

CITY OF DIAMOND BAR NEWS.COM

CITY OF WALNUTS NEWS.COM

CITY OF INDUSTRY NEWS.COM - CITY OF CHINO HILLS NEWS.COM - CITY OF CHINO NEWS.COM - OUR WEEKLY NEWS.COM - SGV-IE NEWS.COM - CITY OF CORONA NEWS.COM - CITY OF NORCO NEWS.COM - CITY OF EASTVALE NEWS.COM - CITY OF JURUPA VALLEY NEWS.COM



ALL TOGETHER NOW

Like You, We Are Taking Action Against COVID-19.

Our Response to COVID-19

To our members and advertisers:

We hope that you and your loved ones remain healthy and safe during the Covid-19 pandemic. Our thoughts and best wishes are with all in these difficult times.

Schools Honored For Outreach Efforts During Pandemic

KELLI GILE

Walnut - C.J. Morris, Castle Rock, Evergreen, Maple Hill, Quail Summit, and Vejar Elementary Schools earned the 2020 California PBIS Community Cares Award for outstanding support to students, families, and communities during COVID-19 stay-at-home orders.

Maple Hill Elementary produced several outreach videos featuring the "Making Lemonade Out of Lemons" school closure theme.

"We wanted to support our families with weekly messages of encouragement, read-alouds, and suggested activities to promote social and emotion-

al wellness," said Principal Kelly Morris.

In one video, staff members suggested fun stay-at-home "opportunities" including exploring nature, dancing, playing board games, learning family traditions, and even having a backyard picnic.

"Let's seize the day - better yet squeeze the day!" Morris exclaimed.

Evergreen Elementary fifth grade students wrote letters to assisted living facility residents during the first weeks of quarantine.

"Hopefully you'll get to see your friends and family soon," offered one caring 10-year-old who said she was keeping busy reading Harry Potter books,



Challenge Accepted! Vejar Elementary families stay connected during distance learning by sharing online photos.

playing with sisters, and watching TikTok videos.

"I understand that you might not be happy and you can't

travel or eat at your favorite

see Honored page 2

Diamond Bar High Alum Jason Wright Makes History

KELLI GILE

Diamond Bar - Walnut Valley USD proudly congratulates Diamond Bar High School alumus Jason Wright (Class of 2000) who has been named president of the Washington Football Team.

Wright becomes the first Black person to hold the league title, and at age 38 is the youngest team president in NFL history.

Wright was a NFL running back for seven years with Atlanta, Cleveland, and Arizona and a business consultant at McK-



Diamond Bar High School alumus Jason Wright makes history as the new president of the Washington Football Team.

see DBH page 3

LOCAL NEWS

Diamond Bar Restaurant Week 2020

CITY OF DIAMOND BAR

Diamond bar - Diamond Bar Restaurant Week returns next month, October 2-18, bringing with it even more reasons to dine out, pick up curbside, or get takeout meals from any local restaurant.

In light of the pandemic, this year's promotion has been adapted to make it easier for restaurants and diners to participate. For restaurants, these adaptations include automatic inclusion, no participation fee, and waiving of discount or special offer requirement. For diners, it means they can order breakfast, lunch and dinner



Photo Courtesy: City of Diamond Bar.

from any Diamond Bar restaurant

see Restaurant page 3

Our Featured Businesses

Metz Air Control Voted #1 in Customer Satisfaction

STAFF REPORTS

Chino - Metz Air Control has been in business since 1977 and is located in Chino. The family owned, once small company, has expanded to 16 employees. Jon and Bryan Metz are brothers



Customers participating in Maintenance Protection Plans receive a 24-hour turn-around service as well as discounts for parts and service. Please call the office @ 909-628-9525 for more information about this program.

see Metz page 2

Make The Wright Choice For Your Insurance

STAFF REPORTS

Chino - When looking for an insurance company, Wright Insurance Services is the right choice. For the last 30 years, they have been providing the best in auto, home, business, and life insurance...and they are still going strong!

JB Wright Insurance Services is an Independent



Wright Insurance Services is located in both Chino, 909-628-0444 and in Santa Clarita, 661-244-5244. Visit one of their licensed professional insurance agents at 3340 Riverside Dr. Ste. L in Chino.

see Wright page 2



IG: @abc_public_relations_csgpr
T: @ABCRelations
FB: ABC Public Relations CSGPR

Current Resident Or

CALL TO ADVERTISE! 909.464.1200

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

SGV-IE News

SGV-IE NEWS EASTVALE NEWS SGV NEWS

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

PUBLISHER

ABC Public Relations
CSG Public Relations

EDITORIAL

Editor In Chief:
Michael Armijo

Editorial Team:

Kelli Gile
Sarah Sanchez

PRODUCTION

Sarah Hernandez

ADVERTISING SALES

909.464.1200

Director:
Rita Rivas

Account Executive:

Todd Salazar

SOCIAL MEDIA

Rudy Delgado Jr.
instagram.com/abc_public_rela-
tions_csgpr/

The **SGV-IE News** is owned by ABC Public Relations & CSG Public Relations. It is directly delivered each month to homes and businesses. *SGV-IE 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.

