



HIGHGROVE HAPPENINGS

Nothing but the Truth

Includes Spring Mountain Ranch



IMPROVING OUR COMMUNITY by encouraging family, health and local discussions

(FREE) Local News for the Highgrove Area for 30 years

HighgroveHappeningsNewspaper.com

Twitter.com/HighgroveNews

SEPT 2024

Mt. Vernon and Center Update



In 2023, the owner of the property at Mt. Vernon and Center had a proposal that residents of Highgrove didn't care for. Steven Berzansky went back to the drawing board with our suggestions and offered a proposal he hopes residents will like.

The commercial part of the proposal (7-11 convenience store and business center) was dropped.. Instead of Condos, we are being offered *single family residences in a gated community*. He says that they will be high end and bring up the value of surrounding homes.

Yet, Mr. Berzansky is proposing more homes on his ten acres than nearby residents prefer. His new proposal will not change R-1 as the zoning, but instead of very low density, the condos would require rezoning to Medium High Density. But he did listen to some of our concerns. His new proposal contains homes instead of condos; longer driveways so fewer cars are on the streets and wider streets.

On August 27th, 2024, the Board of Supervisors
See Mt. Vernon and Center (Cont. P.10)

***"Silence in the face of evil is itself evil:
God will not hold us guiltless. Not to
speak is to speak. Not to act is to act."
- Dietrich Bonhoeffer***



Back to School 2024



Want your children Off "the Yellow School Bus"?

Are you considering Homeschooling but wonder how to start? Have you started homeschooling but want support from experienced moms?

There has never been a more important time to sow into your children.

Have you thought about what you want for your children's future?

Do you know how you will get that for them?

Saturday, September 27th, we are hosting a FREE Homeschooling Workshop to get you started. We are hoping to also arrange to help you through Zoom if you need to join us online. Event Recordings will be made available to VIPs for just \$47.

For more information, email:

homeschoolingmoms@socalgardenhealth.com



"Who sent out the wild donkey free? And who loosed the bonds of the swift donkey, to whom I gave the wilderness for a home and the salt land for his dwelling place?

***He scorns the tumult of the city,
the shoutings of the driver he does not hear.
He explores the mountains for his pasture and searches after every green thing." - Job 39:5-8***

Norton Younglove Community Center Events P.3

Councilwoman Cervantes Convicted of DUI P.4

Aspirin Toxicity Reduced with Glutathione P. 4

A Home Birth Story by Sabrina Brooks...P.5

Local Events and Churches ... P.15

Advance Auto Parts

#8540

NOW OPEN

**22451 Barton Rd.
Grand Terrace**

909-954-2483

HOT DEALS OF THE MONTH

Offers valid August 15 - October 9, 2024.

**BUY ONE,
GET ONE
FREE**

Chevron Techron
Complete Fuel
System Cleaner
12 OZ



- Both modern and older engines work best when they are clean.
- Techron additive technology works to maximize power, lower emissions and optimize fuel economy.
- Available in 12 OZ, 20 OZ, diesel and high mileage formulas.

"Life is like riding a bicycle; to keep your balance you must keep moving."

-- Albert Einstein

Freedom of Speech and the Press, as outlined in the first amendment, requires a free exchange of ideas, recognizing that only God knows all.

The Highgrove Happenings Newspaper may publish contradictory ideas - respecting you enough to decide for yourself.

Not every idea represents us.

As you can see, lots of businesses want to advertise in the Highgrove Happenings! So, we try them out before introducing them to you, whenever possible.

I consider you friends, so here is *my*, "*best kept secret for beautiful hands!*" Tina, from American Nails, does my nails just the way I want them. There are times I want my natural nails to look great without having to paint them every other day. She helped me then. When we went out of town and wanted acrylics to last three weeks, she did that. When I tried gels for a while she did that - and the french manicures she paints are gorgeous!

AMERICAN NAILS

*Professional Nails Care
for Ladies & Gentlemen*

(909) 370-1704

Gift Certificate Available

OPEN HOUR

Mon-Sat: 9:00am-7:00pm

Closed on Sunday

Walk in Welcome



Facial - Product of Dermalogica

Pink & White - Acrylic Nails

Gel Nails - Seashell Nails

Crystal Nails - Nail Designs

Manicure & Spa Pedicure

22488 BARTON ROAD #102 • GRAND TERRACE, CA 92313



Antiques, Clothes,
Collectibles, Furniture,
Toys, Books

909-824-0220
22400 Barton Rd., Ste. 3
Grand Terrace, CA 92313

• Booths Available •

**Open:
Tues - Sat
10am-5pm**



Gary Echito, Agent, Lic. #0423102

3239 Chicago Avenue
PO Box 5578, Riverside, CA 92517-5578
Bus 951.684.8450
Fax 951.684.8453
gary@garyechito.com

The greatest compliment you can give is a referral.



BOBA

Tea, Slushies, Smoothies

(909) 533-4252

royalteaboba.com

**NEXT TO GROCERY OUTLET
IN GRAND TERRACE**

ORDER BY PHONE OR ONLINE - TO GO OR ENJOY HERE!

