



HIGHGROVE HAPPENINGS

Nothing but the Truth



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

APR 2024

Highgrove is a gorgeous place to live!



Calla lillies always bloom in the weeks before Easter.

This is without a calendar and even though Easter or the date of Resurrection Sunday may vary by two months from year to year!

Getting together at Morgan's Barber Lounge!



Men Need Pampering Too Imagine the friendly atmosphere of Cheers visiting friends... while you get your hair cut by your choice of ten personalities!

Tony's family has cut hair for generations. Eight years ago they began cutting hair at this location on Iowa, just North of Center St. in Highgrove.

Tony has created a uniquely therapeutic and relaxing place for men to experience "me time".

Fast and convenient for those in a hurry. Relaxed and open late for men who want to open a beer after work. The decorations on the walls have been given by fans/clients who regularly visit their favorite barber. Morgan's boasts classically comfortable Barber Chairs in a room adjoining the one above. (see P. 12).



Mark Your Calendars and prepare what you want to toss... then bring it to the Norton Younglove Community Center (NYCC) May 25, 2024 the next "Clean-Up Day" Thank you WM!



Chamber Members, Residents & Dignitaries Celebrate with Mike Miller, Woody's Owner (Ctr)

Woody's Business of the Month! P. 2

What is your CSA \$\$ Doing? P. 6

Baseball Game Schedules.. P. 8

Allergies Naturally P. 9

Highgrove: A Small Town? by S. Brooks P.10

Inside Highgrove's new townhomes P. 10

Where to go if churches close again... P. 11



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Team Member Instructions:
If barcode will not scan: Scan all products being sold. Select F10/Tender. Select F8/Coupon. Enter the CPN number.



**The Grand Terrace Area
Chamber of Commerce
Invites you to our
Business Coffee Connection
A Lively mixer!**

Wednesday, March 13th, 8-9am

Woody's Classic Grill in Grand Terrace,

Tell us about your business!

The Grand Terrace Area Chamber of Commerce

Welcomes New Member:

Advance Auto Parts

Woody's Classic Grill Honored by Grand Terrace Area Chamber as Business of the Month! March 13, 2024 By Matt Brown, Director, Grand Terrace Area Chamber of Commerce

In a ceremony hosted by the Grand Terrace Area Chamber of Commerce, Woody's Classic Grill was honored as the Grand Terrace Business of the Month for March. The recognition was met with enthusiasm from a sizable crowd of business owners, residents, and dignitaries, all eager to celebrate the success of this beloved establishment.

Mike Miller, the proud owner of Woody's Classic Grill, received heartfelt congratulations from Mayor Bill Hussey and Councilman Ken Henderson for his contributions to the local community, not only through his food, but also his commitment to fostering a warm and welcoming atmosphere for all guests and his partnership with other local businesses.

Woody's Business of Month (Cont. P. 4)



Mayor Bill Hussey, Mike Miller, Congressman Ken Henderson

**WOODY'S
Classic Grill**

Order online at: woodysmenu.com

BEST BREAKFAST IN THE I.E.

FREE COFFEE CAKE!

(WITH BREAKFAST PURCHASE AND THIS AD) Expires 04/30/2024

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
Priscilla Burton Office Assistant II

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

April

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, Fri. 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

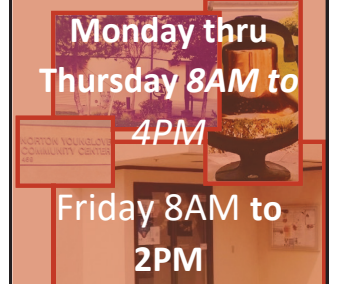
Enjoy our WIFI during your visit at the center



Child Development Center Has Openings!!

