more. Hennard then turned the gun on himself and committed suicide. The incident was one of the deadliest shootings in U.S. history.

The rampage at the Central Texas restaurant began at approximately 12:45 p.m. and lasted about 15 minutes. Witnesses reported that the 35-year-old gunman moved methodically through the large crowd, shooting people randomly and reloading his weapon several times. Hennard, of nearby Belton, Texas, was shot several times by police before he committed suicide. No clear motive for his actions was ever determined.

In the aftermath of the Luby's massacre, Killeen residents urged officials at Luby's corporate headquarters to let the restaurant re-open so people wouldn't lose their jobs. Five months after the shootings, the cafeteria was back in business and stayed open for

nine more years before permanently shutting its doors in September 2000. Another outcome of the Luby's massacre was that in 1995 the Texas legislature passed a law allowing residents with gun permits to carry concealed weapons. Suzanna Gratia Hupp, who was at Luby's with her parents on the day of the massacre and watched as they were murdered, was instrumental in getting the law passed. Hupp had a handgun with her that day, but left it in her car to comply with the law that forbid people from carrying concealed firearms. ■

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Diamond Bar - (909) 861-5340
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Healthy Living

Easy Ways to Cut Back on Sugar



PHOTO COURTESY: (C) ELENA BLOKHINA/STOCK.ADOBE.COM

BY STATEPOINT

Nationwide, 30 million children and adults have diabetes, and 86 million are prediabetic, according to the American Diabetes Association (ADA).

November is National Diabetes Month, and an excellent opportunity to take steps to decrease your risk of developing Type 2 diabetes. A leading risk factor for Type 2 diabetes is being overweight. But the good news is, according to the ADA, losing just seven percent of your body weight can decrease that risk by 58 percent.

One way to manage your weight is to cut back on sugar, which can often be a sneaky source of weight gain.

Before getting started, it's important to remember that many healthy foods naturally contain sugar, a carbohydrate your body burns for energy. Processed sugars are different, adding calories that provide no other nutritional benefit, and at excessive levels, disrupting your metabolism, and potentially posing serious health risks.

The USDA's dietary guidelines recommend that added sugar account for less than ten percent of your daily calories -- that's a maximum of 50 grams a day for average women and 62.5 grams for men. To keep your sugar consumption in the healthy range, Courtney McCormick, Corporate Dietitian at Nutrisystem offers the following tips:

- **Hold the Ketchup.** You know baked goods and candy are loaded with added sugar, but so are many foods you may not think of as especially sweet. A tablespoon of ketchup, for instance, has four grams of sugar. Salsa, barbecue sauce, spaghetti sauce and even bread are hidden sources of sugar.

- **Sweeten with Spices.** Re-

place sugar from coffee, hot cereal and other foods with spices that have a naturally sweet taste, such as vanilla, cinnamon and cardamom, instead.

- **Flavor Your Water.** A 12-ounce can of soda has as much as 40 grams of added sugar. Skip the soda and drink water sweetened with fresh fruit and herbs, like strawberries and basil or lime and mint.

- **Start with Plain.** The fruit in the bottom of your yogurt can come with 25 or more grams of added sugar. Buy plain yogurt and add your own fresh or dried fruit.

- **Snack on Fruit.** One cup of blueberries, for example, has seven grams of natural sugar to satisfy your sweet tooth, but the fruit also comes with fiber to help you feel full and slow the breakdown of the sugars, so you don't crave more calories soon after eating it.

- **Bake with Applesauce.** Eating fewer baked goods is sure to reduce your sugar intake, but when the occasion calls for you to make a cake, replace a third of the sugar in the recipe with an equal amount of unsweetened applesauce. For a delicious no-sugar added applesauce recipe, visit leaf.nutrisystem.com/recipes

- **Eat Right and Often.** When you're hungry, you crave calories and that too often leads to sugary snacking. Reduce between-meal munching by eating healthy, filling foods four to six times a day. Programs like Nutrisystem provide portion-controlled meals and snacks throughout the day, giving you the structure you need to eat right.