SGV-IE News

Please contact us at:

LETTERS:

382 N. Lemon Ave #402
Walnut, CA 91789

E-MAIL:

editor@anapr.com

ABC
PUBLIC RELATIONS

Metz Air Control Voted #1 in Customer Satisfaction

Metz from page 1

who own the business together. They are dedicated and determined to uphold the values their father taught them about business and life. They pride themselves on offering honest and dependable service at a competitive price.

Metz Air Control is well known in the community and they believe their positive ratings are attributed to the relationships they build with their customers. They are a member of the Chino and Eastvale Chamber of Commerce and support local charities and sports teams. Metz Air Control is currently expanding their services as the surrounding communities continue to grow in housing and development. They currently serve San Bernardino, Riverside, Orange and Los Angeles counties.

Metz Air Control has been a

Trane Comfort Specialist since 1999; not every dealer qualifies as a Trane Comfort Specialist. Dealers need to meet Trane's stringent standards and demonstrate a commitment to customer satisfaction and continuing education. Homeowners can trust a TCS dealer will deliver a quality installation and superior customer experience.

Every year, Metz Air Control has been recognized by Trane for outstanding customer service based on customer reviews. The communities of Chino & Chino Hills have voted Metz Air Control the People's Choice Award for the "Best Heating and Air Conditioning Company" for the past 4 consecutive years. Metz Air Control is an A+ rated member of the Better Business Bureau, 5-star YELP Company, has a 5-star Facebook rating and 5-star Google rating.

The office staff has been well trained to provide personal and

professional services. Whether you are calling to set up a service call, need maintenance or just need information, they will make sure you are pleased with your overall experience.

When it comes to installation, every technician is background checked and trained to provide an exceptional experience for their customers. From a simple condenser change to a custom home with several systems, zoning and custom grills, Metz Air Control will provide you with a top-quality experience. They also do package units, duct changes, zoning, duct cleaning and much more.

Metz Air Control provides Maintenance Protection Plans to their customers for increased value and service. Customers participating in these plans receive a 24-hour turn-around service as well as discounts for parts and service. Please call the office @ 909-628-9525

for more information about this program.

Seasonal specials include maintenance discounts, manufacturer rebates, and promotional offers that can always be found on their website @ www.metzaircontrol.com. Metz Air Control offers many financing options to fit your individual needs. They are also a participating contractor for the HERO and Benji Financing programs offered through Renovate America.

Metz Air Control is licensed, bonded, and insured. It is important for homeowners research any contractor you bring into your home to make sure they meet these same standards.

Metz Air Control is proud to say that over 70% of their business comes from referrals. They believe a referral is the best compliment a customer can give them.

Make the Wright Choice For Your Insurance

Wright from page 1

dent Insurance Agency, which means they represent many different companies so they can find the one that is right for you. Their staff has the knowledge and experience of their insurance products to provide maximum benefit and protection to their clients.

"Our goal is to provide our clients with the insurance they want at the lowest possible price, while providing them with the highest level of customer

service," said owner and agent, Joel Wright. "We can furnish our clients with an assessment of their insurance needs and choice of which package fits them best," he added.

Being an independent agency allows customers to have stronger coverage, better protection, and the lowest possible rates. Wright Insurance Services has access to more options than any one single insurance carrier can offer. "This ability to compare pricing helps us secure you a lower premium," said Wright.

Wright Insurance was found-

ed by Joel Wright and his parents Bob and Myrna, and their company is now an agency that the community knows and trusts.

"It's quite fulfilling to have been a key source of insurance for thousands of people in the Southern California area, who have come to rely on us," said Joel Wright.

Now, customers continue to spread the good word about Wright Insurance Services because they are treated like friends and family, rather than just clients. "Professional peo-

ple who treat you like family is always The Wright Choice!"

Wright Insurance Services is located in both Chino, 909-628-0444 and in Santa Clarita, 661-244-5244. Visit one of their licensed professional insurance agents at 3340 Riverside Dr. Ste. L in Chino. However, if you want a quick quote, call 909-628-0444.

"It's always FREE and always FAST! Better protection...lower premiums...the WRIGHT choice for 30 years!"

See ad on page 4.

Schools Honored For Outreach Efforts During Pandemic

Honored from page 1

restaurants," said 11-year-old Kyra Chen.

"You should always stay positive and try to have a good time!"

"The seniors loved receiving the letters and some wrote the children back!" said Principal Trina Dreyer.

Vejar Elementary hosted online weekly spirit challenges, family activities, and sent daily text messages.

Families stayed connected while posting first day of school photos in a shared Google folder for the August 10 challenge.

