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WALNUT

WHS Celebrates New Tennis Courts

By KELLI GILE

Walnut— Walnut High students, teachers, staff, and district officials recently gathered

see Walnut page 10

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BY ANTHONY SAUDE

Chino- California Partnership to end domestic violence is a coalition that represents survivors, organizations, advocates and allied individuals working to support survivors of domestic violence has an annual awards reception in Fresno California.

This year they honored Tracy Evanson, a Chino resident and the founder of Healed Women Heal, with the Bravery Award at the reception.

The soft and bright sunlight was beaming through the kitchen window, the aroma of fresh coffee filling the room reminded Tracy that "he" would be up soon. Suddenly the relaxing sounds of morning were interrupted by anxiety. She looked around the room sure she had



left some bread crumbs or coffee grounds on the counter. Her mind racing asking herself were the drawers shut all the way, was the floor clean enough, did I make too much noise with

see Bravery page 11

CHINO RESIDENT AWARDED FOR BRAVERY YOU CAN GET A TICKET FOR WALKING IN THE STREET

BY MIKE ARMIJO

California - As kids, our parents warned us heavily to never ever walk in the middle of the street. It was viewed as a spot where no one could go. However, looking around today, it is clear to see that the sidewalk has become more of a suggestion than

a requirement. More and more people every day are walking just by the curb or close to in the middle of the street. Even though it seems that this is simply just accepted by the law, it is very much illegal and you can get cited.

California Vehicle Code

see Walking page 10



PHOTO BY: ANTHONY SAUDE

LOCAL NEWS

Man with a Gun

BY ANTHONY SAUDE

Diamond Bar- LASD Deputies from the Walnut/Diamond Bar Station responded to a call regarding a man with a gun at the intersection of Diamond Bar Blvd and Fountain Springs Drive. The Deputies were able to apprehend the male suspect without any incident. Mark Hopper, a witness at the scene, said "he was driving down Diamond Bar Blvd when all of the sudden an unmarked police car sped past him on the road". "The unmarked car headed straight towards a man walking down the street. When the man saw the car speeding towards him he put his arms out wide

and dropped something on the ground", said Hopper. Hopper said "I couldn't tell you what the object he dropped was I just know he dropped something". Yesterday reporters at Our-WeeklyNews.com were contacted by Mary at Evergreen Springs Elementary School saying that the school was on lock down due to a deputy involved shooting. When contacted to verify the report the LASD deputy said that there was a call but there wasn't any shooting. The deputies recovered the handgun at the scene. There weren't any other reports about the man with the gun and thankfully no one sustained any injuries during the incident.

INLAND EMPIRE

Las Vegas Massacre Victim from Eastvale

By Sarah Sanchez

Rocio Guillen of Eastvale was identified as one of the victims who were killed during the Route 91 Harvest Country Music Festival in Las Vegas on Sunday.

It has been reported that Guillen had 4 children and was engaged to Chris Jaksha. Reports also state she recently had a baby.

According to NBC news, Jesse Guillen, Rocio's ex-husband and father of her children wrote: "Words can not explain how much it hurts me to see



PHOTO COURTESY: FACEBOOK

the pain in my boys eyes when they found out that their mom was taken from them last night in Las Vegas by a senseless act of violence. Please hold your loved ones close. Life is too

short and too precious. Please keep Marcus, Christopher and Rocios 2 small infant children in your prayers."

Two GoFundMe accounts have been setup for Rocio's families. This account was setup by her ex-husband's family member specifically for Rocio's two oldest children: https:// www.gofundme.com/supportfor-marcus-chris.

This account was setup by family friends of Rocio's fiancé, which will be given to her family, including her 18 month

see IE page 10

Our Featured Businesses

What Does 4% vs. 6% Mean?

By Sarah Sanchez

Southern California - What does 4% opposed to 6% really mean? If you're selling your home, you'll pay a 6% commission to the realtors. But with Gil Rivera from SellYourCasa.com you'll only pay 4% Gil Rivera offers a 4% Total Comfor the SAME AMOUNT OF WORK! So if your home mission for Sellers. His current sells for \$500,000, at 6% you'll fork over \$30,000 for promotion is "We will SELL your commission. With Gil Rivera you'll only pay \$20,000

see **GRivera** page 10



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STAFF REPORTS

Walnut - Do you know WHO will care for your eyes? Great news! Walnut Hills Optometry is moving to a larger location, just one block away from old location. Starting on January 20 this new location will open its doors to satisfy all your op-



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see WHO page 11

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Our Life

My Love, My Hero

BY HAILY HOLIDAY

A hero to me is a someone who is endowed with great strength. Someone who is admired for their courage and their ability to act quickly. To me it is someone that gives a sense of security in a tragic situation.

