

# www.OURWEEKLYNEWS.com

Volume 21 • Issue 13 • October 6, 2018 - October 12, 2018 • ANAPR.COM

## WALNUT

### Collegewood Students Join Flashlight Fridays

BY KELLI GILE

**Walnut-** Collegewood Elementary 2nd graders are benefitting from an innovating approach to fostering an interest in reading. Every other Friday, students grab a book, a flashlight, and a fruit snack for a special "lights out" silent reading time. Teacher Diane Zell taped black construction paper over the windows as the children settled with book boxes in cozy places around the room during the September 14 session. "They get so excited for this fun activity," Zell shared.

see Walnut page 10

### 10th Annual "Great California ShakeOut" Set for October 18



#### STAFF REPORTS

**California** — Following FEMA's "National Preparedness Month" in September, individuals and communities throughout the Inland Empire and California will participate in the Great

PHOTO COURTESY: CITY OF DIAMOND BAR

ShakeOut earthquake drill.

Held annually on the third Thursday of October, the International ShakeOut Day is set for Thursday, October 18, 2018. During the self-led drill, participants practice how to "Drop, Cover, and Hold On". Endorsed by emergency officials

see ShakeOut page 10

### City of Walnut to Host 42nd Annual Family Festival

BY CITY OF WALNUT

**Walnut-** The 42nd Annual Walnut Family Festival will be held on Saturday, October 13 from 9:00 am to 5:00 pm at Suzanne Park (625 Suzanne Road, Walnut). The Family Festival Opening Procession steps off at 9:00 am from the Walnut Gymnasium and will walk up Gartel Road to Marcon Raod and then into the Festival Grounds at Suzanne Park.

There will be plenty of fun for children at the Festival's Fun Zone, which will feature FREE attractions including: a rock climbing wall, an inflatable giant maze, a petting zoo, kiddy train ride, games, hands-on art demonstrations, face painting, and other fun inflatables.

The food court will feature booths run by local non-profit groups cooking up delicious food

see Festival page 10



PHOTO COURTESY: CITY OF WALNUT

## LOCAL NEWS

### Youth Pastor Arrested for Aggravated Sexual Assault of a Minor

BY SANTA ANA PD

**Santa Ana-** SAPD Dets. Arrest Youth Pastor for Aggravated Sexual Assault of a Minor, Believe There May Be Additional Victims

On October 2, 2018, Santa Ana Police Detectives arrested Jonathan Lamont Jenkins (57-years-old), a resident of Riverside, for Aggravated Sexual Assault of a Child. Jenkins has been a youth pastor at the Starlight Baptist Church located at 1201 West Second Street in Santa Ana for the past two years. Jenkins has been



PHOTO COURTESY: SAPD

a member of the church since 2012.

The 13-year-old female victim reported Jenkins had been making sexual advances

see Local page 10

## INLAND EMPIRE

### Man Pistol Whipped and Tied Up by 3 Suspects During Home Invasion

BY SBSD

**Fontana-** On Monday, October 1, 2018, at approximately 2:09 am, deputies from the Fontana Sheriff's Station responded to a 9-1-1 call involving a robbery and an assault at a truck yard. When deputies arrived, they located a victim with a head wound sitting in the front of the driveway. The victim told deputies, he had been pistol whipped and tied up by four subjects while he was sleeping in his bed. The victim

gave deputies detailed suspect descriptions that were captured on video surveillance.

During the course of the investigation, information was obtained involving a pallet yard in the County of Riverside with suspicious subjects unloading pallets from two tractor trailers in the darkness. Deputies drove to the County of Riverside and located five subjects at the Riverside location attempting to flee. After a thorough search of the area, they were all captured and taken into custody without

further incident.

1,400 stolen pallets, and one stolen tractor trailer were recovered and returned to the owner of the business. The victim was taken to a local area hospital for medical treatment and is expected to recover. The five subjects, Dolores Garcia, age 44 a resident of Bloomington, Nicolas Mora, age 37 a resident of Fontana, Anthony Lopez, age 24 a resident of Fontana, Jesse Jimenez, age 51 a resident of

see IE page 10

## Our Featured Businesses

### Walnut Hills Optometry: Stop In and SEE the Difference

BY ANTHONY SAUDE

**Walnut** — For decades, Walnut Hills Optometry has taken excellent care of the vision needs of the communities of Walnut, West Covina, Diamond Bar, and Chino Hills and La Puente, Rowland Heights, Hacienda Heights and Whittier. The quality of service and care provided by the doctor have

see WHO page 11



Walnut Hills Optometry is conveniently located near the 10, 60 and 57 freeways at 18800 E. Amar Rd., #A5 in Walnut. For more info call (909) 594-1153. See their ad on page 4.

### Help Gabriel's Automotive Put the Brakes on Breast Cancer

STAFF REPORTS

**Chino-** Have you been ignoring the tell-tale sound of grinding metal that your car makes when it needs new brake pads because you just can't afford it right now? Do you pretend not to hear the

see Gabriel's page 11



Gabriel's Automotive and Towing located at 13654 Central Ave. in Chino. Their business hours are: 8:00 am to 6:00 pm, Monday through Friday and 8:00 am to 4:00 pm on Saturday and Sunday. You can contact them at (909) 464-9005 or visit them on the web at gabrielsauto.com. See ad on pg. 4

ABCPR MEDIA GROUP • (909) 464-1200 • ANAPR.COM • 382 N. LEMON AVE. #402, WALNUT, CA 91789

**ABCpr**  
MEDIA GROUP

**CALL TO  
ADVERTISE!**  
**909.464.1200**

Find us on  
**Facebook**  
facebook.com/TheWeeklyNews  
3,877 Like Us!

Current Resident Or

Presorted  
Standard  
U.S. Postage  
PAID  
Chino, CA  
Permit #61



# Weekly News

## WEEKLY NEWS EASTVALE NEWS SGV NEWS

382 N. Lemon Ave #402  
Walnut, CA 91789  
Phone: 909.464.1200

### PUBLISHER

ABCpr Media Group  
CSG Public Relations

### EDITORIAL

Editor In Chief:  
Anthony Saude

### Editorial Team:

Michael Armijo  
Kelli Gile  
Sarah Sanchez

### PRODUCTION

Hillary Couron  
Tony Andrade

### ADVERTISING SALES

909.464.1200

#### Directors:

Diane Armijo  
Anthony Saude  
Anthony Cambric

### SOCIAL MEDIA

facebook.com/TheWeeklyNews  
Sarah Sanchez

Commercial



Website



The **Weekly News** is owned by ABCpr Media Group & CSG Public Relations. It is directly delivered each week to homes and businesses. *Weekly News* is not responsible nor liable for any claims or offerings, nor responsible for availability of products advertised. All rights reserved. Reproduction in whole or in part without permission is prohibited.

## Write to Us

Do you have any comments, questions or concerns about the community?

Write a letter to the Editor.

### The Weekly News

Please contact us at:

### LETTERS:

382 N. Lemon Ave #402  
Walnut, CA 91789

### E-MAIL:

editor@anapr.com

**ABCpr**  
MEDIA GROUP

## Artists Sought for California Upland Game Bird Stamp Art Contest



PHOTO COURTESY: CDFW

By CDFW

The California Department of Fish and Wildlife (CDFW) is conducting an art contest to select the design for the state's 2018-2019 upland game bird stamp.