"We are working to make sure we continue to recognize the positive moments from our students and celebrate them during distance learning," said Principal Whitney Prenger.

This school year will include virtual student shout-outs, birthday celebrations, Bitmoji postcards, and monthly as-

semblies recognizing Valuable Vejar Vaqueros for demonstrating respect, responsibility, and safety.

"We also look forward to providing virtual classroom visits and school tour footage to get our students acquainted and excited to return as soon as it is safe to do so!" Prenger said.

C.J. Morris Elementary staff members rallied together to provide supplies to students and families to support distance learning.

"We strive to be global citizens while implementing PBIS in conjunction with our IB Attributes," said Principal Fayroze Mostafa.

"It truly takes a village!"

Quail Summit Elementary shared daily wellness activities and strategies to help students handle the stress of living in quarantine.

"Schools really need to think outside the box, now more than ever, when it comes to COVID-19," said Principal



Maple Hill Elementary staff sent students "Making Lemonade Out Of Lemons" video.

Frances Weissenberger.

Castle Rock Elementary concentrated efforts on maintaining the sense of community built throughout the year.

"Students and staff alike were mourning the loss of one another and the connectedness we shared," explained Principal Jen Alcazar.

"We focused on helping all our Knights demonstrate perseverance and grit while at the same time building faith that things would eventually return

to normal."

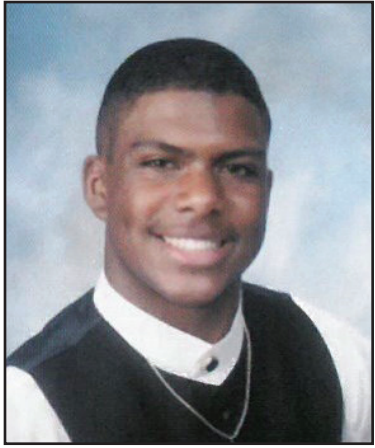
The school posted messages of hope and inspiration on social media platforms using photos, videos, and student highlights.

Homebound students were also challenged to reach out to others who might be struggling.

"They responded with love, compassion, and action doing what they could to uplift one another and by sending messages to essential workers," Alcazar added.

Diamond Bar High Alum Jason Wright Makes History

DBH from page 1



insey & Company for the past seven years.

The popular Brahma football player and class president at-

tended Northwestern University and earned an M.B.A from University of Chicago.

In high school, he won back-to-back championships in 1998 and '99 where he scored the winning touchdown to claim the CIF Southern Section Division II title and an undefeated 14-0 season.

"Jason was always an A-plus kid," retired Diamond Bar High coach Terry Roche told the Associated Press. "It's all a credit to his parents and family."

"What a great day for him and his family and all of us that know him."

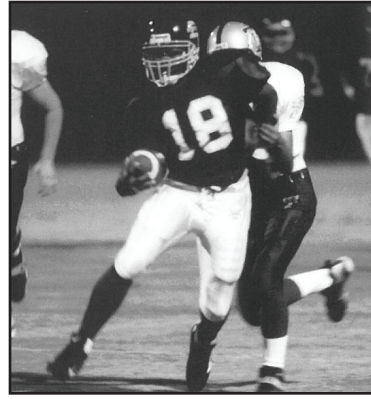
The 1999 championship team was quarterbacked by Ryan Maine, who later became head

coach at Diamond Bar, and is the current principal at Walnut High School.

Maine knew his friend was destined for great things since their days playing Pop Warner.

"He was always so smart, he was Diamond Bar's class president, and he was going to Northwestern for medical school, but ended by being drafted and played in the NFL," Maine shared with the Associated Press.

"He was our team captain and always one of hardest workers. He set an example. I always talk to high school students now and always tell them to surround yourself with people that make you better. I look at that class



Diamond Bar High School alumnus Jason Wright has been named president of the Washington Football franchise. The star football player, #18, won back-to-back championships

led by Jason, and he was one of those people that made us all better."

Diamond Bar Restaurant Week 2020

Restaurant from page 3

Join in supporting our local business community!

DIAMOND BAR RESTAURANT WEEK

October 2 - October 18, 2020

www.DBRestaurantWeek.com

Win prizes for dining in Diamond Bar

DINE & WIN!

See website for details.

Whether it is a meal, snack, or beverage for take-out, delivery or dining outdoors - remember to enter receipts from any Diamond Bar restaurant for a chance to win prizes!

Sign up to receive updates and contest news.

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

Due to the impacts COVID-19 has had on the local economy, restaurants are not required to register or offer discounted menu items to participate in this year's Diamond Bar Restaurant Week (DBRW). Instead, DBRW will promote ALL dining establishments and accept receipt entries from ALL Diamond Bar eateries for the Dine and Win contest. When considering dining out or grabbing a snack or drink, we encourage the community to support a local Diamond Bar business. #DBRW #shopdiamondbar

PHOTO CONTEST

Enter your photos using #DBRW for a chance to win prizes!

f i @diamondbarrestaurantweek

rants of their choice and enter their receipts or share their photos on social media for a chance to win a number of prizes.