Thank you to all my heroes. To the heroic man (my guy) who bravely covered my body with his, as the bullets hit all around us. Thank you. To the woman who assured me that we were going to make it out alive. Thank you. To the woman who held my hand (Kim) as I screamed for Jesus to hold us all in his arms. Thank you. To the men who surrounded all of the woman with their bodies, shielding us from bullet after bullet.

Thank you. To the man (my guy) that spoke gently to me.. assuring me that we needed to get behind the metal structure and to run as fast as I could when there was a break in the spraying of bullets. Thank you. To the man (my guy) who helped corral all of us girls behind the air conditioner. Thank you. To the woman who unbuttoned my shorts and let me cry like a baby for peeing my pants in fear.

Thank you. To the woman who let me leave the stall open to the bathroom because I didn't want to be in there alone. Thank you. To the men who let me come inside the men's restroom to wait for my guy because I didn't want to be left be-

hind. Thank you. To the young girl who picked me up off the ground as I collapsed in total disbelief of what was truly happening. Thank you. To the man who gave me water. Thank you. To the man (my guy) who stopped and helped a bleeding man and assured me that he was going to be okay. Thank you. To the woman who prayed with me for God's grace while we plugged our ears at the sound of the screaming and bullets. Thank you. To my sister who has not stopped comforting me. Thank you. And for the outpouring love and support through texts and calls to check on us and offer help in any way. Thank you. I wish I can say thank you to each one of you that held me that night.

I am able to say thank you and hug my family and friends today. I am deeply humbled. But my heart feels so much guilt. While I continue to find strength to get through each day, many can't get through even a minute. Why did I survive over the several others that did not? How can I smile today and give glory to God that I am here when others aren't? My heart is broken and I do not know if I will ever be the same. This has taken the very best of me and taken my security away. My heart aches for all those who have lost their loved ones. Your pain is indescribable and I am so very sorry that you are hurting. I will continue to pray for each of you to find peace. We may never know the answer why but one thing I do know is that LOVE conquers all.

My love..thank you for being my hero. ■



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Sources of a Down **Payment**

By Nef Cortez



Н о much money does a person have to have in order buy one's home? The answer

this question, of course, varies in many ways. One variable is in what city one decides to make their home. That decision, of course, will affect the price of homes that a person has to choose from. The price of a home, then, will impact greatly the amount of cash one must come up with as the Down Payment.

Another major variable will be whether a person is buying as a First Time Homeowner, a Move-Up Buyer, or a Down-Sizing Buyer. By the very definition of a "First Time Homeowner", this buyer usually has a low level of savings. They are just getting started with their home ownership experience, and are usually in their mid to late twenties and into their mid-thirties. As I wrote before, this group of buyers is usually busy getting started with both their careers and their family. The lower income earned by those just beginning their careers cou-

pled with the expenses of getting started in the raising of a family does not allow for the typical First Time Homebuyer to come up with a very large down payment.

One of the more commonly used loan programs for the first time homebuyer is the Federal Housing Administration 203B program. It is a loan in which a first time homeowner can purchase a home with as little as 3 1/2 % down payment. In addition to this type of loan, there are a few "grant" or "subsidy" programs which will also assist this buyer with an additional 2 % for the down payment. This facilitates the purchase of the First Time Homebuyer to finance the purchase with as little as 1 % Down Payment.

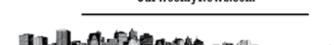
The FHA loan limit for a Residence Single Family in Los Angeles County is This means \$636.150.00. that a First Time Homebuyer can purchase a home with a little as \$16,500.00. With other grants or subsidies, this figure can end up as low as \$6,500.00, making the purchase of a home very doable, as far as the Down Payment is concerned.

This article was written by Nef Cortez, a licensed Real Estate Broker, Cal BRE # 00560181 since 1976. He can be reached via e-mail at nefcortez@gmail. com. Please feel free to email any questions regarding real estate. ■



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Community Events

UPCOMING EVENTS:

Diamond Bar Restaurant Week

When: Friday, October 6 thru Friday, October 20

Where: Visit website for participating restaurants

Details: Diamond Bar Restaurant Week is a 14-day dining event that will take place Friday, October 6 - Friday, October 20, 2017. The event 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. During this week, participating restaurants will offer special pre-fixed menus for breakfast, lunch and/ or dinner. There are no advance tickets or coupons needed, diners simply visit the participating restaurants and order the Diamond Bar Restaurant Week Special.

Contact: dbrestaurantweek. com

Walnut Family Festival & **Parade**

When: Saturday, October 7, 9:00 am

Where: Suzanne Park, 625 Suzanne Rd., Walnut

Details: The City of Walnut Chino 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!