This National Diabetes Month, make small swaps to reduce your sugar intake and more easily manage your weight. ■

Local Farmers Markets:

Chino Farmer's Market

Preserve Community Center, 15800 Main St., Chino, Saturday, June 10 from 9 am to 2 pm. (909) 334-3478, healthychino.com

Claremont Farmers & Artisans Market

On Second Street between Indian Hill Blvd. & Yale Ave. Every Sunday, from 8 a.m. to 1 p.m. (909) 626-3066, ClaremontForum.org

Amy's Farm

7698 Eucalyptus Ave., Ontario Daily – If the sun is up and the gate is open! (844) 426-9732

Jack Newe's Farmers Market

Mt. SAC Campus, Lot B 1100 N. Grand Ave., Walnut Saturdays, 8 a.m. to 2 p.m. (626) 810-8476

Corona Certified Farmers Market

488 Corona Mall, 6th and Main Street Saturdays, 8:30 a.m. to 12:30 p.m. (760) 728-7343

Recipes:

Classic Roasted Salmon

with Crispy Potato Rounds, Tomatoes and Green Beans

BY HELLO FRESH

When we want a meal that's satisfying still full of wholesome ingredients that we can feel good about, we turn to salmon. The fish is not only nice, firm, and meaty, it's packed with heart-healthy omega-3s. Add some thoughtfully chosen veggies to the side (we've opted for green beans and tomatoes this time), along with a smattering of fresh herbs for pizzazz, and you've got the perfect equation for keeping it hale and hearty during the weeknight hustle and bustle.

Cooking Time: 30 min.

Servings: 2

Nutrition: Calories: 560

Ingredients:

- Heirloom Tomatoes- 4 oz.
- Garlic- 2 Cloves
- Dill- 1/4 oz.
- Yukon Potatoes- 12 oz.
- Green Beans- 6 oz.
- Skin-On Salmon Fillets- 10 oz.
- Butter- 1 tbsp
- Olive Oil- 1 tbsp
- Salt and Pepper

Preparation:

1. Wash and dry all produce. Preheat oven to 425 degrees. Fill a large pot with water and a pinch of salt and bring to a boil. Halve tomatoes lengthwise. Thinly slice garlic. Pick dill fronds from stems and finely chop. Slice potatoes into 1/2-inch-thick rounds.

2. Once water is boiling, add green beans to pot. Let boil until they turn bright green, 1-2 minutes. Remove from pot with a slotted spoon and transfer to a strainer, keeping pot of boiling water on stove. Rinse green beans under cold water. Add



PHOTO COURTESY HELLO FRESH

potatoes to same pot and boil until easily pierced by a knife, 12-15 minutes, then drain and let cool slightly.

3. Meanwhile, melt 1 TBSP butter in a large pan over medium heat. Add tomatoes and season with salt and pepper. Cook, tossing, until slightly wilted, 2-3 minutes. Add green beans and garlic. Cook, tossing, until tender, 2-3 minutes. Stir in half the dill. Season with salt and pepper. Remove from pan and set aside, covered, to keep warm.

4. Place salmon skin-side down on a lightly oiled baking sheet. Sprinkle with a drizzle of olive oil. Season with salt and pepper. Roast in oven to desired doneness, 8-10 minutes.

5. Once potatoes are done and cool enough to touch, transfer to a cutting board and lightly crush each round with the back of your knife. Heat a drizzle of olive oil in pan used for veggies over medium-high heat. Add potatoes and cook until browned, 2-3 minutes per side. (TIP: Work in batches if you can't fit them all.) Sprinkle with remaining dill. Season with salt and pepper.

6. Divide green beans, tomatoes, salmon, and potatoes between plates and serve. ■



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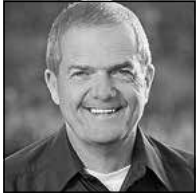
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Family Connections

BY MARK HOPPER



My wife and I recently traveled to up-state New York to see Niagara Falls. In addition, we drove across the state to visit some family members near Albany. My wife was born in Long Island, NY, but moved west with her parents when she was a young girl.