Launched in 2016, Diamond Bar Restaurant Week (DBRW) is a special campaign aimed at supporting local restaurants while highlighting the diverse and quality dining choices in town. It is co-sponsored by the City and the Regional Chamber of Commerce-San Gabriel Valley.

Dine and Win! Through our sponsorships, the "Dine

and Win!" contest will have some very exciting prizes to be awarded at the conclusion of Restaurant Week.

How to Participate:

Simply dine out during Diamond Bar Restaurant Week at any eatery in Diamond Bar, and save your receipts!

How to Submit Receipts:

Enter Your Receipts for the Dine and Win Contest:

Email: dbrw@diamondbar-ca.gov

Mail: 21810 Copley Dr, Diamond Bar, CA 91765

Take This Time to Become Your Best Self

NANCY STOOPS

I know many of you are struggling with the Pandemic and all that goes with it. Think about how many times you wished for sometime for yourself. Well now you finally have it. Use this time that we are all needing to stay home and lower the number of cases as a way to improve yourself. Think about what it would feel like to become your best self.

Take out a piece of paper and fold it in to three sections. In the first section write all your qualities you want to keep. In the second section write all the qualities you don't want anymore. In the third section write down all of the qualities to wish you add to your already wonderful self. Now set some goals on how to start working on your plan. For example, if you are feeling depressed start exercising and keeping a mood journal. Each day write down how you are feeling and why you are feeling that way. Look for the day you feel better and create a recipe based on what you did that day to make you feel better. You can do the same thing with anxiety. Write down all of the lies that are causing you fear and then find the truth through evidence from your past. Think about all that you have already survived. Meditation can be a very effective tool as well to quiet our minds and combat anxiety.

Use this difficult time to your advantage. Take this time to work on you. I also recommend taking time to enjoy



nature. Witnessing a beautiful sunrise or sunset can be a very wonderful way to adjust one's attitude and mindset. Please know I have faith that we will all come out better versions of ourselves and grow from all that we are dealing with. Please don't lose faith in yourself or this amazing world that we are so very blessed to live in!!!!

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 nancystoops@verizon.net.

WVUSD Delivers Lower Interest Cost to Local Taxpayers

KELLI GILE

Walnut Valley Unified School District has taken advantage of the current historically low interest rate environment with the sale of \$47.9 million in Measure WV Series B Bonds.

At a competitive sale held August 12, the District received six bids from financial institu-

tions around the country.

Bank of America Securities was awarded the 30-year bonds at an average fixed interest rate of 1.89%, which is significantly lower than the originally forecast 4.00% rate.

District officials estimate the financial transaction has saved local taxpayers \$15.5 million in reduced interest costs.

"These extraordinarily low interest rates can be attributed to two main factors: wise market timing and the school district's extremely high credit rating," said Financial Advisor Timothy Carty from Piper Sandler.

"That credit rating is a testament to the strength of the entire Walnut Valley community as well as the steady leadership

on the part of the school district Board and Administration."

Proceeds from the sale of Measure WV Series B Bonds will continue to fund construction and improvement projects at school sites throughout the community.

Measure WV received voter approval during the November 8, 2016 election.

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

CHINO HILLS

continued on page 6

Halfway through 2020 and I've **SOLD** 16 homes with 6 more in escrow!

Call me for a free market analysis so your home can be **SOLD** next!



Sell Your Home Today!

4% TOTAL COMMISSION

FULL SERVICE

Gil Rivera REALTOR®

877.888.SOLD

Lic #01213587

DIOR • VERSACE • CALVIN KLEIN • TIFFANY & CO. • GUESS • PRADA • JUICY COUTURE • DOLCE & GABBANA • BVLGARI • BCBG

One Hour* Glasses* & Contacts

without the "One Hour Price"

HURRY! USE YOUR EYECARE BENEFITS BEFORE THEY EXPIRE.

\$50 OFF Any Flexon Frames From \$159-\$199

12 PAIRS FRESHLOOK® COLOR CONTACT LENSES \$236* *See coupon for details

Price Guarantee Bring in any local competitors current ad and we'll match the price on exact products. **Guaranteed!!**

MULTIFOCAL CONTACT LENSES NOW AVAILABLE!

SAVE \$25* DESIGNER & FASHION FRAMES. Priced from \$55-\$199.

GLASSES FRAME AND LENSES \$59* Single Vision, Clear Plastic Lenses or +4.00 D. Frames from Suburban Frame Collection Only. (Bifocal \$10 Extra)

No-Line Bifocals \$99 *Progressive Lenses Solo XL (CR39-4D) with purchase of frames (Priced from \$55-\$199)

EYE CARE PACKAGE ONLY \$179* *Comprehensive eye exam & contact lens fitting. *1 pair of glasses single vision B-39 plastic, + or -4D. Frames from a special collection. *1 pair of contact lens Preference daily wear. *Includes starter kit.