Cost: FREE

Chino Valley Fire District Annual Open House

When: Saturday, October 14, 11:00 am to 2:00 pm

Where: Fire Station 61 Training Center, 5092 Schaefer Ave.,

and the volunteer Festival **Details:** The Chino Valley Fire District invites the public to visit Fire Station 61 and Training Center (5092 Schaefer Avenue in Chino) during our annual Open House on Saturday October 14, 2017 from 11 a.m. to 2 p.m. Firefighters will conduct various demonstrations throughout the day, including a presentation where firefighters will wear multiple uniforms and protective gear to highlight the various capabilities and specialty teams of the Chino Valley Fire District. There will be static displays of fire and rescue equipment and the opportunity to tour the Training Center and Fire Station. Community organizations, city agencies, and other volunteer groups will host informational booths at the event.

Cost: FREE

Barktober Fest

When: Saturday, October 14, 9:00 am to 1:00 pm Where: Pantera Park, 738 Pantera Dr., Diamond Bar Details: Make no bones about it, Diamond Bar dogs will have a ghoulish good time at the annual Barktober Fest event at Pantera Park on October 14 from 9:00 a.m. to 1:00 p.m. Activities include, games and giveaways, costume contest, plenty of treats and a variety of pet service and product vendors. Pet-related service or product vendors are invited to APPLY to participate in the event- the deadline is Friday, September 22.

Contact: (909) 839-7070

Jack Newe's Farmers Market When: Every Saturday from 8 a.m. to 2 p.m.

Where: Mt. San Antonio College Campus, Parking Lot B, 1100 N. Grand Ave, Walnut Contact: (909) 869-0701 Cost: Free Admission/Parking

Did You Know?



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

Wireless Tips for Boomers

BY STATEPOINT

There are currently more than 93 million Americans in the U.S. over age 55, according to Census data, and the vast majority (74 percent) of them have a smartphone. And that number keeps growing.

In addition, Baby Boomers spend an average of 149 minutes a day on their smartphones -- about as much as smartphone-obsessed Millennials at 171 minutes per day.

Despite these figures, and the fact that members of this generation were the inventors of the wireless industry, many mobile plans for Americans aged 55 plus are still designed for a time before the Internet. They come with limited minutes, and no data.

"The fact is that many 'senior' plans offer limited services that only work with basic phones. This doesn't make sense for most of today's modern, mobile adults," says John Legere, CEO and president of T-Mobile. "Unfortunately, many carriers and plans treat these generations like they're stuck in the past."

But even without the dumbed down "senior" plans, empty nesters aren't given great options. When kids leave the house and are off the family plan, most major carriers raise the per line cost by almost 60 percent, costing customers a hefty sum when it's time to pay the bill each month.

So how can you find the best deal for your needs? When looking for a plan, consider the following.

- How many lines do you need? Virtually every wireless provider has a lower per line cost for four lines instead of two. So, if you only need two lines, look for a plan that won't penalize you for not having
- If you're a frequent traveler -- whether it's for business or pleasure -- ensure your wireless plan offers the perks you need to avoid sticker shock on your bills when you get home. T-Mobile ONE includes compelling perks for travelers - like an hour of free Gogo in-flight Internet on domestic flights and high-speed data in Mexico and Canada, and data and texting

from 140 countries and destinations around the world. It's a good choice for those onthe-go.

· How much do you use your mobile phone? Be honest with the number of minutes you spend making calls and the amount of data you use. Lately, unlimited plans have become incredibly affordable and popular again. If you don't want to ever have to worry about your data use, it may be time to take advantage of these deals and switch to an unlimited plan.

Consider new options like the recently launched T-Mobile ONE Unlimited 55+, which is designed specifically for today's modern mobile adults. For just \$60 a month, with taxes and fees included in the price, those who are 55 and older can get T-Mobile ONE, with unlimited talk, text and 4G LTE data, as well as the already mentioned other perks. It also comes with the ability to use your number on other compatible phones, tablets and PCs. It's limited to those aged 55 and older, so

see Did You Know page 10

History 101



PHOTO COURTESY: GOOGLE

October 9, 1967; Che Guevara is Executed

By History.com

On this day in 1967, socialist revolutionary and guerilla leader Che Guevara, age 39, is killed by the Bolivian army. The U.S.-military-backed Bolivian forces captured Guevara on October 8 while battling his band of guerillas in Bolivia and assassinated him the following day. His hands were cut off as proof of death and his body was buried in an unmarked grave. In 1997, Guevara's re-

mains were found and sent back to Cuba, where they were reburied in a ceremony attended by President Fidel Castro and thousands of Cubans.

