



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
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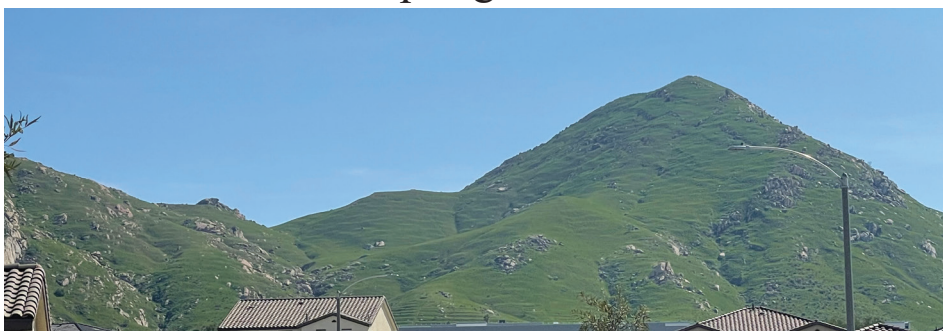
APR 2025

How a Break-In was Stopped in Highgrove

After the man of the house left, two masked, gloved individuals were parked across the street from the house they then broke into at 10am, Monday March 3rd.

The daughter was home with her baby, but scared the robbers with her gun and they left in a hurry.

The neighbor's camera showed the car coming west from Mt. Vernon on Spring Street.



Highgrove is so beautiful in the Springtime!



Norton Younglove, Highgrove's first ever District Supervisor passed last month at 95 years old. Current Supervisor Medina closed the February 25, 2025 Board of Supervisor's meeting in his honor. Above, citizen-proclaimed "Mayor" of Highgrove, R.A. "Barney" Barnett (Rt) met our new Supervisor Medina (L) at the new Entry Monument on Main and Michigan that our prior Supervisor Jeffries put in per "Barney's" request. We are excited to welcome Supervisor Medina as he attended the whole MAC meeting and he and his staff seem truly invested to work on our behalf. Help guide next year's budget to what Highgrove *should do with our community's funds. Share your ideas at: rivco.org/budget-information*

Want A Long, Healthy Life?

Are you fascinated by people who live long, healthy lives? Let's explore the secrets of people living in the "Blue Zones" and why they are said to live ten years longer (on average) than the rest of us.

The only US "Blue Zone" is right around the corner from us in Loma Linda, so we will explore the facts about the area we know so well in a later issue.

The other locations are Ikaria, Greece, Sardinia, Italy, Okinawa, Japan, and Nicoya, Costa Rica.

As usual, we will go to the source for our info.

Ikaria, Greece has a population of 8,500 people who live a "traditional" lifestyle. A shop owner prioritizes family time and freedom and may choose to stay up late, sleep or relax until 3pm and open shop at 6pm!

Long Life (Cont. P. 3)



04/12/2025 - 10am - 4pm White Park, Downtown

The Riverside Art Alliance's 10th annual Art Market! 100 artists and artisans; children's art and activities; art demonstrations; entertainment; food, beer and wine, and much more. Free, family-friendly, fun-filled event! All proceeds support the Riverside Art Museum.



Join us for a Walk for a good cause
Fairmount Park April 26, 2025



HIGHGROVE HAPPENINGS

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

ZINE Creative Writing Workshop

Thursday, April 10 3:30pm Ages 10+

Photography Creative Writing Workshop

Thursday, April 24 3:30pm Ages 10+

**Please call to confirm event times & dates*

Shake Your Head in Wonder About Bills Too?

I'm not talking about bills in your mail that you need to pay. I'm talking about proposals that our legislature introduces and then votes on to make a law. The most recent one stops PFAs from being added to feminine care products. PFAs are bad - don't get me wrong. But to think that "evil manufacturers" add PFAs to feminine hygiene products is absurd.