HIGHGROVE HAPPENINGS

Highgrove Community Center Hours: Mon-Thur 8am-4pm; Fri 8am-2pm

Contact: (951) 241-7221

THE NORTON YOUNGLOVE COMMUNITY CENTER

459 Center Street- Highgrove web site: www.nycchighgrove.com



FAMILY SERVICE ASSOCIATION

Leila Santamaria Center Manager
leila.santamaria@fsaca.org

Office Assistant II
Danielle Angell

Office Asst Volunteer Cynthia Kupfer

Family Service

Association's Mission:

We address poverty, hunger, and health, from infancy to older adults, in families and under-served communities.



2024



Norton Younglove Community Center

459 Center St. Highgrove, CA 92507

www.fsaca.org

951-241-7221

Current Programs

Tuesday Bingo



12:30 PM - 1:30 PM
4 cards for \$1.50 Includes refreshments



Polinecia Dance

With Lorena
Tues & Thurs
Beginner 5 PM.
Advanced 6 PM



Fitness

With Letty
Mon thru Fri
8:30 AM to 10:30 AM \$6 per class

Voluntary Opportunity 951-241-7221



E-Taekwondo United Martial Arts

For all Ages
Todas las edades. For detailed info Call:
Master Elvis Chavez 909-578-4799.
www.etkdu.com
Evening Classes Mon & Wed

Lil Rhino's 3-6 yrs. old 6:00 - 6:30, 7 yrs. + Beginners (up to orange belt) 6:30 - 7:15, 7 yrs. + Advanced (green belt & Higher) 7:15 - 8:00 Our Mascot: Rhino - represents harmony and dominance when needed.

COGOP



Sunday Worship 10 AM.
Thursday Bible Study 7:15 PM.
For detailed Info call: Pastor John Braxton 951-400-3298

Emergency Food Box available Mon - Thurs for Riv. & SBdno County Residents. **To report a scam or for help if you or a loved one has fallen victim, contact the AARP Fraud Watch Network Helpline: Call 877-410-8829

Let's Celebrate!

Whether you are having a wedding, birthday, anniversary, company or church event; our banquet hall is the place for you. Room capacity is 150 people at a rate of \$125 per hour, tables and chairs are included (Kitchen available for additional flat rate cost). Security needed with all rental event (additional cost). To reserve your party's date a \$200 non-refundable deposit is required. For further details contact the center at 951 241-7221.

Our Senior Nutrition program is currently offering hot meals to registered participants age 60 and above Monday to Friday, 11:00 AM To 12:00 PM

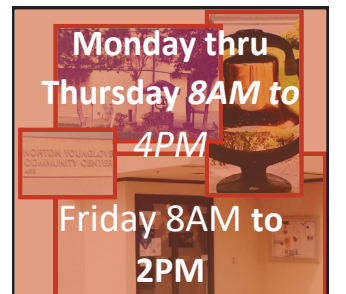
Enjoy our WIFI during your visit at the center



Child Development Center Has Openings!!

Free or low cost Early Care and Preschool Programs call 951-342-3151.

Call our FSA Administrative Office 951-686-1096 for details on other program services provided: Clinical Services, Housing Services, and Hope Collaborative.

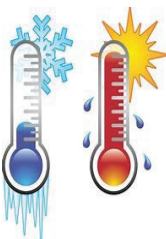


HOURS OF OPERATION



Hello Community Members, **Building a Healthier tomorrow together. Protect your health. KEEP YOUR MedCal: Contact** your local county office online, by phone, email or fax, or in person - to report any changes to your name, address, phone number, or e-mail address. Visit dhcs.ca.gov/

COL or call Medi-Cal Member Helpline at (800) 541-5555. **C4Yourself Program** to help our community families to apply for benefits available to them through Riverside County: CalFresh, Medi-Cal and Cash assistance. This secure website will send your application directly to the county for processing: www.c4yourself.com. **County financial support programs**, nutritional and medical assistance: 877-410-8829. **CalFresh:** If you need assistance applying, please visit FeedingAmericaE.org/CalFresh or call 951-359-4757****HEREO** (Homebound Emergency Relief Outreach) - Once a month emergency food box for those who do not have transportation: Visit FeedingAmericaE.org/Find-Pantry or call 951-3594757.



Temperatures at 97 degrees and above officially activates Norton Younglove Community Center as a "Cool Center" from June 1, 2024 thru October 15, 2024 for vulnerable individuals, seniors, the disabled, and others in need of temporary relief from the heat. Visit capriverside.org or call 951-955-4900 for a list of Cool Center sites.