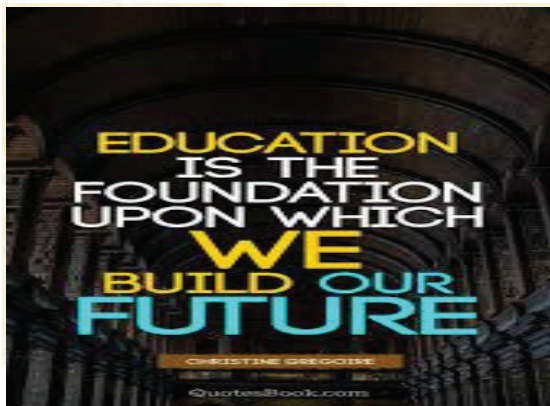
Free or low cost Early Care and Preschool Programs call 951-342-3151.

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

Apr 2024 Page 3



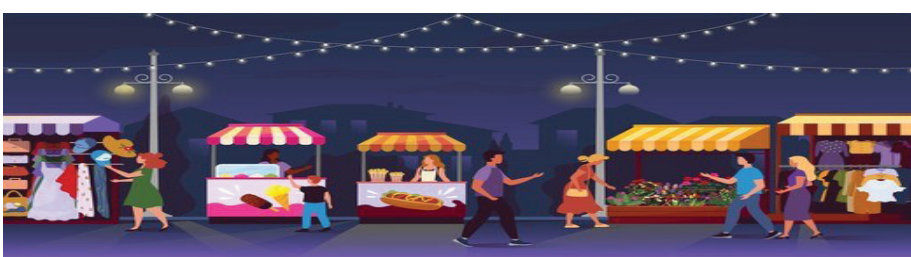
Hello Community Members,

Building a Healthier tomorrow together. Protect your health. KEEP YOUR Medi-Cal: 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.



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April 13th Saturday 3 PM to 8 PM - The 951 Night Market Free event (Every 2nd Saturday of the month): Food, Art, Fashion, Music, Performances, and games.



USDA Food Distribution: April 26th Friday 8:00 AM to 10:00 AM. Share Ride and Bring a Neighbor! Drive Through Pick Up. Servicing Highgrove and Grand Terrace area. **Joy of Giving Food Distribution: April 27th Saturday 10:00 AM to 12:00 PM.**

UPCOMING Events



May 25th Saturday 8 AM to 12 PM Highgrove Community Clean - Up day: Drop off your unwanted Items for Free! Waste Management will accept Washers/ Dryers, TVs, Microwaves, Computers, Frig/

Freezer, Tires, Furniture. For information contact: 760-863-2586. Funded by The County of Riverside Community Development block Grant (CDBG)

HIGHGROVE HAPPENINGS

Woody's Business of the Month (Cont. from P. 2)

Alongside his wife Lori, Mike established Woody's on October 1st, 2018, after over forty years in the restaurant and hospitality industry. "At Woody's, simplicity is key. We pride ourselves on serving great tasting food, providing friendly service, all at affordable prices, in a beautiful restaurant," said Mike Miller.

Woody's Classic Grill offers a diverse menu catering to every taste, offering breakfast, lunch, and dinner options. With over 100 different selections ranging from appetizers, salads, sandwiches, and pastas to gourmet burgers, barbeque specialties, mouthwatering entrees, steaks, seafood, and indulgent desserts.

As the latest Business of the Month honoree, Woody's Classic Grill continues to exemplify the spirit of excellence and dedication to customer and community service, solidifying its position within the Grand Terrace business landscape.