When her family moved to Arizona in the late 1950's, they left behind extended family members like grandparents, aunts, uncles and cousins who remained near the east coast. Over the years, there were phone calls and letters, but very little direct contact between the relatives in the east and relatives in the west. Some of the extended family attended a family wedding in Arizona in the 1970's and there were a couple of visits by the Arizona clan to the

east. But, the contact was limited while parents were busy raising families in different parts of the country.

The internet and Facebook have helped to reconnect my wife with some of her east coast relatives. They have been able to share pictures and update one another on their families. Our visit to Albany reunited my wife with a cousin that she had not seen on over 40 years. It was a happy reunion. In addition, another cousin drove up from Long Island and completely surprised my wife. They had a lot of catching up to do. Conversations included the death of parents, the marriages of children and the births of grandchildren. One of the cousins had a photo album filled with old pictures. This album belonged to their grandfather and included some photos that my wife had never seen before. It was filled with memories and images that helped deepen her understand-

ing of her heritage and extended family.

Hopefully, the cousins won't wait another 40 years to re-connect with each other. In fact, there is already talk of another reunion on the west coast next year. Are there some friends or relatives that you have not seen in a long time? The years pass quickly. The internet can help, but it takes time and effort to stay connected with people. Let me encourage you to call or email a friend or family member this week. There may be an old neighbor that would love to hear from you. Don't miss the opportunity to reach out and re-connect with someone soon. They will be glad you did and you will too.

Pastor Mark Hopper Efree church of Diamond Bar, 3255 South Diamond Bar Blvd 909-860-9556, Sunday Services: 9:00 & 10:45 AM Efreedb.org

Fighting Depression with Gratitude

BY NANCY STOOPS



I work with many people suffering from depression. It seems like their minds are filled with what is wrong with their lives and lots of self-pity. Having lost most of my family I understand what feels like paralyzing sadness. I'm referring to the kind of emotion that makes you feel like life is over and will never ever feel good again. I'm here to tell you gratitude for all that we have and for all that we are really helps change our mindsets. Midnight and I were out the door this morning at 6:00 a.m. for our hour walk. I must tell you my senses were delighted with the clean air, wonderful smelling scents from trees and flowers and the sweet lullabies from all of the birds. As

we walked I felt such gratitude running through my mind, body and spirit. I thought about all the blessings I have. I'm grateful for my health and for Midnight being ten years and still able to climb large hills and how lucky we are to have each other as best friends. We certainly take a lot for granted. We have our health, food, shelter, warm and cold running water, beds, cars, and many other necessities but we also have lots of toys and things that make life fun. I see so many people taking all of that for granted. Take out a piece of paper and fold it in half. On one side write down all that you are blessed with and on the other write down what you still desire. Now don't get me wrong there is nothing wrong with wanting more or a better life, just don't forget to appreciate what you already have or who you already are.

Keep this piece of paper and add to it daily when you find something else you are grateful for or desire. Eventually you will replace the negative mindset with a positive mindset and a mindset filled with gratitude and joy.

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, 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)2290727. You may e-mail Nancy atnancyjstoops@verizon.net.

Straight Talk with Danice

BY DANICE AKIYOSHI, N.D.