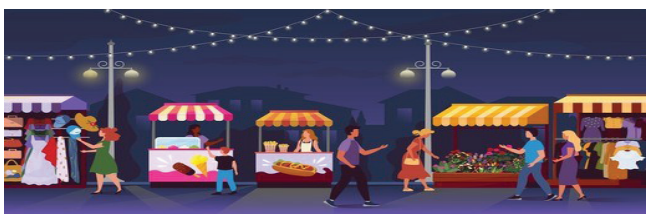
September 2nd



September 25, 2024 at 6:00 PM: District 1



USDA Food Distribution: September 27th Friday 8:00 AM to 10:00 AM. Share Ride and Bring a Neighbor! Drive Through Pick Up. Servicing Highgrove and Grand Terrace area. **September 28th Saturday 11:30 AM : Joy of Giving Food Distribution.**



September 21, 2024 Saturday 3PM "The

Highgrove Market" presented by The 951 Night Market : Performances, Music, Kids Zone, Opportunity of chance to win prizes, 30 vendors, and so much more!
www.TheMarket.com



September 28, 2024 Saturday 11:30 AM - 2:30 PM: Community Health and Wellness Outreach One Stop Shop and much more! Hosted by SNT and Community in Unity.



Clarrissa Cervantes Arrested for DUI July 1, 2024

Riverside City Councilwoman Clarissa Perez Cervantes plead guilty to misdemeanor driving under the influence and was sentenced to three years' probation as it was her second offense.

The CHP stopped her while speeding on I10.

She was arraigned at the Banning Justice Center for her July 1st, 2024 arrest.

Her probation includes 57 days in a Sheriff's work release program ordered by Riverside County Superior Court Judge Sylwia Luttrell.

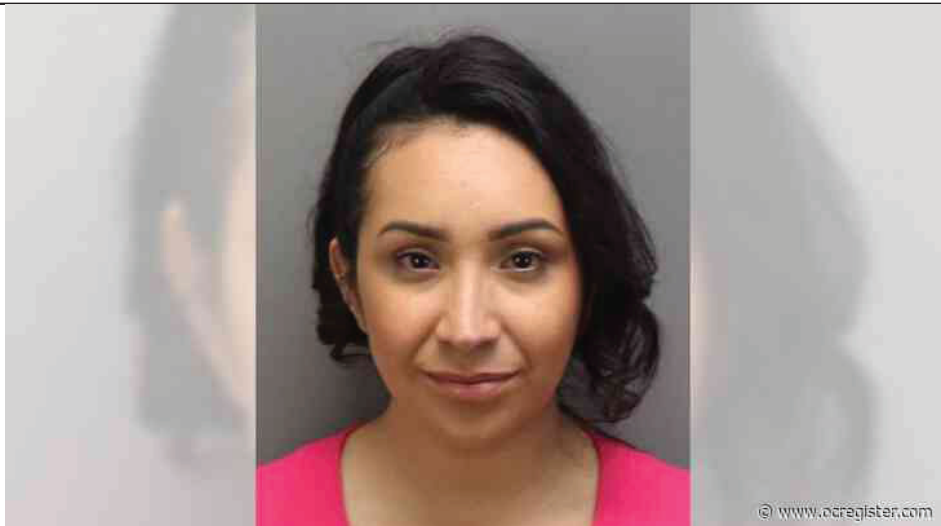
The defendant's attorney, Paul Grech, did not respond to a request for comment.

Seem like a harsh punishment? Driving under the influence can have major consequences. "It endangers the public and exposes the state to significant liability" said Assemblyman Bill Essayli, Norco, a former prosecutor, ***"DUI is a horrific crime that kills over 1,000 Californians a year."*** and added that Clarissa Cervantes' conviction serves to reinforce the importance of House Resolution 51, which he proposed earlier this year.

"Clarissa Cervantes pled guilty to her second DUI criminal conviction while still seeking to become a member of the state Assembly," Essayli said. "This only underscores the urgent need to pass House Resolution 51, which would prohibit a member of the Assembly from using a taxpayer-funded car... following a DUI conviction."

Essayli said ***a DUI conviction should automatically invalidate privileges to "a taxpayer-funded car."***

The assemblyman also pointed to state Sen. Dave Min, Irvine, as another example of why Resolution



Councilwoman Cervantes July 1, 2024 Mugshot 51 should be on the front burner.

Min was sentenced to three years' probation after pleading guilty to a misdemeanor DUI as he drove his car at night without headlights a couple of miles from the Capitol Building.

Resolution 51 would mandate that any Assemblymember who is arrested and charged with DUI lose -- until his or her case is resolved -- the privilege of using a "pool vehicle" while in Sacramento, and for three years following a conviction.

The measure has been awaiting a hearing in the Assembly Committee on Rules for more than a month.

