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## WALNUT

### WVUSD Trustees Appoint New Assistant Superintendent

BY KELLI GILE

**Walnut-** The Walnut Valley Unified School District Board of Trustees approved the appointment of Dr. Matthew Torres as Assistant Superintendent of Business Services during the September 19 meeting. The veteran educator brings over 20 years of experience and expertise to his new post. Torres has a strong background in the Business Services Division, serving the past 13 years in the Fruitvale School District in Kern County. Since 2011, Torres successfully led the team as Assistant Superintendent of Business

see Walnut page 10

### DB Restaurant Week Starts October 5th

#### STAFF REPORTS

**Diamond Bar** – Local Diamond Bar restaurants will showcase some of their most delicious cuisine in hopes of attracting new patrons when the City holds its now popular third annual Diamond Bar Restaurant Week (DBRW). Now, easily one

of the Cities's most anticipated two weeks of the year. After 2 straight years of overwhelming response the City will continue the annual soirée. Beginning next week on October 5th and running through the 21st local restaurants will entice your taste buds into trying some of

see Restaurants page 10



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

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

**OCTOBER 5 - 21, 2018**

PHOTO COURTESY: CITY OF DIAMOND BAR

### WHS Teacher Goes Above & Beyond for Special Needs Student

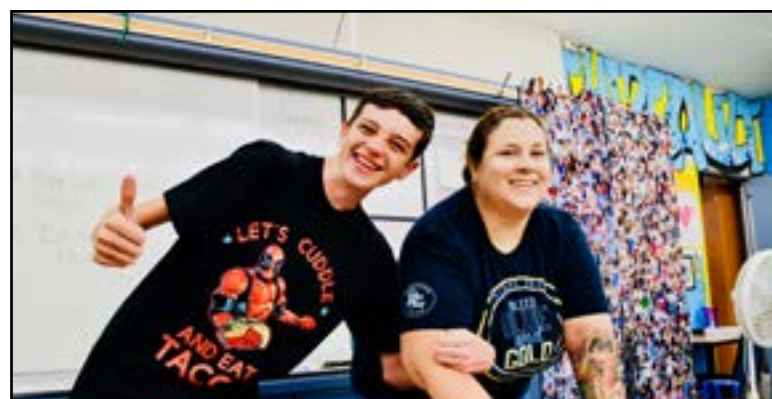


PHOTO COURTESY: K. GILE

*Teachers often dip into their own pockets to provide classroom supplies. This one went a step further*

BY KELLI GILE

**Walnut--** Walnut High School teacher, Kirsten Thibeault, usually spends time in the evenings correcting homework and creating lesson plans

for her six English courses. On Tuesday night, however, she put aside the schoolwork to sort through boxes and boxes of Lego building blocks, platforms, and characters. Thibeault was motivated to comb through her son's long outgrown collection to offer a personalized birthday gift to one of her students. "I have this amazing special-needs

see Teacher page 10

## LOCAL NEWS

### Community Kicks Off Season of Giving with Operation Christmas Child

BY SAMARITAN'S PURSE

**Chino-** September 29, 2018— Inland Empire and San Gabriel Valley area residents will gather to kick off the Samaritan's Purse project's collection season— packing more than 30,000 shoeboxes with fun toys, school supplies and hygiene items. These gift-filled shoeboxes will contribute to the project's goal of reaching more than 11 million children in Jesus' Name.

The San Gabriel Valley East

Area Operation Christmas Child team invites you to kick off the Operation Christmas Child collection season at their 8th annual countdown event on Saturday, September 29 at Inland Hills Church (14670 Ramona Ave., Chino 91710). The event starts at 10:00 a.m.

Information, updates and Operation Christmas Child supplies will also be provided to equip volunteers to pack

see Local page 10

## INLAND EMPIRE

### City of Chino Names New Public Works Director

#### STAFF REPORTS

**Chino-** After a competitive process, Amer Jakher has been selected to fill the position of Public Works Director. Mr. Jakher will serve as a key member of the City Manager's Executive Management Team and will be responsible for the City's capital improvement projects, traffic operations, fleet management and water distribution.