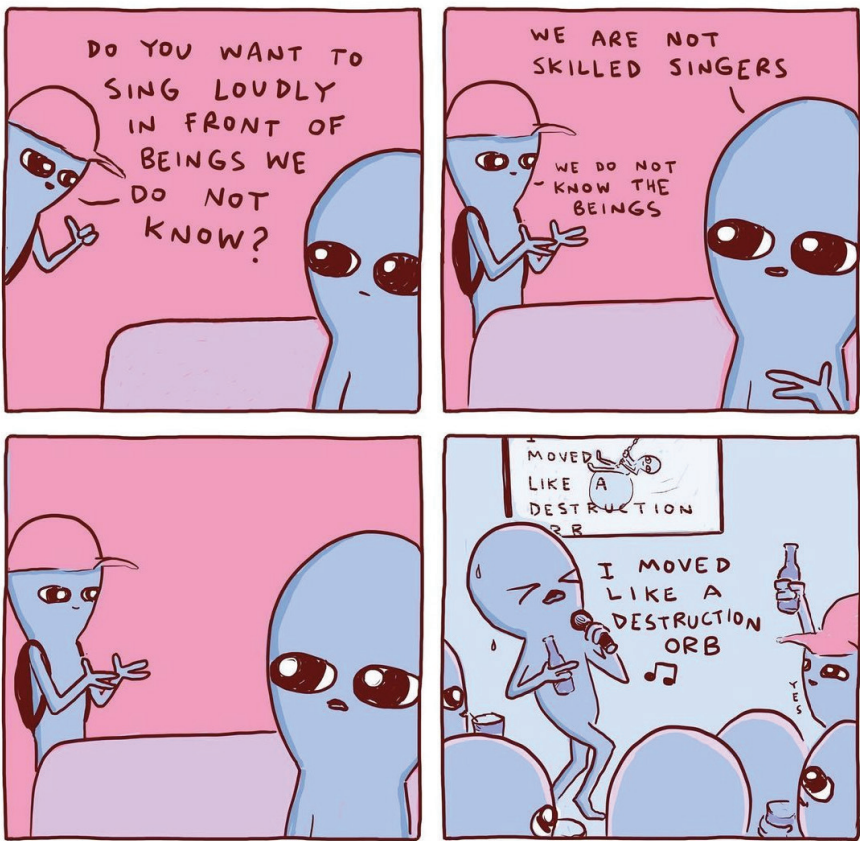
Visit <https://www.woodysmenu.com> or call 909-422-1100. Photos Courtesy of Elysia Fernandez

"I think of a hero as someone who understands the degree of responsibility that comes with his freedom." - Bob Dylan



nathanwpylestrangeplanet

...



"Wisdom adorns riches and softens poverty." - Socrates



Matt Brown
Matt Brown Insurance Solutions
CA License #4142282
Phone: 951-536-2227
Email: matt@CallMBIS.com



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Friday-Night Dinners
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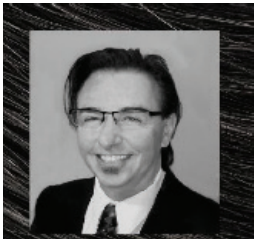


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Mike Barnett
Lead Brand Strategist: SmartEpicStrategies.com
American Advertising Federation Board Member
Public Speaker
Award Winning Designer
Marketing Director: Clark's Nutrition & Natural Foods Market
"Taste For Life" Magazine Advisory Board Member

See Mike Barnett's NBC interview at:
Michael@sixsidedservice.com.

HIGHGROVE HAPPENINGS

RIVERSIDE COLOR ME MINE APRIL EVENTS



Gnome Mug

Date: 4/12/24

Time: 5-7 PM

Price: \$30

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Floral Bowl

Date: 4/19/24

Time: 5-7 PM

Price: \$25



Moped Planter

Date: 4/26/24

Time: 5-7 PM

Price: \$30

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ORGANIC: Meets USDA standards

SPECIALTY: Plant-based, gourmet or artisanal

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HIGHGROVE HAPPENINGS

What our CSA funds have done since last year per Supervisor Jeffries and Damian Fussell

* Norton Younglove Community Center - crack seal, slurry seal and restripe parking lot for \$46,000

*Highgrove Park - demo and repour new concrete on basketball and tennis courts \$70,000

*Highgrove Park - repaint/stripping for basketball and tennis courts; new tennis court net \$60,000