Manufacturers want to make a buck, true. But they don't add bad chemicals to their products, it is *the manufacturing process and what they use that contain toxins dangerous for our skin to be near (cotton grown with pesticides, chemicals sprayed on the machinery so it runs, plastics in packaging etc.) NOT the addition of PFAs* - the bill that protects us from such *additions* does NOTHING.

Nothing but creating *paperwork for the legislature and false kudos for the bill signers*. No pats on the back from me. Reminds me of when they passed a bill to allow less than 1g trans fat per serving on a fried chip... *trans fat comes from frying!* Did they test after the frying? Or just require less than 1g be added. The frying process - when seed oils are reheated and reused over and over creates more trans fats than they could ever "add"!

Do politicians know any of this? What are they doing signing a bill they know nothing about?! Is that why the phrase, "we pass it, then we can read it?!"

What do you think? email me at

cynthia@HighgroveHappeningsNewspaper.com

*"Because gold is honest money,
it is disliked by dishonest men."*

— Ron Paul

The Grand Terrace Chamber of Commerce



**Cordially invites you to the
Business Coffee Connection**

Wednesday, April 9th, 8-9am

Woody's Classic Grill in Grand Terrace,

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slavery." - Thomas Jefferson**

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"A majority of young adults say they have little or no sense of purpose or meaning in life...

necessary for human fulfillment... We need a clear and explicit shift that puts relationships, service, and purpose at the heart of society - and our lives." - Retired Surgeon General Vivek Murthy

**"Get back to church to find the purpose God
designed you for." - Momma RAC**



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HIGHGROVE HAPPENINGS

Long Life

(Cont. from Front P)

"Their mentality goes, it's their life and their store, and there is no need to live life bounded by the 'anchos' (stress)[of] obeying and serving others"

These people expect to control when they want to work; they want to control when they play. Their traditional festivals may last for days! Friendly and very community oriented, they are open and hospitable, making even strangers feel, "welcome, cared for and part of the Ikarian way of life."

They don't rely on tourism for their lifestyle. . *They were "self-sufficient people, mainly shepherds, farmers, fishermen, shop owners and craftsmen. They farm their own land - with most households growing their own supply of organic fruit, vegetables and herbs."*

They work hard beginning in their teens. In spite of being a gorgeous place with rugged, lush land, huge rocks and waterfalls, stunningly colorful, dramatic sunsets with brilliant sea sky and light combinations, its pretty much off the tourism map (unlike the surrounding, more modern islands that are rich

with commercialism.)

This is so different that in Ikaria, about *seven years ago, they realized that they weren't using their police station and decided as a community that "they didn't want or need policing - they do it perfectly well themselves."*

Yet the island remains one of the safest places to live with crime virtually nonexistent.

Dr. Price in his book Nutrition and Physical Degeneration said this was an outgrowth of living on food as nature intended - rather than processed by man. *He found the primitive peoples that he studied, as long as they lived without processed foods, had strong teeth and bodies and little to no crime in their communities.*

Could less stress and eating natural foods lead to less crime? Email your insights on "Blue Zones" cynthia@HighgroveHappeningsNewspaper.com



Momma Rac's Column

Fight lies / Protect family!

TikTok: @homeschoolingmoms

[Linktr.ee/socalgardenhealth](https://linktr.ee/socalgardenhealth)





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HIGHGROVE HAPPENINGS

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Time: 5-7 PM
Price: \$20



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Date: 4/11/25
Time: 5-7 PM
Price: \$42