The Legislature is due to adjourn on Sept. 14

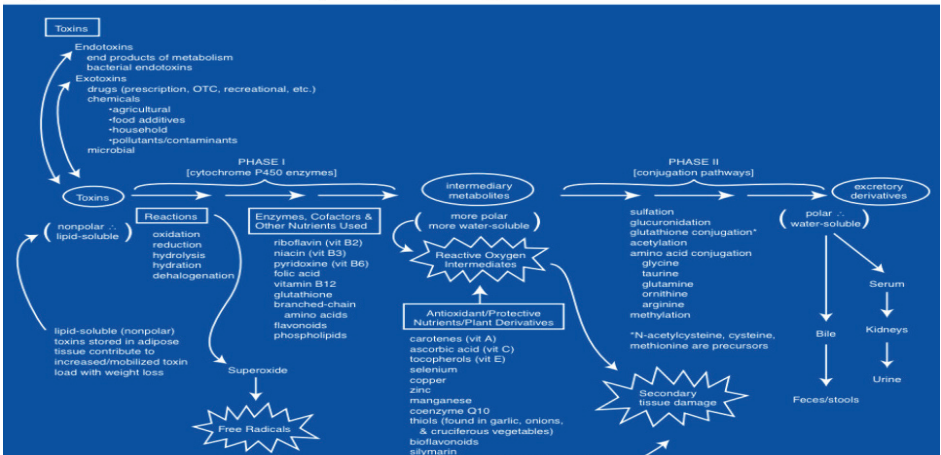
How much did you pay for a pound of meat three years ago? A gallon of gas? Are prices the same?

Aspirin Toxicity reversed with Glutathione

Research shows that Reyes Syndrome, a risk when a child with a fever is given aspirin or tylenol, and other reactions from drug-induced liver toxicity may be reversed with a timely dose of glutathione.

Glutathione is not a stable substance when put into a capsule, yet it is something a healthy body naturally produces that helps the liver with detoxification. N-Acetyl-Cysteine is a shelf stable nutrient that should be kept in your medicine chest! Here is a picture of other nutrients needed for the liver to do its detoxification job well:

Figure 2. Liver detoxification pathways and supportive nutrients



Momma Rac's Column

Fight lies / Protect family!

TikTok: @homeschoolingmoms

Linktr.ee/socalgardenhealth



J. ADAMS

Air Conditioning · Heating · Plumbing

909.233.5030

\$69 A/C or Heater Service
(Regular \$89)

10% off any repair
(A/C, Heat or Plumbing)

Free estimates on new A/C-Heater systems.

Justin Spencer
License #1117777

HIGHGROVE HAPPENINGS

A Home Birth Story

When I told people I was having a home birth, the responses were less than encouraging:

"If I was born at home, I would not have survived."

"I hope you have a backup plan."

"My wife found out that it's impossible for her to deliver naturally, so she couldn't have done that."

"Wow, you are so brave. I could NEVER do that."

Despite their apprehensions, I went through with it. This is the story of Freeman's home birth.

Part I: Pre-Conception

In the summer of 2021, we were a little over two years into our marriage. I was struggling with major hormonal imbalances and had lost a lot of weight. I had two periods in seventeen months. My hair was falling out by the fistful.

I remember my husband Sam walking into the bathroom after I had just finished showering, to find a pile of hair on the shower floor. "Did that all come from your head? Just now?"

I had begun working with a lady named Deb Lowrance that April. My friend Teri was using her as a midwife for her upcoming home birth. Deb specializes in midwifery care and women's health. She had me do a blood panel, revealing that my levels of progesterone and estrogen - what my body needed to reproduce - were in the range of a post menopausal woman. In other words, practically non-existent.

She had me take copious amounts of Vitex, an herb used to regulate menstrual problems. She also suggested I increase my protein and carb consumption and gain some weight, as she doubted that I was eating enough to sustain my cycle.

Sam and I had been on the same page from the beginning: we wanted a family, and a big one at that. We had reached the age when scrolling through our respective Instagram feeds shows birth announcement after birth announcement. It felt isolating, realizing that it could be years before that stage of life became our reality.

Despite the extreme improbability of getting pregnant, I thought about it constantly. I took a pregnancy test at every sign. Signs including, but not limited to, a missed period. Which for me, was nearly every month. Sam and I didn't talk much about having a family around that time. It seemed like a physical impossibility. But all this didn't stop me from getting my hopes up, only to be disappointed with every negative test.

I finally had a period in June 2021, and I was ecstatic. Were my hormonal struggles a thing of the past? My hopes were dashed once again when July came and went with no period. Back to the drawing board for me.

I was disappointed, but not surprised when I missed

my August period too. It seemed like a normal occurrence at this point. But as I would soon find out, this time was quite different.

Part II: Pregnancy

It was a Thursday in September, and I was on my way home after a post-work grocery shopping trip. A thought crossed my mind: my boobs hurt. My boobs have never hurt before. That's strange. And I feel like they've been hurting for at least a few days now.

I was using the Fitbit app to log any semblance of period symptoms, so while I was driving (sorry Mom), I pulled up the app. Sure enough, they had been hurting for a whole week.

Upon arriving at home, I dropped all the groceries on the kitchen floor and grabbed a pregnancy test from the closet. I peed on the stick and set it on the bathroom sink. Two pink lines immediately began to appear. That's not what I expected.

I walked aimlessly around the house for a while, leaving my piles of groceries to reach room temperature on the floor. I was in shock. How was this even possible? I had to take another test. As I waited for my bladder to fill again, I did a quick Google search



on false positives. Looks like they are not very common. I must be the exception.

I took a second test. Then a third test. Positive, and positive again.

For me, having a home birth was just about a given from the beginning. I was born at home; my brother was born at home. My aunt birthed seven children at home. I didn't know much about birth, but I knew that I would likely feel more comfortable at home over the hospital. Researching home births and hospital births confirmed my decision.