*Highgrove Park - general face lift of park: new benches, updated lighting around restroom facility, repair and repaint horseshoe pits, add infield mix to baseball fields \$15,000

*Spring Mountain Ranch Park - demo and repour concrete around tree wells where roots lifted existing concrete and replace benches (old style of benches were frequently tipped over due to inability to anchor properly \$45,000

Spring Mountain Ranch ROW - replaced lighting at monuments \$5,000



Looking NW from Spring St & Garfield Apr2022



FACT SHEET

COUNTY SERVICE AREA (CSA) 126



Revenue Sources and Services Provided:

- Ad Valorem Property Tax (General Property Tax)
 - Funds street lighting
 - Landscape maintenance at Center St off-ramp/Orange Grove/Iowa Ave

Developed Properties Existing Pre-1997 Special Assessment Vote

- Special Assessments
 - \$120/parcel voter approved assessment funds extended sheriff service and Highgrove Park maintenance and operations

For New Developments

- Special assessment reports known as an Engineer's Report for each individual development project determines the level of service, the cost for those services, and the annual special assessment amount per home. New communities (i.e. Spring Mountain Ranch, The Heights, Meridian Pointe, etc.) have an assessment unique to each new community. The range among new development is \$554.42 to \$3,005.54. These assessments cover the cost for services including landscape maintenance along the public streets, maintenance of water quality basins, trail systems, and parks within those communities. Each community pays specifically for the services provided within that residential development in addition to the original \$120/parcel for extended sheriff. The acceptance of the report and special assessments by the developer acts as voter approval and is inherited by homeowners upon purchase of homes.

For Questions or Additional Information contact – csdservice@rivco.org or visit www.rivcoccsd.org

“In passing the ‘TikTok ban’ the U.S. government is doing exactly what it accuses the Chinese Communist government of doing: controlling what its citizens can see and read,”- MacAdams, ChildrensHealthDefense.org

Upcoming CSA funds Improvements:

*Highgrove Park - replace existing basketball backboards and rims scheduled for March 2024

*Highgrove Park - repaint restroom facilities interior and exterior new interior lighting, new urinals scheduled for April 2024

GoCalskate.com
909-422-9565

Skating Lessons
Sat 1:45pm
Wed 4pm



Open Skate
Fri 6:30-10:30pm
Sat 2:30-5 or 6-8:30pm

Grand Terrace, CA
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HIGHGROVE HAPPENINGS

Old School
Customer Service
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#2 9961 Mission Blvd.
Glen Avon, CA.
(951) 360 3977

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Highgrove, CA

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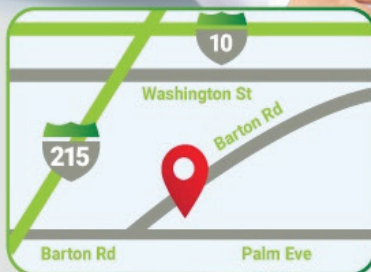
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


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HIGHGROVE HAPPENINGS

UPCOMING LOCAL SPORTS GAMES:

<div><div><div><div><div><div></div><div><div>JW North Huskies</div></div></div><div><div>Varsity Baseball</div><div>Riverside, CA 318 Followers</div></div></div><div><div>☆ Follow</div></div><div><div>Overall 4-7-1</div><div>League 1-2-1 (4th)</div><div>CA Rank 526</div></div></div></div></div>			
<div>2023-24 V. Baseball ▾</div> <div>HomeScheduleRosterStatsStandingsRankingsPhotosNewsMore ▾</div>			
4/3	@	 Elsinore*	3:15pm
4/5	vs	 Elsinore*	6:00pm
4/6	@	 Ramona	11:00am
4/10	@	 Canyon Springs*	3:15pm
4/12	vs	 Canyon Springs*	3:15pm
4/13	vs	 Kaiser	10:00am
4/15	vs	 Valley View*	3:15pm
4/19	@	 Valley View*	3:15pm
4/22	vs	 Hemet*	3:15pm
4/24	@	 Hemet*	3:15pm