Dear Danice Akiyoshi, My boyfriend and I moved in together 9 months ago. He is supposed to keep our cars clean and the outside of our house looking nice at all times. He is also supposed to supply our dinner every other week. My job is to keep the inside of the house clean and do the laundry and make dinner every other week. We eat out on the weekend. We share the rent and utility bills equally. It was good for the first 3 months, but now he is turning lazy. The outside of our house and our porch and back yard look bad and I'm getting tired of living on pizza and take out tacos every other week. I cook for us and make nice dinners and our house

is always presentable on the inside. When I bring it up he says he doesn't need a mother. How can I get through to him? -Barb

Dear Barb: No one is interested in being a nag or a mother to their significant other, so stop nagging and start meaning business. If your boyfriend is no longer feeling it is important for him to keep up his end of the agreement then let him know that you are giving him notice that you plan to move out. If in fact you have a lease, call the landlord and give him the required notice. A boyfriend who doesn't keep his agreements is not going to magically turn into a husband who keeps his agreements. If he is interested in restoring harmony with you then he will make serious attempts to clean up his behavior so that the two of you can return to or reestablish a new agreement. If he does nothing, then perhaps your relationship

has reached its shelf life and your boyfriend was just too cowardly to tell you and is attempting to just wear you down and get you to be the one to break things off. If this is the case, then the guy's a coward and you truly should move on. If he's just lazy by nature then you have plenty to think about, but don't allow anyone to turn you in to an ineffective nagging girlfriend. There is no joy there. Express your concerns and mean business.

Danice Akiyoshi is a Naturopathic Doctor and the head of Candid Coaching Service. She offers personal coaching services relating to all types of issues and concerns. This is a letter she received from an anonymous reader. To send a question to Danice, email her at straighttalk@candidcoachingservices.com. You can also visit her website at <http://www.candidcoachingservices.com>

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Westhoff families join global fair

IE from page 1

parents, students, and teachers coming together to celebrate the diversity of the many cultures represented at the school. A total of 16 different nations were represented at decorated booths with music, artifacts, and lots of delicious, authentic food. Westhoff students proudly dressed in clothing representing their heritage marched in a parade. Many also provided entertainment during the event with nearly 1,000 in attendance. “We are so thankful to all our parents and extended family members who work so hard putting this event together,” said Principal Denise Rendon.

“It’s one of my favorite nights of the school year!” Shown: Westhoff Elementary families sample foods from around the world during the Culture Fair. Board Members Cindy Ruiz, Layla Abou-Taleb and Helen Hall, shown with students, join Westhoff Elementary School’s annual Culture Fair on Oct. 13.

Motion detection cameras deter crime

Crime from page 1

the pictures of license plate numbers, not persons. The date will be released to the Los Angeles Sheriff’s Department or the appropriate law enforcement agency investigating a committed crime. All cameras and their data will be monitored and maintained by the City of Walnut. The cameras store their data directly onto memory cards rather than a database; unlick the “typical” Automated License Plate recognition. This form of memory storage allows for increased area and time specificity. This memory-card data will be stored sixty (60) days, after which they will be recycled and recorded over, unless requested. The City of Walnut hope to enhance the safety of its residents as well as build civic pride by installing these more advanced cameras for criminal monitoring. It is hope that the motion detector cameras will help aid in crime decrease throughout the city.

Chino man arrested for ADW

Local from page 1

been called to the same location earlier in the day. That call was made by Frazin’s neighbor alledging that he had vandalized his vehicle. It was not reported if both calls were related. The victim was transported by paramedics to an area hospital. It was reported that at approximately 7:15pm, deputies learned that Frazin was in Pomona. Booking records show that Frazin was found and arrested a short time later at Holt and Gary. He was booked into the West Valley Detention Center in Rancho Cucamonga according to the San Bernardino County Sheriffs new release.

Fire in Diamond Bar

Fire from page 1

to the scene after a witness reported “seeing a man wearing a white scarf around his face, wearing blue jeans and driving a black four door sedan By the time the sun came up the firefighters of Los Angeles County Fire Department had the blaze about 70% contained and by 9 am the brave men in red had it fully contained. One of the fires charred 10 acres and the other about five acres. “No structures were threatened and no injuries were reported. Anyone who may have been in the area of the fires that has any information about the case is asked to call the Los Angeles county Sheriff’s Arson/Explosives detail at 323-881-7500, or Crime Stoppers at (800)222-TIPS.

Can you stop a barking dog?