A little over two weeks after the positive tests, on a Saturday morning, I had the privilege of being present at my friend Teri's home birth. While I had been in the house for many of my aunt's home births, I had never paid much attention. In fact, I actively tried to not be in the room when the birth was taking place.

But, now that I knew what was coming less than nine months down the road, witnessing a birth was a much different experience.

Birth Story (Cont P. 9)

HIGHGROVE HAPPENINGS

RIVERSIDE COLOR ME MINE September



Kitchen Spoon Rest

Date: 9/13/24
Time: 5-7 PM
Price: \$26



Make your reservation on our website to guarantee your spot! Scan the QR code now!



Talavera Mug

Date: 9/20/24
Time: 5-7 PM
Price: \$30



Shot Glass Pair

Date: 9/27/24
Time: 5-7 PM
Price: \$28



FREE STUDIO FEE
BRING THIS COUPON TO REDEEM ONE PER PERSON



Bordwell Park Ctr Mon/Wed 5:15 pm
Bobby Bonds Community Center Fri 9am



Call Harry today for a FREE Magical Quote!

Harry Houdini's

HAUL AWAY
I'll Make Your Junk Disappear!



TRASH REMOVAL & DUMP RUNS.

CELL
(909) 991-8042



The Premier Burger spot of Grand Terrace



TRYLOUDBURGER
LOUDBURGER

909-264-3000

22497 BARTON RD., GRAND TERRACE CA, 92313

GROCERY OUTLET bargain market

Grand Terrace

22441 Barton Rd. | Grand Terrace, CA
(909) 370-1001 | 8am - 9pm Every Day!

GrandTerraceGroceryOutlet
GroceryOutlet_GrandTerrace

Priscilla & Eric Santillan
Independent Owner-Operators



WE ARE LOCAL

- We are your neighbors!
- Each store is run by Independent Owner-Operators.
- We live locally, hire locally, & give back to local organizations.

SHOPPING TIPS

1. **Shop us first**, save more!
2. **Stock up!** Many of our bargains are one-time deals.
3. **Stop by often** to see what's new.

NOSH

Natural Organic Specialty Healthy

Look for the NOSH symbol throughout the store to find products that fall under one of these categories, at unbelievable deals that will surely make you say "WOW!"

WHAT IS NOSH?

At Grocery Outlet, we carry many products that fall under these categories: Natural, Organic, Specialty and Healthy, or "NOSH" for short.

NATURAL: Free of artificial ingredients and preservatives

ORGANIC: Meets USDA standards

SPECIALTY: Plant-based, gourmet or artisanal

HEALTHY: Gluten free, dairy free or diabetic friendly

Wine Wednesday!

10% OFF

6 bottles or more. Mix & Match. Grand Terrace Grocery Outlet only. Must be 21 years or older.

FENDER BENDERZ
909.422.1200

ALL MAKES

Specializing in:

- Collision Repair & Paint
- Frame Straightening
- General Auto Repair



WE WELCOME ALL

INSURANCE COMPANIES



email us at:

fenderbenderz@att.net

HIGHGROVE HAPPENINGS



BEST BREAKFAST IN THE I.E.
FREE COFFEE CAKE!
(WITH BREAKFAST PURCHASE AND THIS AD Expires 09/30/2024)

Order online at: woodysmenu.com

22400 BARTON RD UNIT 1, GRAND TERRACE, CA 92313 • 909.422.1100 • WWW.WOODYSCCLASSICGRILL.COM



Rac's Batting Cage:
Rent through
CageList.com

Washburn & Sons
CITRUS PEST CONTROL

(951) 683 2392
Fax (951) 683 8424

California Roofing Company
Your Neighborhood Roofing Company

CA. LIC. 321398 (909) 824-6819

PSM PERFORMANCE FABRICATION
Full Service Hot Rod Shop

- Custom Chassis & Suspension
- Custom Alum. Fabrication
- Frame-off Restoration
- Rear End Narrowing
- Roll Bars & Cages
- Exhaust Systems
- Custom Metal Shaping
- AC & Wiring
- Back Halts

Pat McCarthy
951-961-3547
570 East La Cadena Dr.
unit 2i Riverside, CA 92507
PSMFAB.com

Elliotts For Pets
Full Line Pet Supplies

6744 Brockton Ave. • Riverside • CA • 92506
T 951.222.2137 • F 951.222.2068
Mon.-Fri. 9-9 Sat. 9-7 Sun. 10-7



DAILY SPECIALS FROM 3PM TO 9 PM

LUNES
TOSTADAS O TACOS DE PESCADO
DOS POR UNO
\$6.55

MARTES
TACO TUESDAY
\$1.50

MIERCOLES
COCTEL DE CAMARON
\$10

JUEVES
MOLCAJETE DE ROLLITOS DESHEBRADA O POLLO
\$9.95 FOR 5 OR \$25 FOR 15

MARGARITAS
\$5

EVERYDAY HAPPY HOUR
5 PM A 8 PM

\$25 BEER BUCKETS

HIGHGROVE HAPPENINGS

Old School
Customer Service

951-204-0502

**JOE
LUJAN**

BRE# 01476370

NOT JUST
YOUR
REALTOR
ALSO YOUR
NIEGHBOR







OPEN 6 DAYS
NOW OPEN SUNDAYS !
9am-3pm

Serving Highgrove Since 1981

Best Hamburgers In Town
Any Town!