Mr. Jakher comes to the City of Chino following a 24-year career in public works. He most recently served as the Director of Public Works for the City of

Beaumont also in San Bernardino County. Mr. Jakher comes with extensive experience in project and utility management, municipal engineering and public works operations.

Mr. Jakher says "I am honored to join the City of Chino and continue to help drive the city's efforts in maintaining Chino as a vibrant and welcoming community. I look forward to working with staff and advancing the goals of the City Council in serving the community."

City Manager Matt Ballantyne added, "Amer's leadership and extensive public works experience impressed each of our

interview panelists and Executive Management Team. I look forward to his assistance in delivering infrastructure projects and serving the needs of our community."

Mr. Jakher is a graduate of California State University, San Bernardino where he earned a Master of Public Administration. He received his Bachelor of Science in Civil Engineering from San Diego State University.

Mr. Jakher replaces former Director of Public Works and Assistant City Manager, Jose Alire who retires October 23 after 15 years of service with the City of Chino. ■

## Our Featured Businesses

### 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.

### Papa Murphy's Take 'N' Bake Pizza

BY ANTHONY SAUDE

**Eastvale-** Pizza is in this country about as American as Baseball, hot dogs, apple pie and Chevrolet. I have heard and even said, jokingly, you can't trust anybody that doesn't like pizza.

Papa Murphy's Take 'N' Bake Pizza is a one of a kind pizza experience. Each pizza is created with only the finest fresh ingredients, delivered daily. The dough is made from scratch

see Pizza page 11



Papa Murphy's Take 'N' Bake Pizza is located at: 14268 Schleisman Rd Ste. 400, Eastvale CA 92880. Call (951) 737-7272 or Visit [www.papamurphys.com](http://www.papamurphys.com) for more info or to place an order. See ad on page 7.

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# Caltrans Release 2018 State Rail Plan

BY CALTRANS

**Sacramento** - Today, Caltrans released the 2018 State Rail Plan – a bold vision for state rail that aims to boost the economy, help reduce greenhouse gas emissions and improve safety statewide over the next 20 years.

"Rail is a key part of the solution for addressing California's transportation challenges. In this Rail Plan, we lay out the goals and investment strategies necessary in both the short and long-term for improving access, mobility and efficiency for both our passenger and freight rail systems, while also making a major contribution to reducing greenhouse gas emissions related to the transportation sector."

Laurie Berman, Director, Caltrans

With a vision to increase passenger rail travel by 92 million passenger miles per day, the 2018 Rail Plan presents a plan for an integrated system that will allow passengers to easily and efficiently transfer from local transit services to regional, intercity and future high-speed rail. The outcomes described in the Rail Plan will help California achieve its ambitious GHG emission reduction targets, boost the state economy, and potentially eliminate 250 fatalities and 19,000 transportation related injuries per year by 2040.

The passenger vision will create a coordinated, state-wide travel system to enhance multimodal access for residents across the state. The vision will allow people to:

- Travel seamlessly

across urban, suburban, and rural areas of the state with more trains to more places more often;

- Save time with significantly faster trips;
- Enjoy the journey on modern, safe, clean, and comfortable trains;
- Transfer quickly and easily at hub stations with coordinated arrivals and departures that significantly reduce wait times;
- And plan an entire door-to-door trip and purchase a single ticket using a streamlined trip-planning portal.

The freight vision provides a customer-focused system that will eliminate rail freight bottlenecks on transcontinental trade corridors by investing in dedicated rail freight capacity and passenger improvements that support rail freight movement. The freight component also supports short line improvements, grade-crossing improvements at a corridor-level to address community safety needs, and integrating as much service as possible.

Caltrans worked extensively with state, regional, and local partners to develop a consensus vision that supports increased efficiencies and connectivity across the state.