<div><div><div><div><div><div></div><div><div>Grand Terrace Titans</div></div></div><div><div>Varsity Baseball</div><div>Grand Terrace, CA 332 Followers</div></div></div><div><div>☆ Follow</div></div><div><div>Overall 9-3</div><div>League 3-0 (1st)</div><div>CA Rank 141</div></div></div></div></div>			
4/1	vs	 Woodcrest Christian	3:45pm
4/4	@	 Collan*	3:45pm
4/9	vs	 Carter*	3:45pm
4/11	@	 Carter*	3:45pm
4/12	@	 Carter*	3:45pm
4/15	@	 San Geronio*	3:45pm
4/18	vs	 San Geronio*	3:45pm
4/19	vs	 Arroyo Valley	3:30pm
4/23	@	 Bloomington	3:45pm
4/25	vs	 Bloomington	3:45pm

Unable to attend above local games? The most fun we have had watching sports has been the Savannah Bananas - and you can support local as someone raised in Highgrove is on the team!
(Coach Rac)
YouTube -> Savannah Bananas -> LIVE!
See Schedule next column









The Savannah Bananas

April 2024

Schedule for YouTube

(Adjust LIVES for Pacific Time)

THU 4	SAVANNAH, GA	APRIL 4 @ 7:00 PM	Historic Grayson Stadium vs. The Party Animals	SOLD OUT!	GRAYSON STADIUM	1401 E VICTORY DR, SAVANNAH, GA, UNITED STATES
FRI 5	SAVANNAH, GA	APRIL 5 @ 7:00 PM	Historic Grayson Stadium vs. The Party Animals	SOLD OUT!	GRAYSON STADIUM	1401 E VICTORY DR, SAVANNAH, GA, UNITED STATES
SAT 6	SAVANNAH, GA	APRIL 6 @ 7:00 PM	Historic Grayson Stadium vs. The Party Animals	SOLD OUT!	GRAYSON STADIUM	1401 E VICTORY DR, SAVANNAH, GA, UNITED STATES
FRI 12	DURHAM, NC	APRIL 12 @ 7:00 PM	Durham Bulls Athletic Park vs. The Party Animals	SOLD OUT!	DURHAM BULLS ATHLETIC PARK	409 BLACKWELL ST, DURHAM, NC, UNITED STATES
SAT 13	DURHAM, NC	APRIL 13 @ 7:00 PM	Durham Bulls Athletic Park vs. The Party Animals	SOLD OUT!	DURHAM BULLS ATHLETIC PARK	409 BLACKWELL ST, DURHAM, NC, UNITED STATES
SUN 14	DURHAM, NC	APRIL 14 @ 1:00 PM	Durham Bulls Athletic Park vs. The Party Animals	SOLD OUT!	DURHAM BULLS ATHLETIC PARK	409 BLACKWELL ST, DURHAM, NC, UNITED STATES
SAT 20	ALBUQUERQUE, NM	APRIL 20 @ 7:00 PM	Rio Grande Credit Union Field at Isotopes Park vs. The Party Animals	SOLD OUT!	RIO GRANDE CREDIT UNION FIELD AT ISOTOPES PARK	
SUN 21	 ALBUQUERQUE, NM	APRIL 21 @ 1:00 PM	Rio Grande Credit Union Field at Isotopes Park vs. The Party Animals	SOLD OUT!	RIO GRANDE CREDIT UNION FIELD AT ISOTOPES PARK	
THU 25	 MESA, AZ	APRIL 25 @ 7:00 PM	Sloan Park vs. The Party Animals	SOLD OUT!	SLOAN PARK	
FRI 26	 MESA, AZ	APRIL 26 @ 7:00 PM	Sloan Park vs. The Party Animals	SOLD OUT!	SLOAN PARK	
SAT 27	 MESA, AZ	APRIL 27 @ 7:00 PM	Sloan Park vs. The Party Animals	SOLD OUT!	SLOAN PARK	



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HIGHGROVE HAPPENINGS

Natural Allergy Remedies

We are blessed to live in California with our normally amazing weather! Yet allergies seem to be more and more common here... So is stress.