•Hamburgers	•Chicken nuggets	•Pastrami
•Burritos	•Steak sandwiches	•Patty melts
•Breakfast	•Chicken sandwiches	•to go orders

2 LOCATIONS TO SERVE YOU

#1 450 Iowa
Highgrove, CA.
(951) 686 5830

#2 9961 Mission Blvd.
Glen Avon, CA.
(951) 360 3977

Reliable Tire

Mike, Brian, Sue, DJ, Ashley

445 Iowa Ave
Riverside CA 92507

(951) 684-1132

TOYTECH

- ACURA
- HONDA
- LEXUS
- NISSAN
- INFINITY

983 Center St.
Highgrove, CA

Auto Repair
Specializing In Toyota

951-781-7633

JAMES JAURIGUE
Certified Master Technician

SUMMER SMILES BEGIN HERE






Dr. Horsley DDS, Dr. Nouri DDS, Dr. Michael DDS,
Dr. Lalisa DDS, FAGD, and Dr. Park DMD

909-512-6470

OVER
15
years

*of Serving the Grand
Terrace and Highgrove
Communities*

Home Birth Story (Cont. From P. 5)

Sam didn't know much about home birth, but he was naturally minded, and open to the idea. The more he learned about it, the more it made sense to him. I remember his face when he watched his first birth video in the documentary *The Business of Being Born*. I wondered if he would be that horrified when I was giving birth.

I had already been working with Deb to resolve my hormonal issues, so it made sense that I would work with her throughout pregnancy, too. And now, I had even witnessed her work at an actual birth. What stood out most to me was her calm demeanor. She didn't say much as Teri was giving birth - only what needed to be said, and that was very little. Teri gave birth as her body knew how to, and Deb respected that.

I learned as much as I could to support myself and my baby. I devoured books on home birth, hypnobirthing, prenatal nutrition, cosleeping, breastfeeding, and postpartum. I listened to hours upon hours of podcasts like *Happy Homebirth* and *Doing It At Home*. Sam and I took a birth class together, which gave us both a better idea of what to expect during the birth.

Deb began every appointment with, "what questions do you have for me today?" and I would come at her with the lengthy list I had developed since the last time we talked. She was honest and reasonable in her answers. If I forgot a question or needed an answer before my next appointment, I could text her anytime - even if the question was on behalf of a pregnant friend, and not myself. She was clearly eager to follow evidence based practices, even if the current medical model opposed them.

I was blessed to have a great pregnancy overall. First trimester exhaustion was on a level I did not think was possible. There were nights it took everything in me to get off the couch to go to bed. Doing dishes after dinner was not going to happen. I did fine at work as long as I remained standing. A body in motion stays in motion. It's a good thing, I decided, that teachers don't often get a chance to sit down. I had some morning sickness during the first trimester, but it was mostly remedied once I stopped taking vitamins on an empty stomach. I only threw up once.

I ran three 5Ks while pregnant, the last one on Thanksgiving Day. It was at that point that I decided to stop running. A ligament in my foot hurt badly, and running was only making it worse. Looking back, I see my body was signaling to take it easy. Nourishing myself became easier without a four mile run every day.

I had my anatomy scan ultrasound at 21 weeks. We decided to not find out the gender. Results from the ultrasound showed that my placenta was close to my cervix. Deb was concerned that my pregnancy could

result in placenta previa, a condition where the placenta covers the cervix, therefore preventing a vaginal birth. Deb encouraged me to receive a third trimester ultrasound to make sure my placenta had moved to a more optimal position. However, the placenta typically moves as the uterus grows, and I was not in a high risk group for placenta previa. I also wanted to avoid unnecessary ultrasounds for the health of my baby. Deb honored my decision to decline..

I declined much of the testing and interventions typical in the medical model. Deb supported and encouraged me in those decisions. For example, I chose to opt out of the usual glucose test. Instead, I monitored my blood sugar by tracking my numbers and food choices for a week, sharing the results with Deb. I did not take any vaccines or other injections.

I also chose to opt out of the Strep B test, as I did not plan on taking antibiotics anyway. Instead, I took probiotics everyday of my pregnancy, and I doubled up as my due date got closer. Water birth has been shown to decrease the risk of infection, and that is what I planned to do.

As my due date inched closer, my biggest fear was that I would not be able to relax enough to birth this baby. I had read a book on hypnobirthing, but I hadn't practiced anything with consistency. At Week 36, I was fearful that it was too late.

I shared these fears with Sam, and he encouraged me that any amount of practice could only benefit me and our baby. He created a playlist for me of relaxing songs. Every night, I would turn off the lights, run lavender in my diffuser, and practice deep-breathing to the playlist. Through repetition, I taught my body



A Home Birth Story To Be Cont in Oct...