The Rail Plan is available at [www.californiastaterailplan.com](http://www.californiastaterailplan.com)

*Date: Sept. 10, 2018*

*District: Headquarters - Sacramento*

*Contact: Thomas Lawrence*

*Phone: (916) 654-3633*

*Contact: Tamie McGowen*

*Phone: (916) 657-5060*



"Whatever you are, be a good one"

-Abraham Lincoln



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## Community Events

### UPCOMING EVENTS:

#### Boots in the Park

**When:** Saturday, October 6, 12:00 pm to 9:00 pm

**Where:** Silver Lakes, 5555 Hamner Ave., Norco

**Details:** Activated Events, the producers of Coastal Country Jam bring you Boots In The Park, the largest touring country music festival on the West Coast! This event takes place in the Backyard at SilverLakes, right in the heart of the Inland Empire in Norco, CA. Enjoy live country music with some of the world's biggest Country Music Mega Stars. Enjoy amazing BBQ and food options, bars, hammocks, line dancing, art installations and the best looking country crowd around! Join us for this mega country party on Saturday, October 6, 2018!

Event hours are 12n-9p. This event is open to all ages. Previous Activated Event artists include Lady Antebellum, Old Dominion, Toby Keith, Jake Owen, Chris Young, Justin Moore, Chris Janson, Chase Rice, Eli Young Band, Brett Young, Granger Smith, Frankie Ballard, Jerrod Niemann, High Valley, Michael Ray, LANCO and many more!  
Cost: \$59-\$149

**Contact:** [www.bootsinthepark.com](http://www.bootsinthepark.com)

#### 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

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By Rita

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**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/>



# Did You Know?

## How to Recognize and Avoid College Scholarship Scams

BY STATEPOINT

Average college costs have doubled in the last two decades, and this financial pressure along with new technologies makes today’s students particularly vulnerable to financial aid and scholarship scams.

“Scammers know to take advantage of those who are stressed,” says Robert C. Ballard, president and CEO of Scholarship America, the nation’s largest nonprofit scholarship and education support organization. “Fortunately, there are some ways you can avoid getting duped.”

To help you spot scams, Scholarship America offers the following insights.

**Fees and Other Red Flags**  
Scholarship programs charging a fee to apply often look legitimate. But look at the bigger picture: if the provider is awarding \$500 in scholarships and collecting fees from thousands of applicants, it’s not funding education so much as making money. Your chances of earning a scholarship are slight if not impossible -- sham providers often collect fees and disappear.

Some providers claim to have a no-strings-attached grant or an incredibly low-interest loan to offer, as long as you pay a tax or “redemption” fee in advance. Others offer to match you with guaranteed scholarships -- if you pay for a premium search service. Keep in mind, there’s no such thing as a “guaranteed scholarship.”

Free, comprehensive scholarship searching and matching services like Fastweb and Cappex will connect you to legitimate, competitive scholarships that don’t charge application fees.

**Too Good to Be True**  
Be wary of the “too-good-to-be-true” scam model: an official-sounding organization tells you

about an incredible opportunity, offers you a coveted spot at a scholarship seminar, or just sends you a check with a note of congratulations, using messaging designed to get your adrenaline pumping and make you act fast.

Remember, scholarship providers aren’t in the practice of sending funds out randomly; it’s likely the check will bounce, or you’ll be asked to send money back for “processing” or an “accidental” overpayment. Your safest bet? Tearing up the check and, if you have time, filing a complaint with the Federal Trade Commission.

Often unexpected “opportunities” are attempts to get you to divulge personal information. Even clicking on links can expose your data to scammers.

Be cautious: Google the name of the scholarship or organization. Scams have often been flagged by the FTC or Better Business Bureau. Social Scammers

A new scam making the rounds starts with a random friend request on Facebook, Instagram or Snapchat. Accept, and your new friend will start messaging you about a foolproof way to make money for college: they work for a scholarship provider and have found a loophole. They just need to enter you as a winner and you can split the money.

If this was real, it’d be incredibly unethical. However, in the midst of stress, you may be tempted -- and that could cost more than money. While you may be asked to send cash as an advance, most such scammers are phishing. Give them enough info, and you’ll be worrying about getting your identity back.