Ernesto Rafael Guevara de la Serna was born to a welloff family in Argentina in 1928. While studying medicine at the University of Buenos Aires, he took time off to travel around South America on a motorcycle; during this time, he witnessed the poverty and oppression of the lower classes. He received a medical de-

see History page 10



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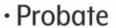
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ACROSS

1. Skilled practice

6. Suitable

9. Golf hazard

13. Saint of the Caribbean

14. Placeholder surname

15. Strapping

16. Whatsoever

17. Ever, to a poet

18. Tree common to Pacific Northwest

19. *"O Captain! my Captain! our fearful trip is done..."

21. *"Come live with me and be my love...'

23. Center of activity

24. Romanov ruler

25. It's wheels go round and round

28. Place for a hero

30. Between hexad and octad

35. Like a hand-me-down

37. Be inclined

39. Muralist Rivera

40. Hold sway 41. Strongboxes

43. F.B.I. operative

44. One who names

46. Justice's garb

47. "Wheel of Fortune" choice 48. Swell or very good

50. Antonym of "is"

52. Next to nothing

53. Metal leaf

55. Ship pronoun

57. *"Twas brillig, and the slithy

61. Study of rocks

65. Bye, to François Hollande

66. Electric swimmer

-Goldwyn-Mayer

69. *Pablo Neruda had two: a pen and a given

70. Tiny guitar

71. SAG member

72. "Star 73. Observe

74. Feed the fire

DOWN

1. Eagle's talons

__ Bader Ginsburg

3. Berry high in antioxidants 4. Foul matter

5. Ancient rabbinic writings

6. Port in Yemen

7. *"Once upon a midnight dreary, while I pondered, weak and wearv...'

8. 4 in a school year

9. *Dickinson: "Tell all the truth but it slant"

10. Make over

11. Not many

12. Cremation pile

15. Like prison cell windows

20. Aids and

22. Expression of pleasure

24. Kitchen cover

25. *"O my Luve is like a red, red rose..."

26. Nothing out of the ordinary

27. Alabama civil rights site

29. *"The Owl and the Pussy-cat went to sea in a beautiful pea-green boat..."

31. Never, or when these fly

32. Dancer's beat

33. "Encore!"

34. *"Death, be not proud, though some have called thee mighty and dreadful..."

36. Adele's "Rolling in the

38. Young socialites, for short

42. Common thing

45. Brownish red

49. Campaign pro

51. *"Do not go gentle into that good night..." 54. Intestinal obstruction

56. Choose a president 57. Not in optimist's vocabulary?

58. Month of Purim

59. Ice on a window

60. Smell badly 61. High school musical club

62. "The Simpsons" palindrome

63. Get the picture

64. Of long ago 67. ____ out a living

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SOLUTION ON PAGE 9

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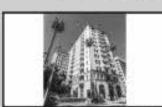
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Mandarin Taste Restaurant

23391 Golden Springs Dr, H Diamond Bar, 91765 www.mandarintasterestaurant.com | 909.861.1819

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8

Healthy Living

3 Things Everyone Living With Arthritis Should Know

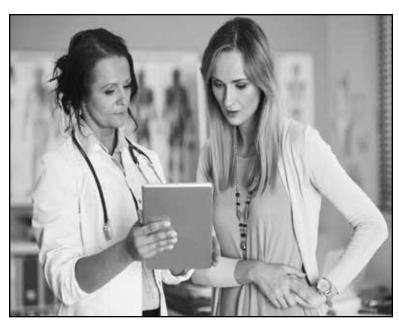


PHOTO COURTESY: (C) GPOINTSTUDIO/STOCK.ADOBE.COM

BY STATEPOINT

Arthritis includes more than 100 rheumatic diseases and conditions that affect joints. If you are living with arthritis, here are a few things you should consider.

1. Arthritis can affect people of all ages. Many people think of arthritis as an affliction that only affects adults as they reach old age or athletes who have suffered an injury (known as osteoarthritis). Although the incidence of arthritis does increase with age, younger people can also be affected by the disease. Autoimmune forms of arthritis, such as rheumatoid arthritis, psoriatic arthritis and ankylosing spondylitis, often strike people by the time they are middle-aged. Overall, it's estimated that nearly onefourth of all adults in the United States (22.7 percent, 54.4 million) have doctor-diagnosed arthritis. Seven percent of 18-44 year olds and 29 percent of 45-64 year olds report doctor-diagnosed arthritis, according to the Centers for Disease Control and Prevention.

2. You can now track your ondition better and get support. Being diagnosed with a lifelong, chronic disease like arthritis can be overwhelming. Finding support, from friends, family, colleagues and online communities can help. For example, ArthritisPower, accessed online or downloaded as a free mobile app for android and iPhone, allows people with all forms of arthritis to track symptoms and treatments to see how they are doing over time. Users can send their results to doctors in advance of appointments to encourage more personalized and productive discussions. Note that ArthritisPower is a research registry. That means people must sign an informed consent to donate their data to researchers and learn more about other specific research studies announced in the app. The more people who participate in the registry, the more scientists can discover about arthritis. To learn more, visit arthritispower.