HIGHGROVE HAPPENINGS

HighgroveHappeningsNewspaper.com
30 Years of Local News



cynthia@highgrovehappeningsnewspaper.com

Highgrove Library

530 W. Center Street 951-682-1507

Preschool Storytime with Songs,
Music and FUN! Wednesdays at 11:30 am

Bilingual Story Time Thursday

Family Movie Every other Saturday alternat-
ing with Family Arts and Crafts 1pm

Teen Chess Club 4-5pm

STEM classes

*Please contact Library
to confirm Dates & times*

Riverside County Sheriff Dept.



7477 Mission Blvd

Jurupa Valley,

CA 92509

951-776-1099 EXT.5

"Politics = contending for your neighbor
in the public square therefore politics
is a way to love your neighbor" -- Cricket



The Grand Terrace Chamber of Commerce

*Invites you to the
Business Coffee Connection*

Wednesday, September 11th, 8-9am

Woody's Classic Grill in Grand Terrace,

The Grand Terrace Chamber of Commerce

Welcomes New Members:

Low Brow Tattoos

NEW MEMBERS WELCOME!

Monday-Taco Night 6-7:30pm

Friday-Night Dinners

Sunday- Karaoke & DinnerEntertainment
(Call for details)

Eagles always welcomes new members!

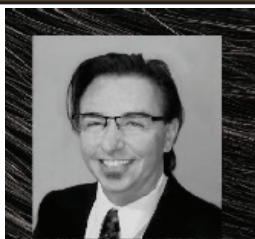
Call (951) 683 7770 for details

HALL FOR RENT

466 E. La Cadena Dr.

Highgrove, CA

951-683-7770



909.910.5525

Mike Barnett

Lead Brand Strategist: SmartEpicStrategies.com

American Advertising Federation Board Member

Public Speaker

Award Winning Designer

Mt Vernon and Center (Cont. from Front P.)
voted unanimously in favor of his proposal. He did
make concessions, however for the closest residents
affected by moving the home footprint forward 4'
(in which a row of privacy trees of their choice will
be planted) and the bedroom windows of homes to
be built not to look into existing homes' backyards;
providing 8' high walls and residents will also be
given the option of connecting to sewer.

Why It's the 1st Amendment by Jim Rickards



"There's a reason the First Amendment comes
first in the Bill of Rights. It guarantees free speech.
Without free speech, most other rights don't mat-
ter. Without it, your rights to religious freedom,
trial by jury, and due process of law mean little
because you can't openly express them or you
don't have recourse to law in the first place.

Dictators and fascists understand this. That's
why they always attack free speech first before
attacking other freedoms. [One candidate running
for president] has said, "There's no guarantee to
free speech on misinformation or hate speech..."

[This person is] exactly wrong about that.
There's a guarantee of all kinds of free speech
under the First Amendment, as scores of Supreme
Court rulings have affirmed over the centuries. **If**
[these people] are elected, expect further sup-
pression of speech" Tell me if you agree with
this. Can you look up the candidate who said this?

BOOKKEEPING SERVICES

We keep track of your Invoices,
sales receipts, bills, coding;
bank statements.
Call 951-743-4243

\$8.76

Avocado Toast

Coffee

Tax

\$5.50

\$2.50

\$0.76

HIGHGROVE HAPPENINGS

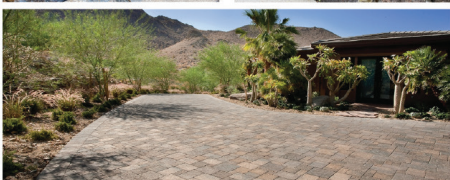
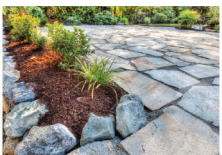
NOW OPEN



1213 Center St.
Riverside CA 92507
(951) 987- 0300
www.llbmi.com



- Brick
- Block
- Pavers
- Cement
- Stucco
- Flagstone
- Sand and Gravel
- Decorative Rock
- Tools
- Re-bar
- Landscaping Supplies
- Ladrillo
- Bloque
- Cemento
- Stucco
- Adoquines
- Losa
- Arena y Grava
- Roca Decorativa
- Herramientas
- Barras de Refuerzo
- Suministros de Paisajismo



The 951 Market Presents
The HIGHGROVE Market
CALIF
Every 2nd Saturday of the month

Save the Date
• 10/12
• 11/09
• 12/14

Free Parking
September 21st
3pm-8pm

Kid Zone
Music
Raffles
Games
Performances
30+ Vendors

Follow @The951Market

459 Center St
Highgrove Ca 92507

www.The951Market.com

43RD ANNUAL

Country FAIR

SATURDAY, SEPTEMBER 28TH 2024
9:00AM - 7:00PM

FOOD | MUSIC | SHOPPING | BEER GARDEN

PRESENTED BY THE GRAND TERRACE CHAMBER OF COMMERCE & ZAYNA'S VENDOR FAIRS

22365 BARTON ROAD
GRAND TERRACE, CA 92313

PETTING ZOO

Grand Terrace Country Fair
FIRST 100 CUSTOMERS RECEIVE A GT TOTE
NEXT 100 TOTES DURING THE DAY!