The California Upland Game Bird Stamp Art Contest is open to all U.S. residents ages 18 and over. Entries will be accepted from Nov. 20 through Dec. 7.

This year's stamp will feature the white-tailed ptarmigan (*Lagopus leucurus*). This smallest of North American grouse species exhibits a dramatic change in plumage from a mottled or a barred brown-yellow during breeding in spring to a pure white during the winter months, allowing this chameleon of the bird world excellent camouflage on the ground year-round in its alpine habitat. In California, ptarmigan occupy the highest elevations of the Sierra Nevada from Alpine County south to Sequoia and Kings Canyon National Park.

Entries must include at least one white-tailed ptarmigan, preferably in a habitat or setting representative of California. Entries will be judged on originality, artistic composition,

anatomical accuracy and suitability for reproduction as a stamp and a print.

The contest will be judged by a panel of experts in the fields of ornithology, conservation, art and printing. The winning artist will be selected during a public judging event, with the date and location to be announced later.

An upland game bird validation is required for hunting migratory and resident upland game birds in California. The money generated from stamp sales must be spent on upland game bird-related conservation projects, education, hunting opportunities and outreach. CDFW sells about 175,000 upland game bird validations annually. Any individual who purchases an upland game bird validation may request their free collectable stamp by visiting [www.wildlife.ca.gov/licensing/collector-stamps](http://www.wildlife.ca.gov/licensing/collector-stamps). For collectors who do not purchase a hunting license or upland game bird validation, or for hunters who wish to purchase additional collectible stamps, an order form is also available on the website.

For contest information and entry forms, please visit [www.wildlife.ca.gov/upland-game-bird-stamp](http://www.wildlife.ca.gov/upland-game-bird-stamp). ■



Like us on Facebook!  
/TheWeeklyNews

## Window Tint For Your Car

See What our Customers have to say about us on Yelp.com



- Lifetime Warranties
- 100% Guarantee
- 20+ Years Experience
- Same Day Service



1780 Town & Country #104 - Norco

(Across from Norco DMV & Post Office)

Open Mon.-Fri. 8am - 5pm Open Saturdays

Ca. License #967922 - Licensed-Bonded-Insured

## Window Tint For Your Home

- FREE Estimates
- Save 30% on cooling costs
- Designer films for shower doors, pantry doors & more
- Rejects 99% of UV Rays that fade window coverings & furniture



Reduce up to 81% of the heat in your home and lower your air-conditioning bill

**MR. TINT**  
AUTO - HOME - COMMERCIAL

(951) 737-7007

WWW.MRTINT-IE.COM

## SPIDEY PARTY ENTERTAINMENT

By VISIONARTS



LOOKING FOR SPIDERMAN TO SWING ON BY AT YOUR NEXT EVENT? OR WANT TO SURPRISE AND LIFT THE HEART OF AN AMAZING CHILD BATTLING AN ILLNESS?!

LOOK NO FURTHER, YOUR FRIENDLY NEIGHBORHOOD SPIDERMAN IS ON THE WAY!



/Strengthandcourage squad

909.239.4644

## GIFT BASKETS BY RITA

"We can create any basket within your price range."

Don't just tell your clients how much you appreciate them, Show them with a basket.

Personalize the perfect basket for that golfer or fisherman.

Order Today!!!

(909)354-9610

GIFT BASKETS By Rita

We deliver & ship!



ritarivas86@yahoo.com  
giftbasketsbyritarenee.com



## Community Events

### UPCOMING EVENTS:

#### 2018 Chino Hills Wine Walk

**When:** Saturday, October 13, 5:00 pm to 8:00 pm

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

**Details:** Presented by the Chino Hills Community Foundation. Please join the Chino Hills Community Foundation at the Shoppes at Chino Hills as they swirl, sip, and shop while raising money for a great cause. Destination for food and wine lovers with more than 20 pouring locations.

**Contact:** <http://chinohillsfoundation.com/wine-walk/>

#### 42nd Annual Walnut Family Festival

**When:** Saturday, October 13, 9:00 am to 5:00 pm

**Where:** Suzanne Park, 625 Suzanne Rd., Walnut

**Details:** The City of Walnut and the volunteer Festival Committee invite you to join us as we celebrate all that makes Walnut special! The Festival highlights include a Community Parade. Live Entertainment, Kid's Fun Zone (with rides, games, petting zoo, kiddy train ride, and other attractions), Food Booths, Arts & Crafts vendors as well as a variety of service clubs, youth organizations, businesses, and environmental services. Join us for a day of fabulous food, terrific entertainment, wonderful exhibits and lots of fun! Call the Walnut Community Services at (909) 598-5605 for more information. We expect to have a wonderful turnout and hope you can join us! Free attractions for kids (inflatables, games, petting zoo, train rides) Game area with prizes, live entertainment and community performances,

Food Court, Crafts and Activities, Booths featuring arts, crafts, businesses, and community groups

**Cost:** FREE

**Contact:** Facebook Page: <https://www.facebook.com/WalnutFamilyFestival/>

#### Diamond Bar Restaurant Week

**When:** October 5-21, 2018

**Where:** Check website for participating locations

**Details:** Diamond Bar Restaurant Week is an event that showcases Diamond Bar as a premier dining destination offering diners a wide variety of culinary experiences. Participating restaurants offer special prix-fixe menus with breakfast, lunch and dinner specials available. Many thanks to all the restaurants that have previously participated in Diamond Bar Restaurant Week,

as well as all of the wonderful Diamond Bar and surrounding communities who've dined out during the events.

**Contact:** [dbrestaurantweek.com](http://dbrestaurantweek.com)

#### City of Chino Hills Trick or Treat

**When:** Wednesday, October 31, 3:00 pm to 5:00 pm

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

**Details:** 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.

**Contact:** <https://www.chino-hills.org/DocumentCenter/View/11747>



# Did You Know?

## How to Build Empathy and Prevent Bullying

BY STATEPOINT

Sixty-two percent of 9 to 11-year-olds say they have been bullied at least “once or twice,” according to a recent national survey.

The survey, commissioned by the Cartoon Network and designed by VJR Consulting in consultation with the Making Caring Common project (MCC) at Harvard University’s Graduate School of Education, found that the vast majority of young children in this country have experienced bullying and that they look to adults to set an example about how to treat others.

October is National Bullying Prevention Month, and an excellent time to focus on creating more inclusion in your school and community by re-enforcing kindness and empathy.

- Values matter: The values kids are taught really do matter. Those who consider “caring about others” to be “very” important (74 percent) are far more likely to do kind things for other kids, and far less likely to be bullies.
- Help kids speak up: Over half of kids who have seen someone getting picked on or being left out say one of the reasons they don’t help is they don’t know what to do or say. But there are resources which can help kids learn how to handle these tough situations.

For example, Cartoon Network animated children’s stories from their survey into new PSAs, including one featuring Beastboy from “Teen Titans GO!” in a similar situation speaking up, saying “That’s Not Ok.”

Additional PSAs from Cartoon Network and Committee for Children showcasing more stories told by children about their personal experiences being bullied can be found at [cartoonnetwork.com/stop-bullying/video.html](http://cartoonnetwork.com/stop-bullying/video.html).