IE from page 1

person approached. If so confronted, the dog owner may also voice a concern of humane animal treatment, since dog collars are suspected on some level of incurring pain to the animal. One resident responded to the Facebook complaint by suggesting a “Sonic Bird House Bark Control” sustainable outdoors. This essentially is a bark collar but in a bird-house form, one that can be placed outdoors, in one’s own yard, without breaking down because of weather. If a person uses this, he or she is essen-

What does 4% vs. 6% mean?

GRivera from page 1

only pay \$20,000 for both realtors to split. That’s a savings of \$10,000!! Rivera’s Sellers love the fact that he offers a discounted commission, but with full service. Rivera’s offer of 4% Total Commission for Sellers includes 2.5% to the Buyer’s Agent and 1.5% to Rivera’s office. Most Realtors negotiate a 6% commission because they have to split the fees with their brokerage. But, as Rivera is the Broker, he passes on the savings to the Seller. This will save Sellers thousands of dollars in commission fees. His team offers full service for that discounted rate including high quality flyers, professional photos, open houses (as allowable by Seller), and extended advertising coverage on the Internet and social media.

Now, more about what you’re getting from Gil Rivera at SellYourCasa.com: It’s important to know all aspects of your business. For Gil Rivera from SellYourCasa.com, he absolutely knows every aspect of buying and selling a home. He is a

reliable, experienced, and an affordable Realtor, Broker, and Certified Appraiser.

Rivera sells houses, condos, and two to four unit investment properties in Riverside, San Bernardino, Los Angeles, and Orange counties. He just recently sold another home in Eastvale last month. He also does real estate appraisals for banks, estates, trusts, divorces, attorneys, refinances, home purchases, and probate/inheritance for tax purposes. In addition, Rivera has assistants that work with him who are fluent in Spanish and Chinese, helping to reach people of different dialects all over Southern California.

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. Rivera said, “I always tell Buyers: ‘You will know right away when we walk into the house that’s meant for you’. Whether it takes a week or months, my Buyers will always be satisfied with their purchase and never pressured into it.”

Rivera’s current promotion is, “We will SELL your house in four weeks at highest value! We only request a listing period of four weeks, while most other Realtors ask for a six month listing.” Rivera says that “Buyers need to know that they do not need to pay their Realtor any fees for representing them on a purchase. The Buyer’s agent is paid by the Seller, not the Buyer.

Check out Rivera’s website at www.SellYourCasa.com to see how many different cities Rivera has sold in and for additional information about his company. You can also call the toll free number at (877) 888-SOLD (7653), or cell phone number (909) 967-4525. He also currently has large freeway billboard signs throughout the San Gabriel Valley and Inland Empire.Call today for a free market evaluation.

14 years of carpet cleaning experience

Extreme from page 1

those components. Honesty, integrity, longevity and especially experience. A great reason to get your carpets cleaned at a reasonable price. “Robert was great and did a wonderful job on the carpet in our new home,” said Daniel Radillo, who recently had his carpets cleaned in the home he bought in neighboring Jurupa. “I was budgeting for new carpet, but had to wait, but glad I did. Extreme Carpet Care saved that carpet and now I won’t need to purchase new carpet until next year, I am so thankful.” Extreme Carpet

Care has a unique slogan, simple and honest: “If it comes out, we can get it out.” Their workmanship can speak for itself and their introductory special will allow you to try them out. For only \$85 they’ll deep clean 3 rooms and a free hallway. That’s an entire house in many areas or high traffic rooms in larger homes. Their van mounted high powered equipment doesn’t bury the dirt but instead deep cleans and removes it with deep suction while using quality, environmentally friendly products. “You can try us at the great rate, which includes pre-spotting and deodorizer,”

added Robert. “We will add carpet protection for 2 rooms (\$15 a room) and get a 3rd room protected for FREE. Where else can you find \$30 for added protection against stains?” Call 909.376.3766 today and have Robert and his team deep clean and protect your carpets at an affordable rate and with over 14 years of experience behind them.“If it can’t be cleaned we’ll be honest and not take your money,” he added. “We know we’ll be back to have that new carpet cleaned in the future by being honest today.”