3. Surgery can help. In healthy joints, cartilage covers the ends of bones, allowing them to move smoothly and without pain. When arthritis (all forms) wears away or damages the protective cartilage, and other non-surgical treatments have proved unsuccessful, joint replacement (usually of the knee or the hip) is typically recommended, according to the American College of Rheumatology.

When an orthopedic surgeon replaces a joint, it involves removing worn out cartilage from both sides of the joint, followed by resurfacing of the joint with a metal and plastic replacement implant that looks and functions much like a normal joint. Over the past two decades, the safety and effectiveness of surgery, and the variety of hip and knee joint replacement devices has improved, thanks to research driven by surgeons and device makers. What's missing, say experts, is a better understanding of patient experiences and preferences, particularly regarding what they value when making the decision to undergo surgery, pick a surgeon, and select a device.

"The good news is that this research is underway by patient-led research communities, such as ArthritisPower," says W. Benjamin Nowell, Ph.D., Director of Patient-Centered Research at CreakyJoints, the online patient support community.

If you need joint surgery, it's important that your preferences are central to your decision making at every step of the way, from timing of surgery, surgeon, implant device and recovery plan. Make sure to ask questions, get second opinions, and seek support. Surgery and recovery can be hard, but talking about them shouldn't be.

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

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

Recipes:

Smoky Beef Poblano Chili

With Kidney Beans, Cheddar Cheese and Sour Cream

By Hello Fresh

Take a quick trip to New Mexico by simmering smoky poblanos with ground beef, tomatoes, kidney beans, chili powder, and cumin. With a dollop of sour cream and a sprinkle of cheddar cheese to cool things off, this dish is as creamy as it is hearty.

Cooking Time: 30 min.

Servings: 2

Nutrition: Calories: 637 cal, Fat: 26g, Sat. Fat: 11 g, Protein: 46g, Carbs: 50 g, Sugar: 8 g, Sodium: 1243 mg, Fiber: 17 g

Ingredients:

- Scallions- 2
- Garlic- 1 clovePoblano Pepper- 1
- Kidney Beans-1 box
- Ground Beef- 8 oz.
- Chili Powder- 1t
- Cumin- 1tBeef Stock Concentrate- 1
- Crushed Tomatoes- 1 Box
- Cheddar Cheese- ½ Cup
- Sour Cream- 2T
- Olive Oil- 1t

Preparation:

1. Prep: Wash and dry all produce. Thinly slice scallions. Mince garlic. Drain and rinse beans. Core, seed, and dice poblano pepper



PHOTO COURTESY HELLO FRESH

into 1/2-inch cubes.

2. Brown the beef: Heat a drizzle of olive oil in a large pan over medium-high heat. Add ground beef. Break up into pieces, and cook until browned, 4-5 minutes. Season with salt and pepper. Remove from pan and set aside.

3. Cook the veggies: Add poblano peppers, scallions, and garlic to the same pan. Toss until softened, 4-5 minutes. Add chili powder and cumin. Toss until fragrant, about 30 seconds. Season with salt and pepper.

4. Simmer the chili: Add stock concentrate, beans, tomatoes, ground beef, and 1 cup water. Bring to a boil, then reduce to a simmer until thickened, about 10 minutes. Season to taste with salt and pepper. TIP: If you have time, simmer longer. The flavor gets better with time!

5. Serve: Divide the smoky beef and poblano chili between bowls. Top with cheddar cheese and a dollop of sour cream. Enjoy! ■



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A People, Not a Steeple

By Mark Hopper



have shared in my last few articles that our church's

50th birthday party is coming up on Saturday, October 21st. I was asked to look through some old photos and put together a short visual history of our church.

I enjoyed my assignment and spent several hours looking through many photos that went back to early days of Diamond Bar. There were pictures of the original Diamond Bar Ranch property. In the 1970's our church held Sunday Services in one of the buildings there. I also found pictures of the construction of each of the church building on the site from the 1980's and 1990's. There were also photos of the parking lot expansion and the new children's play yard. There was a lot of building activity during those years.

As I looked through hundreds of photographs, I was reminded that many faithful people have been part of our church over the past 50 years. There were some pictures of people that I did not recognize. And, there were dozens and dozens of photos of people that I did know personally. These pictures brought back many special memories. Pictures of church dinner-dances and baby dedications. Pictures of summer Vacation Bible School programs and baptisms at the beach in Corona Del Mar. Pictures of Couple's Retreats and Christmas programs and Easter services.