FRESHLOOK® COLOR CONTACT LENSES 12 PAIRS \$236* *12 pairs of Freshlook Color® (ColorBlast®) Prescription, Exam & Fitting Available at Additional Fee

BREATHABLE CONTACT LENSES \$254* Annual Supply of 12 Pairs. *Includes Exam & Fitting, Annual Supply of 12 Pairs of Lenses, Soft Case and Care Kit. *Includes starter kit. *1 pair of glasses single vision B-39 plastic, + or -4D. Frames from a special collection. *1 pair of contact lens Preference daily wear. *Includes starter kit.

Available in 9 colors.

ALL UNION GROUPS, INSURANCE PLANS & MEDI-CAL WELCOME!

LA PUENTE OPTOMETRY CENTER
DR. ANDREW G. CHONG, MBA, O.D. & Associates
1641 N. Hacienda Blvd. La Puente/West Covina
626-918-2020

CHINO OPTOMETRY CENTER
DR. JOHN T. JU, O.D. & Associates
11640 Central Ave., Chino
909-628-5581

Hours: Mon & Thurs 9am - 7pm, Tue, Wed & Fri 8:30am - 6pm, Sat 9am - 5pm, Evenings Appts. Available!

Service, Quality, Courtesy & Value

Farm-to-Table

Voortman's Egg Ranch

Farm Fresh Eggs "Cage Free" All Natural Vegetarian Fed White & Brown Eggs Retail & Wholesale

13960 Grove Ave. Ontario, CA
Open M-Sat. 8am to 5pm
Closed Sundays

(909) 465-1319

LAW OFFICES OF William Radcliffe

SPECIALIZES IN:

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

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

> REASONABLE PRICES
> FREE CONSULTATION

More info at www.DocofLaw.com

Auto • Home • Life • & Commercial Insurance

Make the "Wright" Choice!
Call the Wright Brothers - Jeff and Joel - Today!

Wright Insurance Services

MERCURY INSURANCE AUTHORIZED AGENT

3340 Riverside Dr., Suite L Chino, CA 91710
909-628-0444 Toll Free 800-Wright9
www.wright-ins.com

The "Wright" coverage at an affordable rate.

domestic KINDNESS

2nd Annual WORKSHOP

Helping the Emotionally Abused

Saturday, October 17, 2020
9:30am-12:00pm
Efree Church - 3255 S Diamond Bar Bl
Diamond Bar, CA 91765

Special Guest Speakers

~ Karla Downing ~ Founder of changeMyRelationship.com

~ Annette Oltmans ~ Founder of The M3ND Project

Register at DomesticKindness.org

REGISTRATION FEE \$10.00: includes materials, refreshments, and training.



Extreme Backyard Designs

909.930.6111

ONE STOP SHOP FOR EVERYTHING BACKYARD

yelp 4.5 Stars

PATIO COVERS



NO SANDING - NO STAINING - NO PAINTING
LIFETIME WARRANTY

TRAERER



SPA SALE Starting at \$3995⁰⁰



SWIM SPAS Starting at \$10,995⁰⁰



FIRE TABLES STARTING AT \$995⁰⁰

-OUTDOOR APPLIANCES-



FIRE places



WHOLESALE DIRECT PATIO FURNITURE



Location - 10,000 sq. ft
Mon-Sat: 9am - 6pm / Sun: 11am - 5pm

2330 S. Vineyard Avenue
Ontario, Ca 91761

CUSTOM BUILT OUTDOOR KITCHENS



PLAY SETS



\$3595

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



\$4595

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

BBQ Islands Specials
Good Thru 9/15/20

www.ExtremeBackyardDesigns.com

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

Earn a FREE certificate from Norco College's Extended Learning Program.



WORKPLACE ESSENTIALS CERTIFICATE



Complete a noncredit certificate in eight weeks! Learn how to maximize efficiency, engage in strategic problem solving, and clearly communicate with internal and external stakeholders.

These skills will allow both students with extensive experience in the workplace and those entering the workforce to improve their effectiveness and advance in their career.

Workplace Essentials classes are taught ONLINE from October 5 through November 25. Registration is open.

Enroll today before classes fill.

Courses are tuition-free, though students may be required to purchase course materials.

PDS-808

Critical Thinking, Problem Solving, and Decision Making

Analytical thinking, decision making and problem solving involve breaking things down into their component parts, applying deductive reasoning and then applying judgment and insight. Learn hands-on techniques to generate breakthrough ideas, make decisions, and solve your most pressing problems.