For more scholarship tools, resources and opportunities, including the annual Scholarship America Dream Award, please visit scholarshipamerica.org.

“Scholarship scams seem to work just enough for people to keep trying it,” says Ballard. “However, two main rules will help you avoid them: never pay to apply and if it sounds too good to be true, it probably is.” ■



PHOTO COURTESY: (C) NUCLEAR\_LILY / STOCK.ADOBE.COM

# History 101



PHOTO COURTESY: CULT OF WEIRD

## September 30, 1955: James Dean Dies

BY HISTORY.COM

On this day in 1955, movie star James Dean dies at age 24 in a car crash on a California highway. Dean was driving his Porsche 550 Spyder, nicknamed “Little Bastard,” headed to a car race in Salinas, California, with his mechanic Rolf Wuetherich, when they were involved in a head-on collision with a car driven by a 23-year-old college student named Donald Turnaspeed. Dean was taken to Paso Robles War Memorial Hospital, where he was pronounced dead at 5:59 p.m. Wuetherich, who was thrown from the car, survived the accident and Turnaspeed escaped with minor injuries. No charges were ever filed against him.

James Byron Dean was born February 8, 1931, in Marion, Indiana. He studied drama at the University of California, Los Angeles, before moving to New York City, where he appeared in plays and TV shows and took classes at the Actors Studio with legendary acting coach Lee Strasberg.

Dean rose to stardom in 1955 with his role as Cal Trask in East of Eden. He reportedly

beat out Paul Newman for the part. Dean’s performance in the film, based on the John Steinbeck novel, earned him a posthumous Academy Award nomination for Best Actor. It was the first time in Oscar history that an actor was nominated after his death. The young actor’s next film was “Rebel Without a Cause,” also released in 1955, in which he played a rebellious teen named Jim Stark. The film, which co-starred Natalie Wood and Sal Mineo, turned Dean into the poster boy for disaffected youth and cool. Dean’s final film “Giant,” released in 1956 after his death, was an epic tale of a Texas cattle rancher and his family. Dean starred opposite Elizabeth Taylor and Rock Hudson and was nominated posthumously for a second Oscar for his performance as Jett Rink.

Dean’s success as an actor enabled him to pursue his passion for racing cars and motorcycles. Despite his short life and brief acting career, he endures as a Hollywood icon. He is buried at Park Cemetery in Fairmount, Indiana, where fans continue to flock to his grave every year. People also pay tribute to Dean at a memorial located near the accident site in Cholame, California. ■

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BY: ACCUWEATHER.COM

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#### Walnut Library

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#### Crunch Fitness

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Continued on page 5







# Housing Market Falters

By NEF CORTEZ



The California Association of Realtors (C.A.R.) reported that for the first time in nearly two years, the rate of home sales in California fell below the 400,000 level, with the annualized number of sales falling for the fourth straight month to 399,600. The sales rate declined 1.8 % from July, and down 6.6% from August 2017.

C.A.R. reported also that the statewide median home price was \$596,410, up 0.8% from July, and up 5.5% from August 2017. This reflected a drop of nearly 24% from the previous year's increase, dropping from 7.2% down to the 5.5% rate. In addition to that, the association reported that the statewide active listings rose for the fifth straight month, increasing by 17.2% over the previous year.

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.

"While home prices continued to rise modestly in August, the deceleration in price growth and the surge in housing supply suggest that a market shift is underway," said C.A.R. Senior Vice President and Chief Economist Leslie Appleton-Young. "We are seeing active listings increasing

and more price reductions in the market, and as such, the question remains, 'How long will it take for the market to close the price expectation gap between buyers and sellers?'"

C.A.R.'s August 2018 resale housing report also concluded that the Southern California region led the state's sales decline, falling 8% from a year ago, with Orange and Los Angeles counties posting declines of 9.7percent and 8.9 percent, respectively. With more homes to select from, represented by the 17.2 percent increase in active listings on the market in August as compared to the previous year, buyers are taking longer to make a decision on which one to purchase. The number of days a listing is on the market also increased.