One of the things I noticed was how young we all looked 20, 30, 40 years ago. It was also fun to see the different hair styles and the different clothes that people wore. The cars in the parking lot looked different,

I was reminded that a church is a group of people not a building or a steeple. Certainly, I am thankful for our facilities. But, the real core of our church is the people. Faithful people who have attended regularly, served faithfully and given generously. People of all ages and stages of life - children, students, single adults, married couples, widows and widowers. The people who share a common goal to know Jesus and make Him known.

I suppose that we all need to be reminded from time to time, that it is the people in our lives that are really important. It is not the size of our homes or the success of our careers or the level of our education. We should value the people in our lives not the volume of our possessions.

Let me encourage you to express your love and appreciation to the people in your life. Maybe it is time to write a note to an old friend and tell them how much they have meant in your life. You will be glad you did and they will too!

Let me again extend an invitation to you to come and celebrate our church's birthday on Saturday, October 21st. There will be free food and activities starting at 1:00 PM with the main event from 4:30 - 6:00 PM. Check out our web site for more details. I hope we will see you there!

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

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There is No Win in Quit

By SEAN ORTIZ

Have you ever started something and quit? Maybe it was difficult or you believed you could not do it. Why do we need to learn to not Quit... In our marriages, with our children, in our relationship with Christ.Because there is no Win in Quit. We won't grow. We won't see the victory. We will miss seeing God do a miracle. We will miss out on a blessing. So here are 2 things that need to happen if we don't quit. Character is built. Mathew 5:33-77 Jesus describes that our yes be yes and our no be no. If we say we are going to do something, then do it and don't wiggle out of it. Jesus knew that the culture of the day was to say yes, I will do that on my children or on my mother. It was like crossing your fingers behind you back. In other word if you commit then finish the commitment. So, let your Yes be Yes. In the difficult times, it builds character as you complete your commitment. Consistency is shown. Our Past is a Predictor of our Present Jeremiah 12:5 talks about if you can't fight the men on foot how

can you handle the fight when the men come on horses. In

Written by Pastor Sean Ortiz of New Beginnings Community Church Jurupa Valley 9010 Limonite Ave Jurupa Valley, CA 92509. ■

other words, if you can handle the first circumstance you can handle the next challenge. So not quitting builds and shows consistency. If we decide not to Quit we build Character and Consistency and then we will see the Win. So do not give up in the hard times and LET GO AND LET GOD.....be encour-

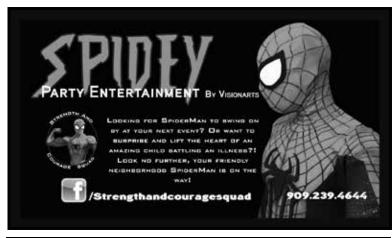


PHOTO BY: MIKE ARMIJO

The Chino Rotary Club donated \$500 to Big Brothers Big Sisters of the Inland Empire/ Big Brothers Big Sisters of Orange County this afternoon at our weekly meeting. We also learned how Big Brothers Big Sisters is helping to change the lives of youths in our community. What do you know about Big Brothers Big Sisters?

"Doing business without advertising is like winking at a girl in the dark. You know what you are doing, but nobody else does." -Stuart Henderson Britt





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Las Vegas massacre victim from Eastvale

IE from page 1

old baby and 2 month old baby: https://www.gofundme.com/4irnbc8

If you wish to donate in another way, there are immediate needs for the babies. Family friend, Rebecca Prunk McNeal has setup the below drop off locations for the following items:

-Size 1-2 and 5-6 diapers

- -Wipes
- -Enfamil Gentleease formula -applesauce or fruit type pouches, juice boxes, or toddler type bars and yogurt melts. (Non perishable items, please)
- -Target/Walmart and grocery gift cards are appreciated as well.

Chino Hills North drop off location:

3393 Tupelo St.

Chino Hills

Chino Hills South drop off location:

16656 Longacre Ave Chino Hills

Eastvale location:

13862 Almond Grove Ct.

Eastvale 92880

It has been reported that 58 people were killed by the shooting and more than 500 have been injured. Stephen Paddlock, 64 of Mesquite, Nevada, was identified as the shooter and he was pronounced dead at the scene.

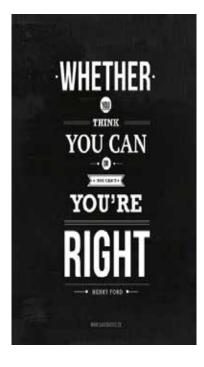
Victims will be identified as more information is available. ■

Did you know?

Did You Know from page 3

bring your ID when you go to sign up. To learn more, visit t-mobile.com/unlimited55.

Being over 55 doesn't mean you have to compromise on your wireless plan, so do your research and find a plan that offers you everything you really need to stay connected at the best price.