ZAYNA'S VENDOR FAIRS



HIGHGROVE CHURCHES



You are Invited!

Immanuel Baptist Church of Riverside

Schedule of Services
Youth ministry for all services
Nursery for all services
Sunday 10:00 am - Sunday School
11:00 am - Worship Service
6:00 pm - Evening Worship
Wednesday 7:00 pm - Bible Study
Pastor John Pettit
951-318-3856
Church Phone: 951-784-1100
45 Michigan Avenue, Riverside, CA 92507
(Located in Highgrove)
www.ibtriverside.com

Do You Homeschool?
looking for local Support?
951-321-9337 New Homeschool Co-Op!

ZION ASSEMBLY CHURCH OF GOD
1061 Center St., Highgrove / Fri Night \$1.25 Tacos
Come Join Us For Worship
Sunday School For All Ages At 10:00am
Devotion & Worship Services At 11:00am
Tuesday Evening Bible Study At 7:00pm
Saturday Morning Prayer At 9:00am
Pastor Pete Sarry 951-237-2337

Be Part of Change
COG OP
Worship with us
PASTORS JOHN & KATHY BRAXTON
SUNDAY WORSHIP SERVICE
459 Center St. Riverside 92507
10am
ALL ARE WELCOME
Discipleship STEPS to Maturity Class
Tuesday Evenings @ 7:15pm
459 Center St. Highgrove

Open Hearts
Open Minds Open Doors
Highgrove's Oldest Church
Free Community Breakfast
September 28th, 2024

938 Center St.
"Serving Highgrove since 1890"

Pastor Dr. Martin Niponi Finau

HIGHGROVE UNITED METHODIST CHURCH

Sunday Worship 9:30 am

CORNERSTONE FELLOWSHIP BIBLE CHURCH
HELPING PEOPLE JOURNEY FROM BROKENNESS TO WHOLENESS THROUGH THE GOSPEL OF JESUS CHRIST
SUNDAYS AT 10:30 AM | CORNERSTONEBIBLE.ORG/LEARN
5 MINUTES FROM HIGHGROVE
1190 COLUMBIA AVE. RIVERSIDE, CA 92507
INSIDE THE BOURNS TECHNOLOGY CENTER

HIGHGROVE HAPPENINGS

A BIG THANK YOU TO ALL OUR ADVERTISERS
Please Support them so we can Bring You The Local News!



Open 24 Hours
ATM
LOTTO



Your Neighborhood Realtor



*Call for your free
evaluation on
your home*

Livia Earp

Phone: (951) 850-5508
Livearp1@gmail.com

CA. BRE # 00458583



951-682-9000

1340 Center St., Highgrove, CA 92507

Grand Terrace Smog

**FAST FRIENDLY
SERVICE
NO HIDDEN FEES
OVER 20 YEARS
IN BUSINESS**

Big or Small we Smog 'em All!

**20%
OFF**

Initial Smog Test

* Must present coupon
before test for discount

* Valid w/coupon only

* Not valid with any other offers

12210 Michigan St.
Grand Terrace
Mon-Fri 8:30am-5:00pm
Sat 8:30am-1pm

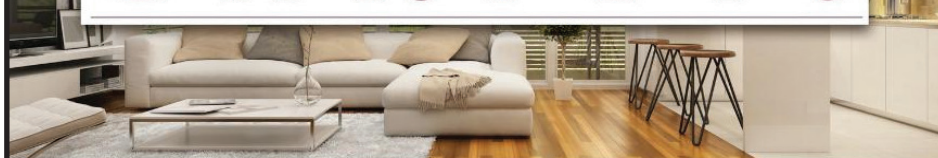
**Appointments &
Walk-Ins Welcome**

909-824-7664



We accept Checks

FAIR PRICE CARPETS



HOME REMODELING CENTER

FAIRPRICECARPETS.COM



LIC# 331756

(951) 684-8578

1070 Center Street Riverside, CA

**Selling Flooring
Since 1957**

**8:30 AM - 4:00 PM
Tuesday - Saturday**

\$20 HAIR CUTS

Tues & Weds

Walk-Ins Only

Adults, Seniors, Women, Children & Men's Cuts

T-F 9-8; Sat 7am-6pm; Sun 9-3

IG@morgans_barber_lounge

Morgan's Barber Lounge

951-824-2884



(on Iowa just north of Center St)
178 Iowa, Riverside, CA 92507



THE BARBER LOUNGE

HIGHGROVE HAPPENINGS NEWSPAPER

IMPROVING OUR COMMUNITY

by encouraging family, health and local discussions



Editors

Cynthia Cruz

Sabrina Brooks

Writers

Cynthia Cruz

Leila SantaMaria

Jim Rickards

Cynthia Cruz 951-321-9337

cynthia@HighgroveHappeningsNewspaper.com

FEEDBACK AND ARTICLES WELCOME