- Resources on kindness and empathy: Cartoon Network and 826 National partnered on the Inclusion Storytelling Project to provide tools and encouragement for kids to share their own stories. Easy-to-use digital resources for educators and parents offer tips to help kids speak up against bullying and develop greater caring and empathy skills. More information can be found at [826digital.com](http://826digital.com).
- Be engaged: Communication is key to learning what is really going on in your child’s life. The vast majority of 9-to-11-year-olds (83 percent) said it would help kids their age be kinder to one another if every kid had someone who really cared about and listened to them. Check in with kids often to make sure they’re safe and happy at school, on the playground and online.

Everyone can set a good example, and help prevent bullying in the process, by leading with compassion and encouraging kindness. ■



PHOTO COURTESY: STATEPOINT

FOR ALL YOUR  
Public Relations NEEDS:

-GRAPHIC DESIGN

-POSTCARDS

-NEWSLETTERS

-BROCHURES

-ADVERTISING CAMPAIGNS

-EVENT PLANNING

-BOND CAMPAIGNS

CALL US TODAY AT  
(909) 464-1200  
FOR MORE  
INFO

ABCpr

MEDIA GROUP

# History 101



PHOTO COURTESY: WIKIMEDIA COMMONS

## October 6, 1926: Babe Ruth sets a World Series Record

BY HISTORY.COM

On October 6, 1926, Yankee slugger Babe Ruth hits a record three homers against the St. Louis Cardinals in the fourth game of the World Series. The Yanks won the game 10-5, but despite Ruth’s unprecedented performance, they lost the championship in the seventh game. In 1928, in the fourth game of another Yanks-Cards World Series, Ruth tied his own record, knocking three more pitches out of the same park.

The 1926 championship promised to be an exciting one. The AL champs had a powerful lineup, later called the “Murderer’s Row,” that included the great Babe, the young “Columbia Lou” Gehrig, and the leadoff man Earle Combs. For their part, the Cardinals had the intimidating Rogers Hornsby along with ace pitchers Flint Rhem and Bill Sherdel.

But the Yanks were heavily favored, and they won the first game easily. They lost the second, though, thanks to an outstanding full-game performance from St. Louis pitcher Grover Cleveland Alexander. The next day, Cardinal Jessie Haines pitched

the whole game—and hit the only home run—in his team’s 4-0 Game 3 victory.

By the fourth game in the series, the underdog Cards were up two games to one. The Yanks needed to pull it together, and for one game, they did. Veteran Waite Hoyt pitched all nine innings while St. Louis shuffled through its entire bullpen. And the Babe—the Sultan of Swat, the Caliph of Clout, the Wali of Wallop—hit his three homers and led the Yanks to a 10-5 victory. Unfortunately for the Bombers, that game didn’t decide the series. Though they won the next game in 10 innings, they lost the next one by eight runs. And they were losing the seventh game by one run in the ninth inning when the Bambino stepped to the plate again. With a 3-2 count, Ruth drew his eleventh walk of the series and trotted off to first base. The Yanks’ hopes plummeted as quickly as they’d risen, though, when second baseman Hornsby nabbed him as he tried somewhat ploddingly to steal second. The game was over. Thanks to the magical Bambino, the Bombers had lost. On October 18, 1927, Yankee Reggie Jackson became only the second player to hit three homers in a single Series game. ■

# Pick Up Your Copy!

In addition to delivering to homes and businesses, our papers are also available at these locations:

## WALNUT

### Curves

385 S. Lemon Ave., Ste. H  
(909) 598-9238

### Hair Perfect

20747 E. Amar Ave.  
(909) 598-8394

### Lemon Creek Cleaners

360 N. Lemon Ave.  
(909) 594-7504

### NY Pizzeria

364 N. Lemon Ave.  
(909) 594-5000

### Osuna’s Mexican Food

18746 Amar Road  
(626) 810-4101

### Post Box Plus

382 N. Lemon Ave.  
(909) 595-5924

### Walnut Senior Center

21215 La Puente  
(909) 598-6200

### Starbucks

20373 Valley Blvd.  
(909) 468-5109

### UPS

20687 Amar Rd # 2  
(909) 444-1303

### Walnut City Hall

21201 La Puente Rd.  
(909) 595-7543

### Walnut Hills Optometry

18736 E. Amar Rd.  
(909) 594-1153

### Walnut Library

21155 La Puente Rd.  
(909) 595-0757

### Walnut Sheriff’s Station

21695 Valley Blvd.  
(626) 913-1715

## DIAMOND BAR

### Barro’s Pizza

21000 Golden Springs  
(909) 598-2871

### Diamond Bar City Hall

21825 Copley Drive  
(909) 839-7000

### Diamond Mail & Shipping

1249 S. Diamond Bar Blvd.  
(909) 861-1290

### It’s A Grind

1223 S. Diamond Bar Blvd.  
(909) 861-5120

### Paco’s Tacos

1131 Brea Canyon Rd.  
(909) 595-0044

### Crunch Fitness

1132 S. Diamond Bar Blvd.  
(909) 444-0142

Continued on page 5

This Week's Weather

BY: ACCUWEATHER.COM

SAT

H: 79°  
L: 56°

SUN

H: 81°  
L: 55°

MON

H: 81°  
L: 55°

TUE

H: 80°  
L: 53°

WED

H: 77°  
L: 55°

THU

H: 81°  
L: 52°

FRI

H: 83°  
L: 55°

Place an ad in The Weekly News Call (909) 464-1200

“YOU MISS

100% OF THE

SHOTS YOU

DON’T TAKE”

-WAYNE GRETZKY







# DB Housing Market Falters Too!

By NEF CORTEZ



I wrote last week on the California housing market as reported by the California Association of Realtors' (C.A.R.) on the subject of the statewide faltering housing market in California. The data showed that for first time in nearly two years, the rate of home sales in California fell below the 400,000 level for the fourth straight month to 399,600. The sales rate declined 1.8 % from July, and down 6.6% from August 2017. The Diamond Bar housing market reflected similarities to that of the State, with the sales number falling in the 2nd quarter by 24 units, going down to 101 units sold from 125 for the same period in 2017. (This number only includes the Single Family Detached homes transferred in the City of Diamond Bar within this period of time.) This drop represents a decline of 19.2%, a substantial number for Diamond Bar sales. According to data extracted from the California Regional Multiple Listing Service (CRM-LS), the housing market in Diamond Bar also reflected an increase in the Median Sales Price (MSP) of \$30,000, going up from \$720,000 in the 2nd Quarter 2017 to \$750,000 for the same period in 2018.