"Homes sales activity remained on a downward trend for the fourth straight month as uncertainty about the housing market continues to mount," said C.A.R. President Steve White. "Buyers are being cautious and reluctant to make a commitment as they are concerned that home prices may have peaked and instead are waiting until there's more clarity in the market"

*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](mailto:nefcortez@gmail.com), or website [www.nefcortez.com](http://www.nefcortez.com). Please feel free to email any questions regarding real estate.* ■

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# 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:

### Ginger Beef Stir-Fry

with Snappy Asparagus

#### By HELLO FRESH

Cooking Time: 30 mins  
Servings: 4  
Nutrition: 610 Calories  
Ingredients:

- Asparagus- 12 oz
- Garlic- 4 cloves
- Scallions- 4
- Ginger- 2 thumbs
- Basmati Rice- 1 1/2 cups
- Soy Sauce- 2 tbsp
- Hoisin Sauce- 4 tbsp
- Sirloin Steak Tips- 24 oz
- White Sesame Seeds- 2 tbsp

#### 1 PREP.

Wash and dry all produce. Bring 1½ cups water and a pinch of salt to a boil in a small pot. Trim and discard bottom inch from asparagus, then cut stalks into 2-inch pieces. Mince or grate garlic. Trim and thinly slice scallions. Peel and mince ginger.

#### 2 COOK RICE.

Once water is boiling, add rice to pot, cover, and reduce to a simmer. Cook until tender, 15-20 minutes. Remove from heat and keep covered.

#### 3 MAKE SAUCE.

Meanwhile, whisk together garlic, ginger, soy sauce, 1 TBSP water, and 2 TBSP hoisin sauce in a small bowl.

#### 4 SEAR STEAK.

Heat a drizzle of oil in a large pan over medium-high heat. Pat steak tips dry with a paper towel, then season with salt and pepper. Add to pan and toss until nearly cooked to desired doneness, 2-3 minutes. Remove from pan and set aside.

#### 5 MAKE STIR-FRY.

Add asparagus and scallions to same pan over medium heat. (TIP: If veggies seem dry, add a drizzle of oil.) Cook until tender but still crunchy, 3-4 minutes, tossing occasionally. Add steak tips and sauce to pan and cook until sauce is thickened and meat reaches desired doneness, 2-3 minutes. Season with salt and pepper.

#### 6 FINISH AND PLATE.

Fluff rice with a fork. Divide between plates, then top with stir-fry and garnish with sesame seeds. ■



PHOTO COURTESY HELLO FRESH

## 5 Tips to Soothe a Fussy Baby



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

#### By STATEPOINT

If you've ever gone to great lengths to sooth a fussy baby, you may feel like you've tried every trick in the book. As most new parents learn quickly, this can be one of the most challenging aspects of caring for a little one.

Keep in mind, some of the most effective methods to get a baby to relax, stop crying and get some sleep, are the safest and the simplest.

• "Shush, shush, shush." A "shhh" mimics the sounds of a cozy, comfy womb, which can have a calming effect on fussy babies. Try this simple tip in a rocking chair.

• Togetherness. A baby carrier or wrap creates close comfort between parent and child, soothing your baby while giving you an endorphin boost. This is a great technique when you need two hands to move about the house, or want a comfortable way to breastfeed. For added convenience, check out innovative baby carriers that slip on like t-shirts, such as the Baby K'tan wrap, which has a unique, double-loop design and is available in soft, natural and breathable fabrics.

• Make some noise. Making noise may sound counterintuitive when it comes to creating an ideal sleep environment, but the re-

ality is that consistent background noise helps recreate the comfort of the womb. Whether it's white noise or soft music, find what works best for your baby. Check out versatile baby sleep apps that feature a variety of sound settings, such as fans, chimes and car rides, or classical music and lullabies, set on loops for consistent sleep.

• Wrap up. Celebrated for its role in fostering healthy sleep, swaddling provides a secure, soothing feeling for newborns, along with many other benefits. Talk to your pediatrician about the safe, proper way to swaddle, and be sure to use a fabric that allows for continuous airflow to avoid overheating. For a versatile choice, the Baby K'tan Newborn Swaddle is a good bet. Made from a breathable stretch cotton, it can be used to swaddle now, and can be easily repurposed into a blanket or nursing cover as your baby grows.