October 5 - October 14, 2020 | Section #: 39331

PDS-810

Time Management

Participants explore time management strategies and tools for effectively managing expanding workloads, shifting priorities and increasing demands. Practice prioritizing important versus urgent activities. Emphasis on analyzing current use of time; identifying organizational goals, roles and priorities; discovering gaps to achieving goals; and applying time management tools to the gaps to complete important priorities first.

November 3 - November 12, 2020 | Section #: 39333

PDS-809

Business Writing in The Technological World

Participants will develop effective and professional business writing skills using business tone, organization and formatting, word choice and persuasion. Matching the delivery channel (email, letter, memo, or text) to the message type and situation will be covered, as well as the best methods to deliver bad news.

October 19 - October 28, 2020 | Section #: 39332

PDS-812

Workplace Communication Strategies

Participants assess and optimize current workplace communication skills. Differentiate content, emotions, perceptions, and intentions in a communication exchange. Build an advanced communication toolkit to forward your career. Illustrate clear and congruent verbal and nonverbal messages tailored to the personalities involved, the desired outcomes, and the context.

November 16 - November 25, 2020 | Section #: 39334

The Riverside Community College District does not discriminate on the basis of race, color, national origin, sex, disability, or age limits programs and activities. The following person has been designated to handle inquiries regarding non-discrimination policies or practices: District Compliance Officer, 3801 Market Street, Riverside, CA 92501, or (951) 222-8039.

Visit extendedlearning.rccd.edu or email extlearning@norcocollege.edu for more information.

Pastor's Corner: The Man In The Mirror (Part Two)

MARK HOPPER

In my previous article I shared about how we need to take a look in the mirror and see what changes we need to make in our own life. The words of the song Man in the Mirror and the story of the pastor with the rebellious daughter really drive home the principle that change needs to begin with you.

Many years ago I attended a helpful seminar on leadership. I picked up some useful ideas on how to be a more effective leader of our staff and our church. One of the speakers was Ken Blanchard, he was well known for his best-selling book – The One Minute Manager. He shared an illustration that he often used with business leaders that has been very helpful to me as a husband, pastor and leader.

He said that when things

are not going well, a foolish manager will look out his office window and place the blame on his workers. Why are sales and production declining? The employees must not be doing their jobs. On the other hand, when things are going well, a foolish manager will look in a mirror and congratulate himself for the great job he is doing.

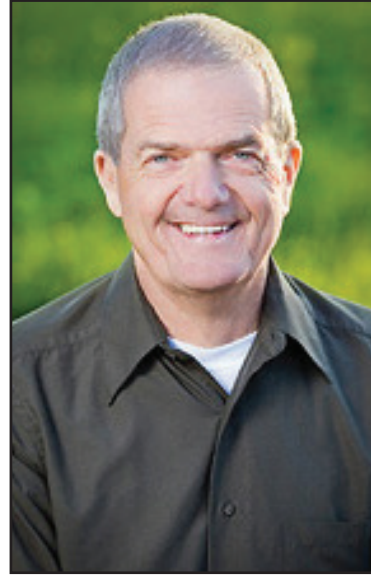
Blanchard went on to say that when things are going well and sales are up and production is growing, a wise manager will look out the window and recognize the success is due to the hard work of his employees. And, when sales are down and production is declining, a wise manager will look in the mirror and ask himself – What am I doing wrong? What steps do I need to take to help our business improve?

There is a passage in the Bible where King David ignored

the warning of his own advisors and demanded that his staff count the number of troops under his command. This action resulted in the death of a number of innocent people. David realized his mistake and asked God to forgive him and stop the devastation and destruction. He accepted responsibility for his arrogant behavior (Second Samuel chapter 24).

If things aren't going well in your life or business, let me encourage you to take a good look in the mirror. Ask yourself - what changes do you need to make in your life? Accept responsibility and change what you are doing. And if things are going well in your life or business, I hope you will give the credit to God and to the people who have made it possible. They will be glad you did and you will too.

You can find more stories



and articles by Mark Hopper at his web site - letmarkencourageyou.com. His book with 365 stories and articles (one for each day of the year) is available for \$25 which includes postage - contact him at markh@efreedb.org

Autism Mom: Frustration

MELODY KRAEMER

Philippians 4:6-7 NIV

"6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus"

I'm frustrated, are you frustrated? I wake up, click my heels together, and say, "I wish we had school on campus." Though nothing happens, maybe it's because I'm not wearing ruby red slippers. Does anyone know the way to "OZ?"

Distant learning is not something my kids are not getting adjusted to at home. I know it's hard for the teachers and staff as well. The principle of their school stated this is all uncharted waters, but everyone is doing their best.

Some children are probably doing wonderfully, though not the case in many families. I know how these parents feel, I am one of them. Have we looked at the impact of how it's affecting our children, on the spectrum or not?

Many children I have interviewed have expressed that they are angry, sad, bored, miss their friends, and are scared.