This mirrored the State's rate of price appreciation, and in Diamond Bar it represents an increase in the MSP of 4.2%. For comparison's sake, the previous period reflected an increase in the MSP of \$50,000, an annual appreciation of 7.4%. The Diamond Bar housing market has seen a greater deceleration of price appreciation than the statewide level. Diamond Bar's numbers reflected a deceleration rate of nearly 44%, quite a bit more than the 24% number reflected statewide, which dropped from an annual increase of 7.2% down to the 5.5 % rate reported this last month. The key to these numbers is that the affordability of homes is reaching a point where less than 1/3 of the households can afford to purchase the median sale priced home in California. What percent of current homeowners do you think would be able to qualify for the Median Sales Priced home in Diamond Bar, which now stands at \$750,000. (Write to me and give me your opinion or give me your estimate at my e-mail address below) *This article was written by Nef Cortez who is a licensed Real Estate Broker, Ca BRE # 00560181, licensed since 1976. He can be reached for more information via e-mail at nefcortez@gmail.com, or websitewww.nefcortez.com. Please feel free to email any questions regarding real estate. ■*

## CASTILLO LAW FIRM



Javier Castillo

- Bankruptcy
- Civil Litigation
- Estate Planning
- Probate
- Family Law



### Get a Free Consultation About Your Situation!

Tel: (626) 331-2327  
E-mail: [javier@jcastillolaw.com](mailto:javier@jcastillolaw.com)  
Website: [jcastillolaw.com](http://jcastillolaw.com)

Office Location: 145 E. Rowland Street, Suite A  
Covina, CA 91732

## Office, Professional, Commercial and Retail Space



Canyon View Offices at 21308 Pathfinder Rd., Diamond Bar

Diamond Bar-Canyon View Plaza is an ideal location for multipurpose offices with 24/7 access to building. Located right next to the 57 and 60 fwy makes it highly visible and easy to find. It is across the street from Diamond Bar High School and Chevron Gas Station. Offices are all inclusive. Starting at \$700 for an executive suite. Offices range in different size up to 2300 sq ft. Free utilities, including water, trash, gas, gardening and cleaning service. Verizon is the phone carrier. Wireless internet FIOS and direct tv are available. Great space for office, retail, medical, acupuncture, nail salon, beauty salon, and school related business like tutoring. Some of the current tenants are psychologist, dentist, beauty salon, real estate brokers, mortgage brokers, tutoring, driving school, music teacher, art studio, doctor, Diamond Bar Tailoring, and used car dealers.

Offered By  
Rinehart Management Co  
Contact Terry at (626) 331-2441  
Or Cell (626) 233-3952

## Men of Impact

Thursday's 5:00-6:00pm



Internet Radio Show  
Host- Anthony Saude

TUNE IN THIS THURSDAY! VISIT:  
[WWW.HOPERADIO247.COM](http://WWW.HOPERADIO247.COM)

## WHERE DO YOU GET YOUR NEWS?

### SOCIAL MEDIA



#1 on social media

72,289 people reached

### WEB



#7 on web

### PRINT



Get It All Here And Advertise For One Low Price!  
Individual Ads Start At \$60 Call Us Today at (909) 464-1200  
[www.OurWeeklyNews.com](http://www.OurWeeklyNews.com)



## Become A Land Owner

### \$9000 Per Acre!

#### 2 acres Water/Power. Joshua Tree

## WE FINANCE.

Will trade for car/truck. Invest or build a home or ranch.

Call 562-355-9579 for a FREE map.

Hablamos Español  
[www.landvesting.com](http://www.landvesting.com)

### SUBSCRIBE TODAY!

## SUBSCRIBE TO OUR WEBSITE

Stay up to date on news in your city:  
[OurWeeklyNews.com](http://OurWeeklyNews.com)



Continued from page 3

## Pick Up Your Copy!

In addition to delivering to homes and businesses, our papers are also available at these locations:

### CHINO HILLS

**Chino Hills Car Wash**  
14694 Pipeline Ave.  
(909) 464-8286

**Chino Hills Pharmacy**  
2140 Grand Ave Ste 130  
(909) 364-9244

**Chopsticks House**  
3938 Grand Ave.  
(909) 590-3688

**Crossroads Center Urgent Care**  
3110 Chino Ave., #150  
(909) 536-1493

**Donut Club**  
4012 Grand Ave., Ste. G  
(909) 465-1456

**Hand & Stone Massage & Facial Spa**  
4200 Chino Hills Pkwy., #155  
(909) 342-6556

**Oke Poke**  
3277 Grand Ave. Ste. L  
(909) 548-7887

**Planet Beach**  
13890 Peyton Dr # C  
(909) 465-9911

**Starbuck's**  
4013 Grand Ave.  
(909) 464-0516

### CHINO

**Chino Branch Library**  
13180 Central Ave.  
(909) 465-5280

**Chino Chamber of Commerce**  
13150 7th Street  
(909) 627-6177

**Chino Commercial Bank**  
14345 Pipeline Ave.  
(909) 393-8880

**Clark's Nutrition**  
12835 Mountain Ave.  
(909) 284-4069

**John's Hamburgers**  
13511 Central Ave.  
(909) 902-5602

**Painted Donut**  
5702 Riverside Dr.  
(909) 548-3080

**Parkview Real Estate**  
3873 Schaefer Ave., Ste. C  
(909) 591-8477

**Philly's Best**  
4047 Grand Ave., Ste F  
(909) 464-9911

**Starbuck's**  
12867 Mountain Ave.  
(909) 464-2235

**Taco Dudes**  
5065 Riverside Dr.  
(909) 591-3950

## YOUR AD HERE

(909) 464-1200



# ROOFING

# ADVANCED IMPROVEMENTS

Lic. #947761

## GO GREEN FOR LESS

Install Micro Inverter Systems that produce up to 20% more power.

Solar doesn't have to be expensive. Our systems pay for themselves in as little as 4 years. Let us show you how buying your solar with **ADVANCED** is **3 TIMES LESS EXPENSIVE** than leasing.

## ACCURATE ESTIMATES

Our experience enables us to quickly and accurately assess your needs.

- Tankless Water Heaters
- Water Filtration
- Heating & Air Conditioning
- Residential & Commercial

SPECIAL FINANCING WITH

**hero**

Call for details

# 888-698-8859

[www.AdvancedIMP.com](http://www.AdvancedIMP.com)

# SOLAR

# Extreme Backyard Designs

END OF SUMMER SUPER SALE

WHOLESALE PRICING

909.930.6111

BBQ ISLAND PACKAGES

yelp  4.5 Stars

PATIO COVERS



NO SANDING - NO STAINING - NO PAINTING  
LIFETIME WARRANTY

SPA SALE  
Starting at  
\$2995<sup>00</sup>



SWIM SPAS  
Starting at  
\$9995<sup>00</sup>



OUTDOOR APPLIANCES



WHOLESALE DIRECT  
— PATIO FURNITURE —



Location - 10,000 sq. ft

Mon-Sat: 9am - 6pm / Sun: 11am - 5pm

2330 S. Vineyard Avenue  
Ontario, Ca 91761

[www.ExtremeBackyardDesigns.com](http://www.ExtremeBackyardDesigns.com)



\$3295

- 8' BBQ ISLAND
- 3 BURNER S/S GRILL
- SINGLE ACCESS DOOR
- STAINLESS STEEL FRIDGE



\$4295

- 8' X 3' BBQ ISLAND
- 3 BURNER S/S GRILL
- SINGLE ACCESS DOOR
- STAINLESS STEEL FRIDGE



\$3995

- 9' BBQ ISLAND
- 3 BURNER S/S GRILL
- SINGLE ACCESS DOOR
- UNDER-COUNTER LIGHTS
- STAINLESS STEEL FRIDGE



GET YOUR CUSTOM  
BBQ ISLAND BUILT TODAY!

BBQ Islands Specials  
Good Thru 10/31/18

WE SUPPORT OUR TROOPS





Grace Buencamino

COMPLETE BUSINESS PACKAGES  
PERFORMANCE BONDS  
WORKMAN'S COMPENSATION

George L Brown Insurance Agency



George L. Brown Insurance Agency  
Established Since 1941  
License #0H30972

Direct: 909-973-8233  
gbuencamino@georgebrowninsurance.com  
www.georgebrowninsurance.com



Like us on Facebook!