History 101

History from page 3

gree in 1953 and continued his travels around Latin America, becoming involved with leftwing organizations. In the mid 1950s, Guevara met up with Fidel Castro and his group of exiled revolutionaries in Mexico. Guevara played a key role in Castro's seizure of power from Cuban dictator Fulgencio Batista in 1959 and later served as Castro's right-hand man and minister of industry. Guevara strongly opposed U.S. domination in Latin America and advocated peasant-based revolutions to combat social injustice in Third World countries. Castro later described him as "an artist of revolutionary warfare."

Guevara resigned—some say he was dismissed—from his Cuban government post in April 1965, possibly over differences with Castro about the nation's economic and foreign policies. Guevara then disappeared from Cuba, traveled to Africa and eventually resurfaced in Bolivia, where he was killed. Following his death, Guevara achieved hero status among people around the world as a symbol of anti-imperialism and revolution. A 1960 photo taken by Alberto Korda of Guevara in a beret became iconic and has since appeared on countless posters and T-shirts. However, not everyone considers Guevara a hero: He is accused, among other things, of ordering the deaths of hundreds of people in Cuban prisons during the revolution. ■

WHS celebrates new tennis courts

Walnut from page 1

during a tennis court grand reopening celebration.Over the summer, the courts were resurfaced, and playing surfaces painted a blue hue - the signature color of the U.S. Open - with grey around the outside. The project also included installation of new fencing with wind screens, nets, sound system, and lighting. Players and coaches said they were ready to kick off the new season in the upgraded facility at the August 29 ceremony. "This is going to get my kids fired up to play some even better tennis!" said head coach Lee Shiomoto, who has been a part of the program for 15 years. "It's been exciting to see the courts get resurfaced," said senior Lauren Ao, who said her team members now feel proud to host other schools during tournaments."It was really rundown, and now the courts are nice and clean!" added senior Sara Santos. The boys and

You could get a ticket for walking in the street

Walking from page 1

21956 states, "No pedestrian may walk upon any roadway outside of a business or residence district otherwise than close to his or her left-hand edge of the roadway."

"Walking in the street is a very citable offense," said LA County Sheriff Captain Alfred Reyes, "it's about safety more than anything else."

The Captain explained that cross walks are in place for a reason, and so are sidewalks.

"It's definitely not wise for anyone to walk in the street," Reyes added, "the best practice are utilizing sidewalks for pedestrian traffic, sidewalks are safest, do not place yourself in harms way."

Runners and walkers can sometimes use bike lanes, and bike lanes may not be always safe for runners or pedestrians, but no lane is definitely not safe. Safest utilize the sidewalk.

At night always wear reflective clothing, joggers and bikers, Captain Reyes recommends. "If you choose to jog in a bike lane there is always the distracted drivers element. It's amazing how we see sooo many people look at phones, even on the freeway," he said.

Just a few months ago, Pastor Mark Lee from Vantage Point Church in Eastvale, sister church from Diamond Bar's E-Free Church, was running in the bike lane at 9 am when he was struck by a passing truck's right side view mirror. He spend weeks in rehabilitation and is still reluctant to do certain activities. The driver was cited as being at fault. Fortunately he delivered an inspiring sermon on the importance of cherishing your life.

The Sheriff's Department will cite runners and bikers in the bike lane who do not wear reflective clothing and bikers who do not have reflectors and a headlight. You are required to have lights on your bike at night

Many people do not get ticketed for walking in the street and it appears because of priority. In fact, if you are getting stopped, odds are the officer is concerned about your safety. Sure, walking on a roadway might not get you a serious ticket, but it might get you a serious injury, even death.

In Eastvale, California (bordering Chino), a 28 year old woman was killed last month when she was struck by a vehicle. 28 year old Janine Chavez of Eastvale was walking in the roadway, not inside a cross-

walk, Eastvale Sheriff's officials said. The Eastvale death happened about 7:45 p.m., Chavez was hit by a southbound Honda Accord driven by a 51-year-old Ontario man, sheriff's officials said in a press release.

Chavez was pronounced dead at the scene. It has not yet been determined who's at fault but the report stated she was not in a sidewalk and appeared to be walking in the road. Details are being gathered, and according to the Sheriff's Department, avoiding the street can avoid injuries and fatalities.

According to everybodywalk. org, over 4,500 people in America are killed just crossing the street. The website also claims that over 68,000 people are injured every year from crossing the street. This is even worse in crowded cities like New York, where it is estimated that a pedestrian is killed or injured by a vehicle every two hours.

The only one who can prevent such actions taking place is the pedestrian. Using sidewalks and obeying traffic signs will keep you safe and lawful. If you want to know more about other laws in the California Vehicle Code, dmv.ca.gov has the complete Vehicle Code on their website. (Chandler Holloway contributed to this story).