There are so many emotions flying around for our little ones.

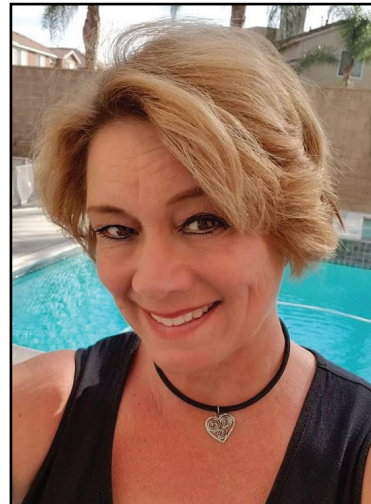
We always think our children are resilient and happy in their childhood. But on the contrary, they are experiences far more than they may be showing. Kids may not be open to how they are feeling, for not wanting to disappoint mom or dad.

Kids may think they don't want to share their feelings since mom and/or dad may already be upset over this pandemic.

Some kids can't even ex-

press what they are feeling. As parents, we need to hug our children more, reassure them they are awesome, and we will get through this. It's time to remind them they will see their friends again and never give up hope. It's a time to remind them God is in control and won't leave us. We have to remember kids may not share their feelings fully, so sit down and have a heart to heart with them, if that's feasible. If not just stay as positive as you can.

Staying positive is not always easy through this pandemic. For me anyway, but I see my children and look into their eyes, and it confirms they are trusting me to protect them, love them, and stay positive. So I smile and remind them they are the absolute best, and we are in this together along with everyone else. We all need to keep praying, keep loving, and stay positive. God is good



and will take care of us and we should not be anxious about anything.

Melody Kraemer is the Editor and Publisher of *Macaroni Kid Jurupa Valley-Eastvale* and *Autism Mom Adventures*. For more information or general encouragement, feel free to email her at: autismmomofboys@gmail.com.

Pastor's Corner: Wrestling?

DENNIS MORALES

"O LORD, how long shall I cry, And You will not hear?" Habakkuk 1:1

Pandemic, panic, division, and the question, "How much longer, Lord?" At some point, some of us have wondered, "Where is God?"; We may even have thought that it seems like evil is winning and God is silent. Habakkuk shows us that we have a choice as to how we respond to the difficulties in our life. It's obvious by the language of Habakkuk at the onset, that he begins to wrestle with God in prayer (Habakkuk's name actually means wrestle). Have you ever felt like your prayers are like wrestling prayers? Habakkuk was troubled by the

moral and spiritual decline of the world around him and he wanted answers. God answers Habakkuk, but it's probably not the answer he is looking for. God says, "I'm working, but if I told you how, you wouldn't believe it" (Hab 1:5). God said He would use the wicked Chaldeans to judge Judah. God's response troubled him even more because it meant things would get worse. Habakkuk didn't understand God's response, but he says later "the just shall live by faith" (Hab 2:4). Habakkuk would learn that understanding how God works is not his job, trusting Him is. If God told you everything He is doing and how He would do it, would you be able to understand it? Would you accept it? Scripture says God doesn't think like us (Isaiah

55:8). It's easy to get anxious, but God says, "He is working." Habakkuk brought his prayer to God and allow His peace to flood his heart (read Philippians 4:7). Habakkuk's worship and prayer of encouragement is a beautiful demonstration of his faith in God. He trusted the steadfast love and faithfulness of his Savior even when he didn't understand God's plan. The prophet Habakkuk lived in a day of uncertainty, much like we do. In light of all his questions about the future, his response remained simple, "yet I will rejoice in the Lord" (Habakkuk 3:18). We too can rejoice, no matter the circumstances. Will you trust Him today? We are complete in Jesus alone and in His steadfast love and faithfulness (read John 16:33). Habakkuk's wrestling



became worship.

Due to school closures, *Calvary Chapel Eastvale* is temporarily meeting in a "Drive In format" at *American Heroes Park* at 8:30am and 10:30am. All midweek services can be viewed on Facebook Live at 7pm. Download our online bulletin to stay current at calvaryeastvale.org.

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 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

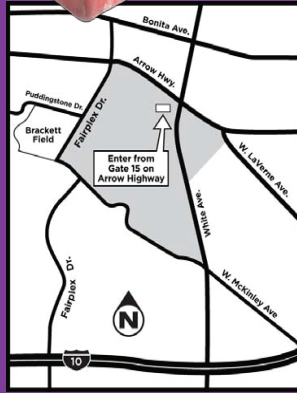
ONTARIO

2330 S. Vineyard Ave.
(909)930-6111

TOO TOXIC TO TRASH

FREE Household Hazardous and Electronic Waste Drive-Thru Collection Event

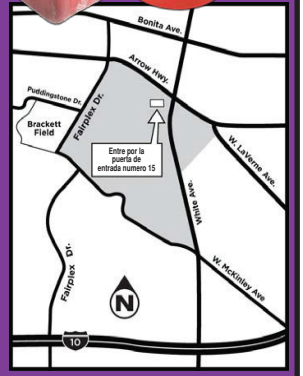
Saturday, October 10 • 9 A.M. - 3 P.M.
Los Angeles County Fairplex
Gate 15, Arrow Highway
La Verne, CA 91750