/TheWeeklyNews

Osuna's

MEXICAN RESTAURANT

18746 Amar Rd., Walnut, CA 91789

PHONE (626) 810-4101

MONDAY

Fish Tacos

\$1.50 ea.

Not valid with any other offers or discounts.

WEDNESDAY

Kids Eat for FREE

(w/ purchase of 1 adult meal & drink.  
Limit one per customer, Children 10 & under, dine in only)

Not valid with any other offers or discounts.

TUESDAY

Street Tacos, Soft

\$1.50 ea.

(Carne Asada, Chicken or Carnitas)

Not valid with any other offers or discounts.

THURSDAY

Buy 1 Enchilada plate & drink,  
get 50% off 2nd plate  
(Beef, Chicken or Cheese)

Not valid with any other offers or discounts.

10% OFF

YOUR NEXT VISIT

Not valid with any other offers or discounts.

\$2 DOLLARS OFF

LUNCH BUFFET MONDAY-FRIDAY

Not valid with any other offers or discounts.

Hairstylist ~ Beauty Consultant ~ Hair Extensions ~Make-Up Artist



No More Frizzy Hair! Go Straight!  
Brazilian Keratin product that straightens  
Hair with out taking away body & fullness

25% OFF  
Any Chemical Service  
Including Brazilian Blowout  
Exp. 10/31/18

Ask for Ellie Collins  
(714) 514-0621

Ellie Collins

BLOWOUT PARLOR  
8018 E. Santa Ana Canyon Rd  
Anaheim Hills, Ca. 92807

Specializing In:  
WEDDINGS & SPECIAL OCCASIONS

\$10

TUESDAY

any large pizza

Offer available at participating locations on Tuesday only. In-store Family Size prices may vary. Includes Signature, Gourmet Deluxe®, Fresh Pan, Stuffed or Create Your Own pizza up to 5 toppings; topping additions to recipe pizzas will result in additional charges.



GET FRESHER  
FASTER

ORDER & PAY ONLINE  
PapaMurphys.com

25%

Off \$20 Order

\$20 minimum purchase required.  
Discount off regular menu price.  
Excludes FAVES® and XLNY® pizzas.

 ONLINE CODE - 1000

Expires 11/4/2018. Limit 1.  
Not valid with any other offer. Valid only at participating locations.  
Coupons cannot be sold, transferred or duplicated.

SBP-10 1874-092418

EASTVALE

14268 Schleisman Ave  
Archibald & Schleisman  
next to Starbucks  
951-737-PAPA (7272)

we welcome  at participating locations



© 2018 Papa Murphy's International LLC 17-3074 ABC-TUES10



WALNUT  
FAMILY  
FESTIVAL

A Day of Celebrating Family

SATURDAY 13<sup>th</sup>

OCTOBER

@ SUZANNE PARK  
625 SUZANNE ROAD, WALNUT  
9:00 AM to 5:00 PM - FREE ENTRY

\* FOOD \* ARTS & CRAFTS

\* VENDORS \* GAMES \* MUSIC

\* FREE KID ZONE

ATTRACTIONS!

(Including Rock Climbing Wall,  
Inflatables, Train Ride & Petting Zoo)



FREE  
Kid Zone



Food and  
Vendor Booths



Entertainment

Call (909) 598-5605 for more information

A special "Thank You" to our Platinum  
Sponsor Valley Vista Services!



# Healthy Living

## 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

## Recipe:

## Dinner 2 Lunch: Cook it once, eat it twice!

### Dinner- Sriracha Pork Chops Lunch- Banh Mi Sandwiches



PHOTO COURTESY HELLO FRESH

#### BY HELLO FRESH

Servings: 4

DINNER-

Cooking Time: 40 mins, Nutrition:

610 Calories

LUNCH-

Cooking Time: 5 mins, Nutrition:

500 Calories

Ingredients:

- Scallions- 4
- Carrots- 2
- Pork Chops- 36 oz
- Soy Sauce- 4 tbsp
- Sriracha- 10 tsp
- Sugar Snap Peas- 12 oz
- Sour Cream- 4 tbsp
- Basmati Rice- 1 cup
- White Wine Vinegar- 5 tsp
- Thai Seasoning- 2 tbsp
- Honey- 3 oz
- Sesame Oil- 2 tbsp
- Demi Baguettes- 2
- Cilantro- 1/4 oz

DINNER:

#### 1 PREHEAT, PREP AND COOK

**RICE** Wash and dry all produce. Preheat oven to 425 degrees. Trim and thinly slice scallions, separating greens and whites. Melt 2 TBSP butter in a small pot over medium-high heat. Add ¾ cup water and a pinch of salt. Bring to a boil, then add rice. Cover, lower heat, and reduce to a simmer. Cook until tender, about 15 minutes. Meanwhile, peel carrots. Using your peeler, shave carrots lengthwise into ribbons over a medium bowl, rotating until you get to the cores; discard cores.

#### 2 TOSS CARROTS AND SEAR

**PORK** Add vinegar and 1 tsp sugar to bowl with carrots, then season with salt and pepper. Toss to coat, cover with plastic wrap, and keep refrigerated until you prep lunch in the morning. In the meantime, heat a large drizzle of oil in a large pan over medium-high heat. Pat pork

dry with a paper towel; season all over with salt, pepper, and Thai seasoning. Add to pan and cook until just browned, 2-3 minutes per side. Transfer to one side of a foil-lined baking sheet.

#### 3 MAKE GLAZE

Add scallion whites to pan used for pork over medium-high heat. Cook until softened, about 30 seconds. Stir in soy sauce, honey, 1 TBSP water, and up to 4 tsp sriracha (to taste; save remainder for lunch). Scrape up any browned bits on bottom of pan. Let simmer until thick and sticky, about 2 minutes. (TIP: If sauce gets too thick, stir in another 1-2 TBSP.) Remove pan from heat, then stir in sesame oil.

#### 4 ROAST PORK AND SNAP PEAS

Trim any tough ends from snap peas, then place on empty side of baking sheet with pork. Toss with a large drizzle of oil and season with plenty of salt and pepper. Set aside ½ of the glaze in a small bowl and save for lunch. Brush top of pork with half the remaining glaze. Roast in oven on middle rack until snap peas are tender and pork reaches desired doneness, 7-10 minutes.

#### 5 FINISH DINNER

Fluff rice with a fork, then stir in half the scallion greens. Season with salt and pepper. Divide between plates, then arrange 2 pork chops on top (save the others for lunch). Add snap peas to the side. Spoon remaining glaze over everything. Garnish with remaining scallion greens. Store remaining ingredients until you're ready to prep lunch in the morning.

#### LUNCH:

**6 MAKE LUNCH** The next morning, split baguettes lengthwise. Thinly slice reserved pork. Spread reserved glaze in bowl onto baguette bottoms, then arrange pork on top. Tear cilantro leaves from stems and lay carrots on top. Spread baguette tops with sour cream. ■

## Unhappy Gut? Some People Suffer for Years Before Seeing a Doctor



PHOTO COURTESY: (C) ADIANO / STOCK.ADOBE.COM

#### BY STATEPOINT

Abdominal pain? Diarrhea? An estimated 16 million Americans live with a type of irritable bowel syndrome called IBS-D (the D stands for diarrhea), and it affects both men and women almost equally. However, only 30 percent of individuals consult a physician about their symptoms.

Why is that?