What does 4% vs. 6% mean?

GRivera from page 1

for both realtors to split. That's a savings of \$10,000!!

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

Now, more about what you're getting from Gil Rivera at SellY-ourCasa.com: It's important to know all aspects of your business. For Gil Rivera from SellYourCasa.com, he absolutely knows every aspect of buying

girls tennis programs have a winning tradition, clinching numerous all-league awards, league championships, and an undefeated season last fall. Last year, the girls team competed in the CIF finals, and doubles players Santos and Vivian Lee earned their second consecutive Hacienda League MVP honor.

and selling a home. He is a reliable, experienced, and an affordable Realtor, Broker, and Certified Appraiser.

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

Rivera's philosophy is to "treat my clients the way I want to be treated." In fact, Rivera said that he became a Realtor because he did not like the way his Realtor treated him when he was buying his home. Rivera shows respect for his clients at all times. He listens to what they say, so that he can better serve them.

Rivera also does not push his

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

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

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



Choose, connect and see the difference at Walnut Hills Optometry

WHO from page 1

tometry care needs. For many years, Walnut Hills Optometry (WHO) has taken excellent care of the vision needs of the community, serving patients from Walnut, West Covina, Diamond Bar, and Chino Hills to patients from La Puente, Rowland Heights, Hacienda Heights and Whittier. Because of the quality of service provided, as well as the trusting care given by the doctor, patients travel from the Los Angeles and Inland Empire areas as well.

WHO considers vision to be a precious gift, and their office takes pride in providing comprehensive eye exams.

WHO believes that quality eye care involves consistent care by a professional. Carmela Larino, O.D., and her loyal staff, will give your eyes the personalized care and attention they deserve.

Dr. Larino is proud to serve

the community she grew up in. She attended Rowland Unified schools from elementary through high school, and then attended U.C. Irvine before receiving her doctorate degree from the Southern California College of Optometry. In 2003, Dr. Larino was honored at her alma mater - Nogales High School - when she was inducted onto their Wall of Fame. She is a member of the American Optometric Association, the California Optometric Association, and the Rio Hondo Optometric Society, where she stays current on the latest 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.

WHO offers personalized eye examinations, diabetic and eye health exams, and the management and care of a multitude of eye and vision concerns. 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 to the WHO offices and they will donate them to those in need of frames.

WHO is conveniently located near the 10, 60 and 57 freeways, on the border of Walnut and West Covina, at 18800 East Amar Road # A5, inside the Walnut West Plaza. 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.

Walnut Hills Optometry thanks you for twenty years, follow them for twenty more! ■



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Chino resident awarded for bravery

Bravery from page 1

the coffee? She was on high alert because even though she couldn't see anything she had done wrong, she knew all too well that didn't mean he wouldn't.

Tracy lived through nine years of physical, mental and emotional abuse from the one person that promised to love her forever. During her nightmare she had left more than a few times and not just for a day or two either. She had rented apartments on 2 separate occasions and was gone for over a year and a half one of those times. There was intensive

counseling, training and countless tears and a belief that true change had taken place in her husband only to be disappointed again. "The last time I left I never looked back again" said Tracy. "I have two daughters and I wanted them to grow up knowing what a healthy relationship should look like.

Talking with Tracy Evanson today there isn't any outside evidence that she lived in fear of upsetting the man she called "husband" for nine years. She has two college degrees, one a Masters in Human Behavior and speaks with the confidence one would expect from a professional woman with 2 college

degrees. The outside had to be rebuilt from the inside, what you see today has been rebuilt and reinforced into the strong, confidant, independent ministry leader you see before you.

In 2013 after Tracy decided to get out of her marriage and stay out this time she started the non-profit organization, Healed Women Heal. Her hope is to "creat a solid group in the community to come together to be a voiced for the silent crime of domestic violence and teen dating violence and bring awareness to the community". "It is all about awareness, Tracy said, too many people don't understand that there are differ-

ent types of domestic abuse". "Most people only associate violence with domestic abuse but physical isn't the only type and quite often the violence come after the emotional, and verbal abuse wears you down".

In the beginning I only wanted to help the victims of domestic violence, I had no interest in fixing the perpetrators. Then she was asked to speak at a mens prison, she declined. God wouldn't let her off of the hook about this for some reason and finally she accepted the invitation. That showed me a whole new side of

the problem Tracy said. A lot of these men were abused themselves and didn't even recognize their actions as abuse". It helped me see that it is much harder to work with a broken person than it is to educate to prevent the abuse from happening. Like she said awareness through education is the key.

You can contact Tracy at any of the links below:

Tracy Evanson, www.healed-womenheal.org, healedwomenheal@gmail.com, www.meet-up.com/Healed-Women-Heal. 909.815.7815.



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