Could there be a connection?

Could the miserable stuffy nose, sneezing, puffy, watery eyes and exhaustion have to do with stress?

If so, strengthening the adrenals - the organs that put out adrenaline and get tired with too much stress - may help! Have you noticed when stress was high that allergies were high?

If strengthening our adrenals helps allergies, as it has for me, we can start by looking at what might be draining your adrenals (besides stress), then we will look at nutrients to strengthen the adrenals.

This is a natural method that has worked for me as well as many of my clients!

When you think of the adrenal glands think adrenaline! How do you feel when you get to the top and the rollercoaster picks up speed on the way down? That "fight or flight" response feeling is adrenaline put out by the adrenals!

Adrenaline is a hormone that serves an amazing purpose. It helps your body prepare for an emergency! But it is not healthy to always be in this state. Drinking coffee all day, every day, can stress out our adrenals because we make our adrenals produce more adrenaline. After awhile the adrenals get tired.

Have you noticed that coffee doesn't help you much anymore? Are you more tired? Do you have new allergies when the spring season and pollen appears?

These are signs that you may have adrenal fatigue. What can we do about it naturally?

One of my favorite ways to help the adrenals is so simple! Vitamin C is a great food for the adrenals! In nature, vitamin C is found with bioflavonoids (as in the white or "pith" of citrus rinds). Bioflavonoids like quercetin (remember from past issues, a zinc-ionophore that brings zinc into the cells to stop

the replication of a virus) can reduce the histamine response. 2000 mg of vitamin C taken daily with 500mg bioflavonoids (I like non gmo Ester C). B5 or pantothenic acid is another adrenal strengthener I take in a ratio of C1000:B5 500mg (that quantity is not easy to find, but Clark's Nutritional Centers carries it) and can help you feel more energy and reduce allergy symptoms while you rebuild the adrenals.

Try it and let me know what you think!

Another way to strengthen the adrenals is to do what the American Indians used to do. It may sound strange to our modern ears, but there were Indians that used to eat every part of the animal... the organ meats - especially the adrenals - were strongly prized. This tiny organ meat was so valuable that they would divide it up between every person in the tribe - from child to adult. Adrenal glandular (the modern form in a capsule;) is highest in vitamin C, strengthens the adrenals and was a secret they normally didn't share with other tribes and especially not with the white man! But Dr. Price was a different white man. They found he was not after money or riches from the tribe. He wanted to help them and get more information to benefit the families back home without hurting the natives - and they sensed this.

So they shared their secret of the adrenals.

Adrenal capsules or vitamin C with Bioflavonoids and B5 can help allergies.

One of my favorite herbs to reduce histamine and allergy symptoms is nettle. **Stinging nettle**. Kind of crazy to think that an herb that stings when you touch it can make a tea that will reduce histamine and help you be more comfortable during allergy season!

Our body has such a genius design!

Momma Rac

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BIOFLAVONOIDS

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HIGHGROVE HAPPENINGS

Highgrove: Small Town or Not? By Sabrina Brooks

What makes a town a small town? Is it a population number, derived from a census? Or is the definition a little more complex? *Growing up in Highgrove, I felt like I lived in a small town.* We knew our neighbors. We actively participated in our community. We ran into people we knew everywhere we went. After living in the Midwest for almost five years, my definition of a small town has shifted. But the fond memories of my childhood in Highgrove remain.