Trinket Basket

Date: 4/18/25
Time: 5-7 PM
Price: \$22



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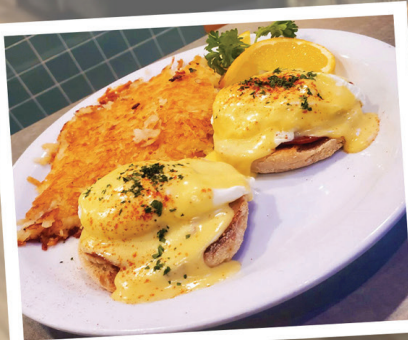
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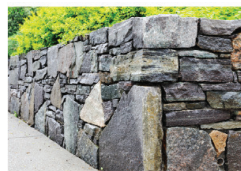
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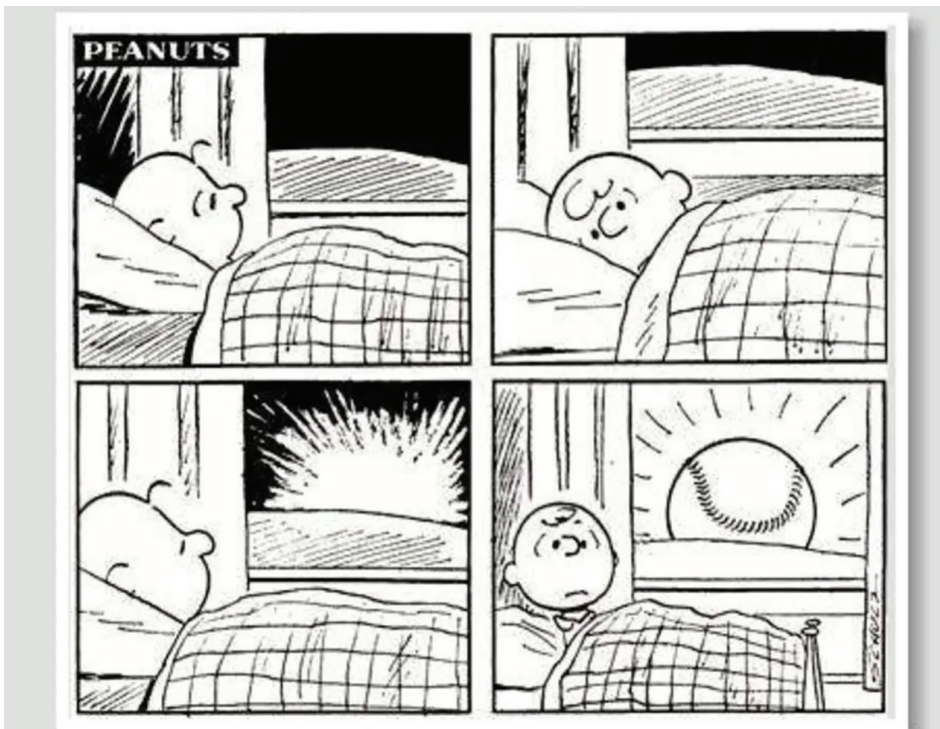


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Schedule of Services

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
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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](http://www.nycchighgrove.com)



FAMILY SERVICE ASSOCIATION

April 2025

ONGOING PROGRAMS

USDA Food Distribution: 4th Friday of the month, **8:00 AM to 10:00 AM**. Servicing Highgrove and Grand Terrace areas.

Joy of Giving Food Distribution: 4th Saturday of the month, **10:00 AM to 12:00 PM**.

Zumba Fitness with Letty
Mon-Fri, **8:30 AM - 10:30 AM**
\$6 per class

Senior Nutrition Program
Hot meals for registered participants age 60 and above,
Mon-Fri, **11:00 AM to 12:00 PM**.

Tuesday Bingo 12:30 PM - 1:30 PM
4 cards for \$1.50 (Includes refreshments)

Polynesian Dance with Lorena
Tuesday, Thursday, Friday

- Beginner: **5 PM**
- Advanced: **6 PM**

E-Taekwondo United Martial Arts Evening Classes

Monday & Wednesday

- Lil Rhino's (3-6 yrs): **6:00PM**
- Beginners 7+ yrs.(up to orange belt): **6:30 PM**
- Advanced 7+ yrs.(green belt & higher): **7:15 PM**



Thursday Bible

Study: 7:15 PM

Sunday Worship: 10 AM

Cool Center: Beat the heat from June to October—your temporary chill zone!

Warm Center From December to March, cozy up in our warm haven during those chilly months.