• Stick to the program. It will take some getting used to, but putting your baby on a consistent schedule will mean less fuss when it's time to put your baby down for naps and at bedtime. Whether it's singing your baby a song or snuggling and reading, creating a parent-child routine will help signal to your baby that it's time to sleep.

Soothing a crying baby can feel like an uphill battle. Luckily, there are plenty of natural, effective ways to calm a fussy little one, from old tricks to new tools. ■



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# Entertainment

BY MARK HOPPER



My wife and I have eight grandchildren. The oldest is ten and the youngest will be two in November. It has been a wonderful experience watching them grow up. There have been a number of milestones like taking their first steps and saying their first words. I actually got my name from our first granddaughter. She couldn't quite figure out how to say grandpa so she started saying "Pop Pop". That has been my name ever since!

Some of our grandchildren live out of the area, so we did not get to experience some of these milestones firsthand. However, the youngest of the eight lives nearby and we actually babysit her and her older sister once a week. So we have been able to see some of her first steps and hear some of her first words. In the past few weeks, this little

one has started saying a lot of new words and putting some of them into sentences! She repeats words that she hears from us and her parents and from her olde sister. We are continually amazed at the words and phrases that she comes up with.

One day we were startled to hear her count from one to ten. One, two three....and on she went! I don't think she actually understands the counting part of what she was saying, but there were the words in the correct order - one to ten!

Another time I asked her to say the word "entertainment". I don't remember where we were, but I just said, "Janie, can you say the word entertainment"? She did not hesitate. She repeated the word exactly as I said it! I think there are three or four syllables in that big word and she got every one of them right. I should also add that she has leaned some other words quite early - words like "no" and "mine". I suspect that your kids and grandkids learned these words too. It is amazing to hear the words that come out of the

mouths of young children. But, I wonder what kind of words do they hear from your mouth? Do they hear harsh words of criticism and anger? Or, do they hear kind words and compliments? Do your words strengthen their confidence or do they sow seeds of insecurity?

There is a verse in the Bible that says, "Do not let any unwholesome words come out of your mouths, but only words that are helpful for encouraging others" Ephesians 4:29). I hope your vocabulary is filled with words of affirmation, appreciation and encouragement. I hope that the words you say to others are not selfish and critical, but kind and thoughtful. Let me encourage you to watch your words this week. I hope you will add some new uplifting words of praise and thanks to your vocabulary. You will be glad you did and others 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 ■*

# As Good as it Gets



BY NANCY STOOPS

Have you ever had a moment that just feels totally perfect? Do you ever go through chunks of time feeling so in sink with the world? Isn't it just wonderful when you feel that blissful momentum just carrying though. These are the times I believe that things feel as good as they can possible get. This is the mode I strive to live my life in. To me there is nothing quit as wonderful as feeling that just for a moment or a day that life is a good as it could possibly be? I think these are the times that we truly are so blessed to feel a little bit of heaven on earth.

It seems to me the more I live my life the way I'm intended to I'm honored with

more and more of these as good as it gets moments. For me they come at different times and during various activities. I can be with a client in session and they finally see what they have been needing to see to heal and that is as good as it gets. Just recently I took my ten year old grandson and my son to Knott's Berry Farm and I watched my grandson light up as he experienced all the rides and our time together there. To me, that's as good as it gets. My mother is still alive at ninety-two and hanging out with her, well that's as good as it gets. Every morning my dog Midnight and I go walking for miles and we start our day together out in nature and that is as good as it gets. Every time I hear music or see something that ignites my spirit, I just know instinctually it's a good as it gets.

I hope all of you get to

experience this wonderful feeling. It's about striving to live the best life that seems to bring these perfect moments or chunks of time to us!!!!