"People who experience symptoms of IBS-D can feel like their symptoms are not severe enough to seek medical attention or that there isn't anything doctors can do to help," says Dr. Howard Franklin, vice president of medical affairs and strategy at Salix Pharmaceuticals. "But doctors want to hear about everything you are feeling so they can determine the underlying cause of your discomfort and help you find a treatment plan that is right for you."

A closer look at IBS-D

Symptoms of IBS-D, which are different in everyone, include stomach pain and cramping, frequent diarrhea, gas, bloating and an urgency to use the bathroom. Many people experience feeling frustrated, missing out on activities because of symptoms and avoiding situations where there is no bathroom nearby.

IBS-D can be diagnosed based on symptom history, including:

- Abdominal pain at least one day a week during the last three months
- More than 25 percent of bowel movements are loose or watery (diarrhea), and less than 25 percent are hard or lumpy (constipation)
- Symptoms started at least six months ago

What could be the cause?

While the exact cause of IBS-D is unknown, and people may have IBS for more than one reason, an imbalance in the usual numbers and proportions of normally healthy bacteria in the digestive system (the gut microbiota) has been found in many people with IBS-D. The microbiota help digest and absorb food and work with the immune system as a barrier against other microorganisms that can cause disease.

"One study of 109 patients with IBS showed that 73 percent had an imbalance in their gut microbiota, compared with only 16 percent of healthy people," says Dr. Franklin. "Other potential reasons may include previous gastrointestinal infection or food poisoning, communication problems between the brain and digestive system, a family history of IBS and other causes."

Treatment options

There is currently no cure, but there are treatments that can help with the symptoms of IBS-D. Lifestyle changes, such as eliminating certain foods and increasing exercise, could help.

"Studies have shown that between 50 and 70 percent of patients failed to respond to either fiber or antispasmodics as a treatment therapy," says Dr. Franklin. "There are different types of prescription treatments for IBS-D. If one isn't working, it's important that patients ask their healthcare professional about trying a different medicine to find what treatment is right for them."

For more information, visit IBSDUpClose.com.

If you're experiencing symptoms of IBS-D, don't be afraid to talk to your doctor about all of them. This is the first step toward helping find a treatment plan and getting relief. ■



## Voortman's Egg Ranch

### *Farm Fresh Eggs*

### "Cage Free"

### All Natural, Vegetarian Fed

### White & Brown Eggs

*Retail & Wholesale*

Open To The Public  
M-Sat 8am-5pm  
Closed Sundays

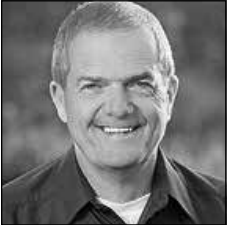
13960 Grove Ave.  
Ontario, CA

# (909) 465-1319



# Breaking Ground

BY MARK HOPPER



Recently, my wife and I were able to attend the Ground Breaking service for Vantage Point Church in Eastvale, California. Our effort to launch a new church in this new community actually started 15 years ago in January, 2003.

Several families from our church had moved to this new community in 2000-2002. It was called Corona Valley at that time. Developers were buying up the Dairy Farms in area from Archibald to the 15 Freeway along Lymonite Road. Hundreds of homes were being built at attractive prices. I often said that you could buy twice the house for half the price in Eastvale.

In early 2003, a family from our church asked me if I would help them start a Bible study in their new neighborhood. Their names were Greg and Carol Crawford. They invited neighbors and we launched a Bible study in Eastvale in their new home.

However, we quickly sensed that we should do more than have a Bible study - we should start a new church in this rapidly growing community. There

were three things we began to pray for - a leader, a location to meet and land for a future church site.

In 2007, God provided two leaders - Mark Lee and Tom Lanning from our church staff in Diamond Bar. They offered to enlist the people from the Bible study and recruit people from Diamond Bar to launch a new church in Eastvale. About 40 people banded together to launch this new church.

Throughout the summer of 2007, these people worked hard to promote the new church. They handed out free bottles of cold water to people driving their cars near Hamner and Lymonite. They gave away free gas and did free car washes to meet people in the community. In September, they launched preview services once-a-month in a local Middle School. And, in February 2008, they launched weekly church services with 200 people coming the first Sunday. As the church grew, they were able to move to the auditorium at Roosevelt High School. They now have four church services at the high school with about 2,000 people attending each week.

The church was able to purchase ten acres of land on Archibald Road just north of the Santa Ana River in Eastvale. Our church in Diamond Bar

gave a generous gift to help with the down payment. The land had been a dairy farm. On Sunday, September 29, 2018, church leaders broke ground to begin construction on their new facility. It was a historic moment with about 1500 people on the property to celebrate and dedicate this land for the future site of Vantage Point Church.

It will take time to construct and complete this new facility. I am sure their will be roadblocks and unforeseen challenges ahead. This has been a remarkable journey. We prayed for a leader and God provided two. We prayed for a location for them to meet in and God provided a Middle School and eventually a High School. We prayed for land and God provided 10 acres in the middle of this beautiful new community. We are very thankful.

If you live near Eastvale and don't have a church home, I hope you will visit Vantage Point. You can find information on their services and ministries on their website. If you live near Diamond Bar, I hope you will visit our church on a Sunday morning. I think you will be glad you did and we will too!

*This article was written by Pastor Mark Hopper, Efree Church of Diamond Bar, 3255 South Diamond Bar Blvd, 909-594-7604, Sunday Services: 9:00 & 10:45 AM, Efreedb.org*

# Visit My Booth at the Walnut Family Festival

BY NANCY STOOPS



Can you believe fall is here and we are getting ready for Halloween? One of my favorite things about this time of year is the Walnut Family Festival. The date of the festival is Saturday October 13th. The festival is located at Suzanne Park and there are all kinds of wonderful things to do, buy, eat and it's a great opportunity to just see some old friends. The festival starts at 9:00 am and continues on until 5 pm.

I always run into people that I haven't see for years. I will have flyers regarding my free support groups and copies of my self-help book entitled Live Heal and Grow

(A common sense guide to life) and my latest book, Midnight the Therapy Dog for sale. I will be happy to sign each book purchased. This year I will also have meditation DVDs for sale. It's a great opportunity to come on by and just chat about what's going on in your life and get some support. If you prefer the support of a furry friend Midnight the certified therapy dog will be at the booth part of the day as well.

The festival is lots of fun and has tons of free information for you and your family. Over the years many of you have e-mailed me or called and left me messages about my column, I hope you'll stop by my booth and introduce yourselves. I'm always amazed about how many nice people I meet at this event. It makes me feel proud to be part of such a wonderful community. I

love seeing all the families and all the dogs that come out to this event. I hope you'll come out and join the celebration!!!!