MUY TÓXICO PARA LA BASURA

Evento gratuito de recolección (drive-thru) de desechos electrónicos y tóxicos del hogar

Sábado 10 de octubre • 9 A.M. - 3 P.M.
Los Angeles County Fairplex
Gate 15, Arrow Highway
La Verne, CA 91750



COVID-19 Precautions

- STOP** Do not attend if you have:
 1. Any COVID-19 symptoms
 2. Been asked to quarantine
 3. Recently traveled internationally
- Wear a face covering
- Stay in your vehicle with windows closed, if possible

Precauciones de COVID-19

- STOP** No asista si:
 1. Tiene cualquier síntoma de COVID-19
 2. Le han pedido que se ponga en cuarentena
 3. Recientemente viajó internacionalmente
- Use un cobertor facial
- Permanezca en su vehículo con las ventanas cerradas, si es posible.

- CHEMICALS** Carefully secure items in your trunk/pick-up bed. Hazardous waste must be in your trunk/pick-up bed with no other items.
- PAINTS & SOLVENTS** Waste should be in a sturdy box, preferably in their original containers. Be prepared to leave containers.
- E-WASTE** No explosives, ammunition, radioactive materials controlled substances, trash, tires, or large appliances (like refrigerators, stoves and washing machines).
- SHARPS** Sharps disposal will require exiting your vehicle in a designated location to deposit them in a bin.
- Open to Los Angeles County residents. No business waste accepted.
- Limit of 15 gallons or 125 pounds of hazardous waste per trip.

- QUÍMICOS** Asegure los artículos en su cajuela cuidadosamente. Los desechos peligrosos deben estar en su cajuela sin otros artículos.
- PINTURAS Y SOLVENTES** Traiga los artículos en una caja resistente, preferiblemente en sus envases etiquetados originales. Prepárese para dejar los envases y las cajas.
- DESECHOS ELECTRÓNICOS** No se permiten explosivos, municiones, materiales radioactivos, sustancias controladas, basura, llantas o grandes aparatos (como refrigeradores, estufas y lavadoras).
- OBJETOS PUNZANTES** El desecho de objetos punzantes requerirá salir de su vehículo en un lugar designado para depositarlos en un contenedor.
- Disponible para los residentes del Condado de Los Ángeles. Desechos de negocios no serán aceptados.
- Límite de 15 galones o 125 libras de desechos tóxicos por viaje.



Brought to you by Los Angeles County and presented by Los Angeles County Public Works and Los Angeles County Sanitation Districts, in cooperation with the cities of Claremont, Covina, Diamond Bar, Glendora, Industry, La Verne, Pomona, San Dimas, and Walnut.

800-238-0173 • LACSD.org/hhw • CleanLA.com

[/SanDistricts/CleanLA](#) [/SanitationDistrictsLACounty/LosAngelesCountyPublicWorks](#)

2020



Patrocinado por el Condado de Los Ángeles, y presentado por Obras Públicas del Condado de Los Ángeles y los Distritos Sanitarios del Condado de Los Ángeles en cooperación con las ciudades de Claremont, Covina, Diamond Bar, Glendora, Industry, La Verne, Pomona, San Dimas, y Walnut.

800-238-0173 • LACSD.org/hhw • CleanLA.com

[/SanDistricts/CleanLA](#) [/SanitationDistrictsLACounty/LosAngelesCountyPublicWorks](#)

2020



CENTRO BASCO



French Basque Cuisine

13432 S. Central Ave.
Chino, CA 91710



Daily Quality Homemade Food

Hours
Wed-Fri: 11:30 PM - 2 PM
Wed-Sat: 5 PM - 9 PM
Sun: 12 PM - 8 PM

Take Out & Patio Available
Reservations Appreciated



909-628-9014
www.CentroBasco.net



**Explore the
diversity of
Diamond
Bar's food
scene and
support our
local
business
community**



Share your favorite dishes with #dbrw



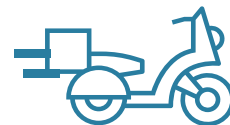
October 2-18, 2020

www.DBRestaurantWeek.com

**THE MORE YOU DINE ...
THE MORE CHANCES TO WIN!**



TAKE-OUT



DELIVERY



OUTDOOR DINING

No special menus required, enter receipts from ANY Diamond Bar restaurant for a chance to win prizes!

Event sponsored by the City of Diamond Bar, the Regional Chamber of Commerce-SGV, Kaiser Permanente and Valley Vista Services.