*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. ■*

# See the Miracles



BY MELODY KRAEMER

Do you ever wish for a miracle? Do you ever hope things would change? Do you dream about how things could be better? I use to. Every day I would pray for a miracle that my child with autism would understand and have a full conversation with me. When I asked about his day he just repeats my words back. I have an idea how his days go at school yet I have no clue if he was happy, sad or even cried during the day.

Some days I wish, with every

ounce of my being, he would express something to me. I have hoped for a miracle on many occasions for him to please share with me and talk to me. When he cries, I hurt because I know he can't express himself fully and tell me why. I kept thinking one day a miracle will happen and he will walk up to me and say, hey mommy, guess what we did at school today or mommy I made a friend today.

Sometimes it makes me cry to think about him locked in his world. I hold onto that miracle that one day he will converse with me. The only conversation we do have is, first that then this. "Yes honey, I find myself saying every morning as he

repeats himself, first school then home."

Every day I search for that miracle and hold onto that glimmer of hope. Then one day as I was looking into his little face, seeing those beautiful little eyes it dawned on me. I shouldn't be looking for a miracle when one was standing right in front of me. I have my miracle, in fact, I have four miracles.

*Melody Kraemer is the Editor and Publisher Macaroni Kid Jurupa Valley- Eastvale and Macaroni Kid Riverside. For any information or general encouragement feel free to email me at: autismmomofboys@gmail.com. ■*

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# 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.

Just how much can one repair shop do, you ask? The answer is a lot! Here are a few statistics to give you an idea:

- \$10,000 raised by 5 independent auto repair shops in the state of Ohio in 2011
- \$32,848.48 raised by 27 independent auto repair shops across 16 states in 2012
- \$66,499.29 raised by 66 independent auto repair shops across 27 states in 2013
- \$115,236.53 raised by

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). ■



# Papa Murphy's take 'n' bake pizza

## Pizza from page 1

every day, only 100% whole milk mozzarella hand grated, organic hormone free chicken, hand cut veggies and love are used to create a pizza fit for a king to take home to your family's castle.

Papa Murphy's is the fifth largest pizza franchise in the world, Tammy Tubbs the owner and operator of the location in Eastvale has been a fan for over 20 years. She likes to joke that they are "the biggest little pizza chain that you have never heard of." Tubbs has fond memories of Friday nights as a child spent eating Papa Murphy's pizza and playing cards or dominos with her sisters.

"We have contributed over \$26,000 to elementary and high schools, churches, charities and countless fundraising drives over the years," said Tubbs. Support your local small business to ensure we can continue to support the community for years to com.

Tubbs was an active duty officer in the United States Air Force from 1999 to 2007 as a human resource and acquisition officer, stationed across the southwest, including Luke Air Force Base and The Space and Missile Systems Center. In 2007, when she separated from the Air Force she built a very successful defense contracting company in El Segundo.

While visiting Northern California with her family, she realized how much she missed her favorite Papa Murphy's Chicken Bacon Artichoke pizza. That was when she realized the

Inland Empire had nothing that came close to the freshness and quality she grew to love. It was that very night she told her husband she was quitting her job and opening Papa Murphy's in Eastvale. Nine months later she was open and making pizzas with 22 employees all local hires from Eastvale and Chino. The rest, as they say, is history. We

Papa Murphy's has traditional and gourmet pizza options. They prepare it and you take it home to cook it exactly how YOU like to enjoy your pizza. Fresh salads and desserts made from scratch every morning are also available for your dining pleasure. Great quality, great value and the number one ranked customer service in the industry are the essential core values to Papa Murphy's and the Air Force veteran. "I wanted to bring families back to the dinner table through food people love," said Tubbs.

For great deals any time visit their website [www.papamurphys.com](http://www.papamurphys.com). An Eastvale favorite is \$10 Tuesday when you can get any large pizza on the menu for \$10. You can get 1 large gourmet thin crust, 1 topping pizza on select Fridays for only \$5. If you place order online you can receive 25% off your order of \$20 or more with the promotional code "25THANKS" now through September 23, 2018.

Papa Murphy's Take 'N'Bake Pizza is located at:

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You can call (951) 737-7272 for more info or to place an order. ■

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