*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)229-0727. You may e-mail Nancy at nancyjstoops@verizon.net. You may purchase Nancy's books Live Heal and Grow and Midnight the Therapy Dog at Amazon.com.*

## Sarah Marie's Creations

Custom Cakes, Crafts, & Creations

SarahMariesCreations.etsy.com

@SarahMariesCreations

/SarahMariesCreations

SarahMariesCreations.com  
SarahMariesCreations@hotmail.com  
(909) 992-9036

Because it's Heavenly when we keep your Home comfortable

- Sales
- Service
- Installation

Licensed, Bonded, & Insured  
License # 951290

**(909) 923-9086**

Home Improvement  
12672 LIMONITE STE 3E #199  
Corona, CA

angielaire.net

## BALDY VIEW HEALTHCARE

Partners in Your Health

# D.O.T. Physicals \$75

Office hours:  
Monday - Friday 9 AM - 5 PM

- Walk-ins welcome
- Weekend and evening appointments available on request
- FMCSA Certified

[www.baldyviewhealthcare.com](http://www.baldyviewhealthcare.com)  
(951) 270-0757

1780 Town And Country Dr. #103 • Norco, CA 92860

## LAW OFFICES OF William Radcliffe

William & Bonnie Radcliffe

**SPECIALIZES IN:**

- Bankruptcy (Chapter 7 and Chapter 13)
- Divorces (Contested & Uncontested)
- Wills and Trust

**> REASONABLE PRICES**  
**> FREE CONSULTATION**

Phone: (909) 597-3633  
Address: 12960 Central Ave Ste A  
Chino, CA 91710

More info at [www.williamradcliffelawoffice.com](http://www.williamradcliffelawoffice.com)

## CROSSWORD SOLUTION

L	A	Z	A	R		A	R	C			T	O	F	U	
A	M	I	G	O		H	E	R			D	A	R	E	S
P	I	T	A	S		O	D	E			A	B	A	T	E
P	R	I	M	A	R	Y		P	O	P	U	L	A	R	
			A	R	E		A	T	O	P					
H	A	S		Y	E	A	R		H	E	L	O	T	S	
O	R	E	S		F	L	U	E		R	E	S	E	W	
U	R	G	E		Y	O	G	I	C		T	I	P	I	
S	A	U	L	T		E	U	R	O		S	E	E	N	
E	Y	E	L	I	D		L	E	N	D		R	E	G	
			C	O	C	A		D	E	B					
W	R	E	C	K	E	R		C	O	L	L	E	G	E	
R	E	V	U	E		A	L	I		E	A	R	E	D	
A	L	E	R	T		V	A	T		T	I	R	E	D	
P	Y	R	E			E	W	E		E	N	S	K	Y	



## City of Walnut to host 42nd annual Walnut family festival

**Festival from page 1**

items, while earning money for their worthy causes. In addition, the Walnut Lions Club will be hosting a pancake breakfast from 8:00 am to 10:00 am for early risers.

There will be over 100 booths to visit featuring local businesses, community groups, arts and crafts vendors, City services, environmental information and more.

**Parking:**

- Walnut High School (400 N. Pierre Rd.)
- Suzanne Middle School (525 Suzanne Rd.)
- Walnut Senior Center (21215 La Puente Rd.)
- LA County Library (21155 La Puente Rd.) – Open to the Public after 11:00 am

## Collegewood students join flashlight fridays

**Walnut from page 1**

Before the reading began, the teacher flipped off the switch cueing youngsters they could shine the little beams on the ceiling for a five-second light show in the darkness. “It’s one way we make reading uniquely exciting,” she added. On a Flashlight Friday last year, the youngsters unanimously voted as a reward to read to favorite stuffed animals. This year, Zell plans add to the fun by having students bring in blankets and make reading forts below their desks. ■

## Man pistol whipped and tied up by 3 suspects during home invasion

**IE from page 1**

Fontana, Carlos Ocampo, age 37 a resident of Fontana, were arrested and transported to the West Valley Detention Center, where they were booked for the above charges. Anyone with information regarding this investigation is encouraged to call the Fontana Sheriff's Station.

Refer: Detectives, Station: Fontana Station, Phone No. 909-356-6767, Case No. 031802721, JOHN McMAHON, Sheriff-Coroner, San Bernardino County Sheriff-Coroner Department. ■

- Walnut Gymnasium (21003 La Puente Rd.) – Open to the Public after 11:00 am
- Walnut Parking Lot A (20983 La Puente Rd.)

**Local Road Closures:**

- On Saturday, October 13, due to the Opening Procession, Gattel Road will be closed from La Puente Road to Marcon Road from approximately 8:30 am to 10:30 am.
- In addition, due to the Festival, Suzanne Rd. will be closed from Macron Road. to Fuerte Dr. from approximately 3:00 pm on Friday, October 12 through 11:00 pm Saturday, October 13.

There’s plenty to see and do at this year’s Festival. For more information, please call Walnut Community Services at (909) 598-5605. ■

## Youth pastor arrested for aggravated sexual assault of a minor

**Local from page 1**

towards her since January 2018 when she was only 12-years-old. Sometime in March 2018, the victim was attending service when she went to, what she believed to be, an empty restroom. Jenkins was inside the restroom waiting for the victim. The victim attempted to escape, but Jenkins held her against her will. Jenkins threatened the victim with physical violence before strangling and sexually assaulting the victim.

The victim did not immediately report this incident and continued attending church. On August 5, 2018, Jenkins contacted the victim at church and mocked her about the sexual assault. Jenkins told the victim if she reported this to the police, he would say she allowed the sexual assault to occur.

Detectives launched an investigation and obtained evidence against Jenkins. On October 2, 2018, Detectives arrested Jenkins as he entered a liquor store in Santa Ana. Jenkins was booked at the Orange County Jail on multiple child abuse charges and his bail has been set at \$1,000,000.

Santa Ana Police Department Detectives believe there may be additional victims and ask anyone with information to contact Detective Nick Vega at 714-245-8368, nvega@santa-ana.org or Orange County Crime Stoppers at 1-855-TIP-OCCS. ■

## 10th annual "Great California ShakeOut" set for October 18

**ShakeOut from page 1**

and first responders, the safe response to an earthquake is to: DROP where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.

COVER your head and neck with one arm and hand

- If a sturdy table or desk is nearby, crawl underneath it for shelter
- If no shelter is nearby, crawl next to an interior wall (away from windows)
- Stay on your knees; bend over to protect vital organs

HOLD ON until shaking stops

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts
- No shelter: hold on to your head and neck with both arms and hands.

The April 2015 M7.8 Nepal earthquake and M8.3 September 16, 2015 earthquake near Illapel, Chile serve as reminders that large earthquakes can occur with little to no warning. Citizens in the central U.S. are not immune to earthquakes—the region is home to several active seismic zones capable of producing damaging earthquakes, including the New Madrid and Wabash Valley Seismic Zones.

According to a FEMA Spokesperson, “While damaging earthquakes here may be fewer in number when compared to other areas, they can occur at any time wherever we work, live, or travel within the region and beyond. Everyone, everywhere should know how to protect themselves from an earthquake.”

The ShakeOut is free and open-to-the-public, and

participants include individuals, schools, businesses, local and state government agencies, and many other groups. To take part in the ShakeOut, individuals and organizations are asked to join the drill by registering to participate [www.shakeout.org](http://www.shakeout.org). Once registered, participants receive regular information on how to plan their drill and become better prepared for earthquakes and other disasters.