“Doing business without advertising is like winking at a girl in the dark. You know what you are doing, but nobody else does.”

-Stuart Henderson Britt

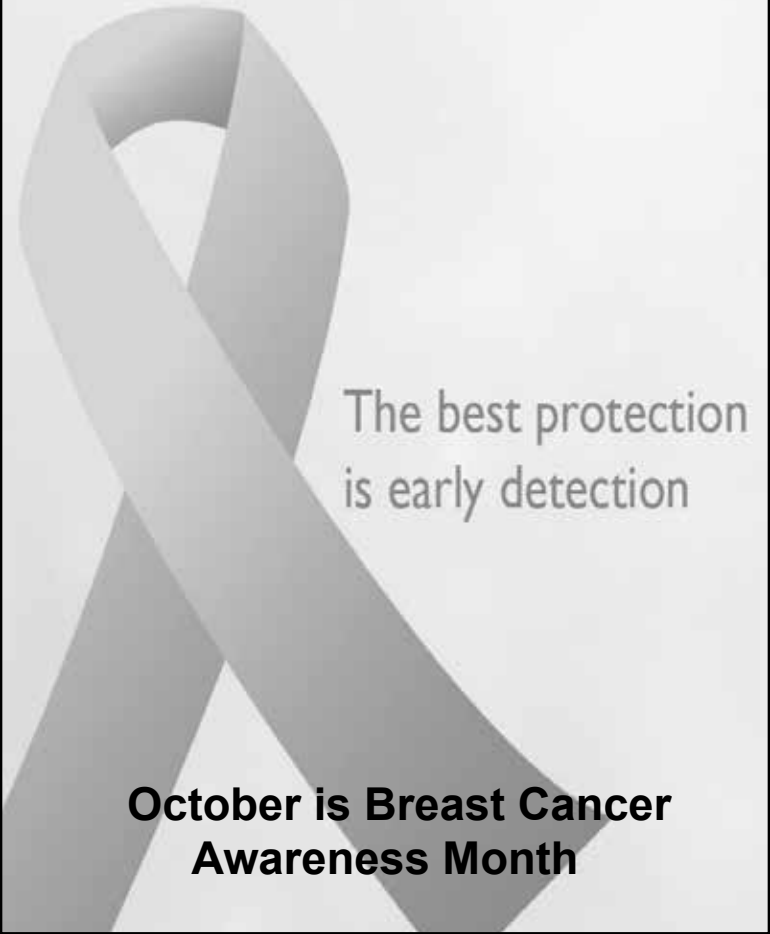
Autopilot

By SARAH SANCHEZ

My to do list keeps on growing. So much to do, people to see. My life is one big schedule Penciling in the places to be. I drive as my mind is spinning. Same route, another day Home already? How did I get here? I'm on autopilot, as they say. Just going through the motions. Living the routine that life will bring Tired from the lack of

sleep. Really, I'm tired from everything. I see that your lips are moving. But I can't hear what you're saying. I smile and nod like a robot. As my mind just keeps replaying. All the errands, events, and tasks. There's always so much to do. My body is physically here. But mentally, I can't pull through I watch as the days go by Reality seems like a haze. Where is the manual switch? Time to leave these autopilot days. ■

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Eastvale News
Posted by Michael Armijo
Monday at 9:42 PM · 🌐

Predator Stalking Reported at Target in Eastvale
<https://anapr.com/2017/07/17/predator-stalking-reported-at-target-in-eastvale/>

Today i went into the Eastvale Target off of Limonite and Hamner around 11:15am. With me, i had my two children, ages 2 and almost 4. I saw a few friends upon walking in, said hello, and went on shopping. I was in the card department when i noticed a man kind of lingering, and staring a bit in our direction. When i looked his direction, he would quickly turn. No big deal. After

Predator Stalking Reported at Target in Eastvale
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