Highgrove Sunset Market:

Don't miss out! Join the 951 Market crew every 2nd Saturday.

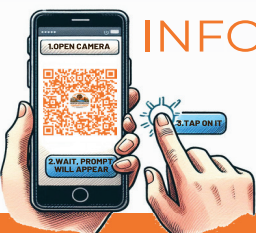
Dive into a themed extravaganza of shopping, scrumptious food, and entertainment galore!

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SCAN FOR MORE INFO



FAMILY - SERVICE - ASSOCIATION

APRIL AWAKENINGS: GROWTH, AWARENESS, AND COMMUNITY

Hello Highgrove! 🌱 It's Leila from Norton Younglove Community Center, and I am so excited to welcome you to a brand-new month! April is bringing us so many reasons to celebrate, reflect, and come together as a community. We've got a full lineup of events, observances, and special days this month, so let's dive in and make it memorable!

April Observances and Special Days

April 1st: April Fools' Day – Bring some fun and laughter to your day with lighthearted pranks and good-natured jokes!

April 1st: Children's Memorial Flag Raising Ceremony – Join us for a meaningful flag-raising ceremony in honor of National Child Abuse Awareness Month at the Riverside County Admin Center.

📅 **Date:** April 1, 2025 🕒 **Time:** 3:30 PM

📍 **Location:** 4080 Lemon Street, Riverside, CA 92501
Let's come together to honor those impacted by abuse and neglect while emphasizing the vital role our community plays in strengthening families. RSVP at (951) 686-3750 or email hopecollab@fsaca.org.

• **April 10th: Spring Into Hope Event** – A celebration of resilience, unity, and togetherness with HOPE Collaboration District 1.

📅 **Date:** April 10, 2025 🕒 **Time:** 3 PM to 7 PM

📍 **Location:** 2560 N. Perris Blvd, Perris, CA 92671

Don't miss this incredible afternoon of activities and connection!

• **April 20th – Easter Sunday:** – Happy Easter! A time for renewal, joy, and celebrating with loved ones. Wishing you all a day filled with happiness and sweet moments! 🐰

• **April 22nd: Earth Day** 🌍 – Celebrate our planet with eco-friendly activities and help make a positive impact on our environment. Let's recognize the importance of trees in our ecosystem by planting trees and learning about conservation efforts.

April 24th: Administrative Professionals Day ✨ – Shoutout to our amazing team, including Danielle and the rest of the office staff! They are the heart of our operations, and we couldn't do what we do without them. Take a moment to show your appreciation for their hard work and dedication.

Special Note: No Highgrove Market This Month

Our regular Highgrove Market is taking a break in April, but don't worry; it'll be back in May with all your favorite vendors and fresh local goods. April is about rejuvenation, connection, and action—there's so much to look forward to, and I can't wait to see your faces. Whether you're planting trees, dancing with family, or cheering at the market, every moment you spend here brings us closer as a community.

With love and gratitude, **Leila S.** Center Manager

LET'S GET THE PARTY STARTED!

Get ready to celebrate and create unforgettable memories at our vibrant venue! Perfect for weddings, birthdays, anniversaries, corporate events, and church gatherings, we offer a fantastic space for just \$125 per hour, accommodating up to 150 guests! Enjoy the convenience of complimentary tables and chairs, and if you're looking to whip up some delicious treats, our kitchen is available for an additional fee. Security is also available for an extra cost, ensuring your event runs smoothly. Just a friendly reminder, a \$200 non-refundable deposit is required to lock in your special date. Let's make your occasion truly special!



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HIGHGROVE HAPPENINGS

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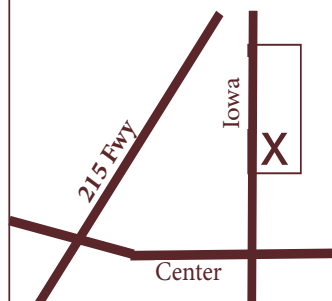
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IMPROVING OUR COMMUNITY by encouraging
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