To date, 2.4 million people are registered to participate in this regional event, however Great ShakeOut Earthquake Drills will also occur throughout the nation and in several countries worldwide. More than 35 million people around the globe are expected to participate; and in addition to safety drills, many participants take extra steps to become more prepared for earthquakes or other disasters.■

# Shake Out. Don't Freak Out.

**DROP!**

**COVER!**

**HOLD ON!**

## October 18, 10:18 a.m.

Register at [www.ShakeOut.org](http://www.ShakeOut.org)



YOUR  
AD HERE

(909) 464-1200



# Help Gabriel's Automotive put the brakes on breast cancer

Gabriel's from page 1

laughs or see the stares from you fellow commuters every time you approach a stop sign or traffic light? Now is the time to stop putting it off and head over to Gabriel's Automotive & Towing in Chino where their annual "Brakes for Breasts" campaign to help end breast cancer will begin October 1st and last through the entire month. Every year in October Gabriel's Automotive, along with 139 other auto repair shops across the country, offer FREE brake pads with any brake service (up to a \$109 value). But the best part is that, for the entire month of October, Gabriel's Automotive (and any other participating auto repair shops) will donate a portion of what you pay for the brake service to the Cleveland Clinic Breast Cancer Vaccine Research Fund!

Here's how it works: During October, auto repair shops across the United States work to raise money that goes to support the research being carried out through the Cleveland Clinic Breast Cancer Vaccine fund. More and more auto repair

shops join the cause every year, offering free brake pads to their customers.

For every brake service that is performed at one of these participating auto shops, customers only pay for labor or additional parts for brake services—not the brake pads! Every single shop then donates 10% of their brake service earnings directly to the Cleveland Clinic Breast Cancer Vaccine fund.

So what, exactly, is the "Brakes for Breasts" Campaign anyway? Well, back in 2011, Leigh Anne Best and Laura Frank, two auto shop owners in Ohio, started the Brakes For Breasts fundraising program with 5 other auto mechanics in their area. The success of the program lead them to expand it to 27 shops across 17 states in 2012, allowing them to raise a total of \$66,499.29

for breast cancer research! Over the next few years, the program continued to grow and the amount of money raised has grown along with it.

136 independent auto repair shops across 28 states in 2014

- \$141,868.76 raised by 174 independent auto repair shops across 32 states in 2015
- \$125,867.37 raised by 131 independent auto repair shops across 35 states in 2016—the most on record to date!

In total, independent auto repair shops just like Gabriel's have raised a grand total of over \$492,000 in the last six years!

Breast cancer is a serious disease that has affected the lives of so many of our friends and loved ones. Chances are, you know someone who has fought against breast cancer, whether it's someone close to your or an acquaintance. That's why everyone at Gabriel's Automotive is proud to stand up to show their support through giving, along with other auto repair shops who participate in the campaign. But they couldn't do it without the support of their customers, friends and families.

So Gabriel's is asking you to help them make a difference. Help in the fight against breast cancer so that our daughters and granddaughters will never have to fear for their health and safety due to this disease.

And now there's proof that the Brakes for Breasts campaign is making a difference in the fight against breast cancer. Last year, Cleveland Clinic's Dr. Vincent Tuohy and his team tested a breast cancer prevention vaccine in the lab—with great success and clinical trials for the vaccine began in 2016. Visit Gabriel's Automotive and Towing on the web at [gabrielsauto.com](http://gabrielsauto.com) or go to <http://giving.clevelandclinic.org/> to learn more about the Cleveland Clinic's research. We can do this together! If you're in need of brake repair, October is definitely the month to get it taken care of—for a good cause! Come to Gabriel's Automotive and Towing located at 13654 Central Ave. in Chino. Their business hours are: 8:00 am to 6:00 pm, Monday through Friday and 8:00 am to 4:00 pm on Saturday and Sunday. You can contact them at (909) 464-9005 or visit them on the web at [gabrielsauto.com](http://gabrielsauto.com). ■

DURING OCTOBER

**FREE\* Brake Pads!**

*Brakes for Breasts*

**\*You pay for labor and any additional parts, we donate 10% of total repairs to The Cleveland Clinic.**

Phone quotes are difficult to estimate. Please call and schedule a complimentary inspection for an accurate quote.

# Walnut Hills Optometry: stop in and SEE the difference

WHO from page 1

patients gladly traveling from all over the Los Angeles county and the Inland Empire as well.

The staff knows what a precious gift vision is and it is abundantly apparent as soon as you walk in and see the pride that is taken in providing exceptional service from the comprehensive eye exams all the way to shopping for frames from their extensive selection.

Quality eye care involves consistent care by a professional. Dr. Carmela Larino, O.D. and her loyal staff are always intentional about giving your eyes the personalized care and attention they deserve.

Dr. Larino takes great pride in giving back to the community she grew up in. She attended Rowland Unified schools from elementary all the way through high school. She received her first degree at U.C. Irvine before receiving her doctorate from the Southern California College of Optometry. In 2003, Nogales High School, Dr. Larino's Alma mater bestowed the honor of being placed on their Wall of Fame. She is a member of the American Optometric Association, the California Optometric Association, and the Rio Hondo Optometric Society. She takes great pride in continuing her education in the most current techniques and technology in eye care. As a local resident, you might find Dr. Larino eating at your favorite restaurant, shopping in a local

store, or attending a community event.

Personalized eye examinations, diabetic and eye health exams, and the management and care of a multitude of eye and vision concerns are but a small piece of what you will find on your next visit to Walnut Hills Optometry. A wide variety of eyewear is also available, from progressive and polarized lenses to silicone high-oxygen contacts, and even designer frames. They also offer Lasik Surgery co-management. If you have used eyeglass frames scattered around the house, bring them with you on your next visit and they will donate them to those in need of frames.

Walnut Hills Optometry is conveniently located near the 10, 60 and 57 freeways, on the border of Walnut and West Covina, at 18800 E. Amar Road # A5, inside the Walnut West Plaza (across Louis Doors, between Francesca Dr. & Amber Valley Dr.). Their hours are Tuesdays and Thursdays from 10 a.m. to 1 p.m. and 3 p.m. to 7 p.m., Wednesdays and Fridays from 10 a.m. to 1 p.m. and 3 p.m. to 6 p.m., and Saturdays from 9 a.m. to 2 p.m. You can reach them at (626) 965-3878 or (909) 594-1153. For more information visit their website at [www.walnuthillsoptometry.com](http://www.walnuthillsoptometry.com).

Walnut Hills Optometry thanks you for twenty years of support and look forward to serving the communities for another 20 years! ■

**DONT HAVE A WEBSITE?**

**SPECIAL \$595.00**

Regularly \$900.00

- Includes Domain Registration
- 1 Year Web Hosting
- Single Page Build
- Linked to Your Email

**CALL US!**

**909-464-1200**

**ABCpr MEDIA GROUP**

"Whatever you are, be a good one"

-Abraham Lincoln



**Back with more days, deals and choices!**



**[www.DBRestaurantWeek.com](http://www.DBRestaurantWeek.com)**



# DIAMOND BAR RESTAURANT WEEK

Enjoy 17 days of delicious dining options while exploring the diversity of Diamond Bar's culinary scene.

**OCTOBER 5 - 21, 2018**

## DINE & WIN!

Enter receipts from participating eateries for a chance to win prizes!

See website for details.

It's easy to enjoy -  
no coupons or codes  
needed. Simply visit a  
participating restaurant  
and ask for the  
Diamond Bar  
Restaurant Week menu!

Participating locations  
will offer specially priced  
menu offerings for  
breakfast, lunch and  
dinner, and snack,  
dessert or speciality  
drink deals.



Sign up to receive notices  
of newly added  
restaurants and deals!

**SHARE YOUR FAVORITE DISHES #DBRW**

The third annual DBRW event is co-sponsored by the  
City of Diamond Bar and the Regional Chamber of Commerce-SGV.