My family moved from San Bernardino to Mandarin Way when I was 7 years old, then from Mandarin Way to Owetzal Lane when I was 12. My parents (Ron and Cynthia Cruz) ran the Highgrove baseball league, which meant it was my duty at 14 to both run the snack bar and coach the local "Little Squirts" tee ball team. When I was 18, I went off to college in Santa Clarita. When I was 23, I got married and moved to Casey, a small town in southeastern Illinois. It has been nearly a decade since I left Owetzal Lane, but *I often catch myself referring to Highgrove as "back home," and I think I always will.*

Casey, Illinois, with its one stop light and population 2,404, is a small town. Highgrove, California, is smack-dab between 2 of the top 14 highest populated counties in America. No one in the Midwest would think to call that a "small town." But Highgrove was the center of my memories as a child. And no matter how much I tease my parents for calling Highgrove a small town, I understand what they mean. It felt small when I grew up, and I know it still feels small to them, too.

What made Highgrove feel small for my brother and me? It was being involved and present in our community.

We attended every Highgrove Day. We rode our bikes through the orange groves. We hiked Blue Mountain too many times to count.

Us and another 30 parents and children volunteered to serve the elderly at Norton Younglove Community Center for a day. In exchange, we all received tickets to Disneyland, which we also attended *together*.

A massive group of us *sung Christmas carols around our neighborhood* every year. I'm proud that, 21 years after moving to Highgrove, my parents continue to play an active role in their community.

Whether I stay in Casey for the rest of my life, or go elsewhere, *I want to do my part to make my town feel small.* I want my two-year-old

Highgrove - A Small Town? Cont. P. 11

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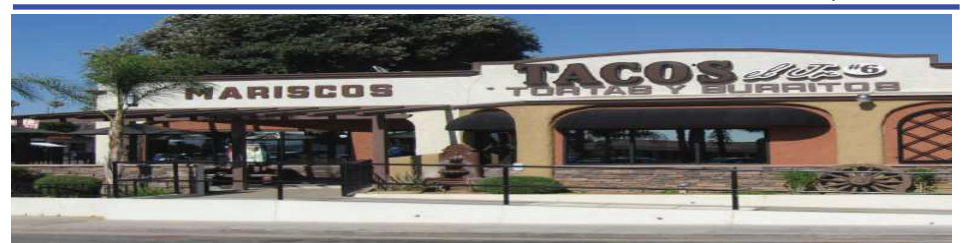
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MEETING
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Northside Association Meeting
Apr. 8th, 6:30 pm
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HIGHGROVE HAPPENINGS

A church that stayed open when many closed

March 13th, 2020 the state of California and some of the nation was closed down due to the government's "mandate" (we traveled a lot during 2020 and found many places open). It is now four years later. Another election year where shenaneigans are a possibility.

To be frank, I do not trust that the governing authorities will allow churches to remain open the rest of this year, this, before-election-season. If so, be aware that there are options of churches that are likely to remain open without restrictions, like this one.

(May more churches put God before government.)



A church that stayed open without restrictions



Palm Sunday, March 24, 2024 Calvary Chapel Chino Hills Children's Choir led Worship!

Highgrove - A Small Town? Cont. from P. 10
son to grow up in a community like I did, where neighbors *know each other's names and care for one another*. I want to be involved enough to make that town our own. Whether that community is a small town in the Midwest or an unincorporated part of Riverside County, I encourage you to do the same.

Sabrina Brooks was raised in Highgrove and taught elementary school for three years before leaving her career to stay home with her son, Freeman. She now works from home as a personal assistant to her brother, RobertAnthony Cruz (aka "Coach RAC"). See her blog for more:



<https://homeschoolroots.wixsite.com/homeschoolroots>



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951-784-1100 Pastor John Pettit

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HIGHGROVE HAPPENINGS

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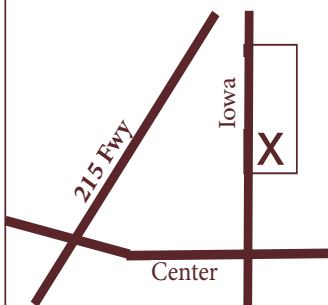
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