



# 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

**JUNE 2024**



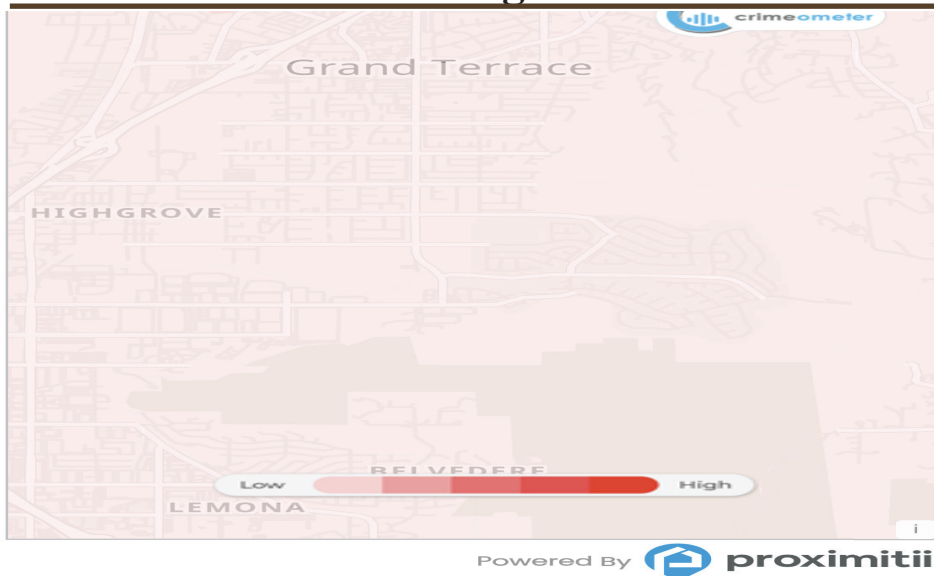
**Loud Burger Honored as Business of the Month from Grand Terrace Area Chamber P. 6**



**DNA, Your Fav '60s, '70's & '80s Cover Band to play at Loud Burger JUNE 8th, 2024**

(assuming all permits get approved)

**and June 21st at the Eagles #997**



The Highgrove crime map provides a detailed overview of all crimes in Highgrove as reported by



"It is foolish and wrong to mourn the men who died. Rather we should *thank God* such men lived." — GEORGE S. PATTON

**Highgrove's Own Coach Rac on ABC 30 News**



**RobertAnthony Cruz (Coach Rac) grew up in Highgrove, was signed by the MLB Nationals and is now Left Fielder for the Savannah Bananas playing to sold out stadiums across the country.**

The closest fields to his home town of Highgrove were also sold out in Mesa, AZ and Fresno, CA

We have been blessed to see eight of his games so far this season. Every game sells out, so get on the waiting list for next year now at:

**SavannahBananas.com or watch Live on YouTube**



**1958 Corvette: Past/Present/Future**

LEFT: When J,R. McDowell was about 5 years old he lived in Grand Terrace and used to play in his dad's 58 Corvette that had no engine.

MIDDLE: "Barney" Barnett bought the Covette in 1987, built an engine for it, restored it, and enjoyed it for 37 years. (Corvette Cont. P.5)

***Business Coffee Connection... P. 2***

***Norton Younglove Community Center... P. 3***

***Local Food Sources/Parental Rights/Sports P.4***

***Japanese Researchers on vaccinated blood P.5***

***Coach Rac's Batting Cage in Highgrove...P. 10***

***1000 Hours Outside by Sabrina Brooks.. P. 11***

***Stop Cancer from Sunscreen-Momma RacP.11***

***Riverside County Volunteers of Year P. 12-13***

***Aqua Aerobics Fun ... P. 13***

***Show N Go Car Show & Fundraiser... P. 14***



# HIGHGROVE HAPPENINGS

## Advance Auto Parts

#8540

### NOW OPEN

**22451 Barton Rd.  
Grand Terrace  
909-954-2483**

## \$49.99

**A/C Pro® R134a Recharge Kit  
PLUS, Get a \$10 Gift Card  
by Mail-in Rebate**

Mfg. AF002, ACP-100-V, ACP-100CA



*"I slept and dreamt that life was joy. I  
awoke and saw that life was duty. I worked  
- and behold, duty was joy.  
- Victor Frankl*



[Home](#) [The Chamber](#) [Membership](#) [More](#)

I have been proud to serve with our local business owners! Elections for the 2024-2025 Executive Board will be held on Wednesday, June 12th, 2024 right after the Coffee Connection!. You'll find like-minded friends to connect and grow your business with!

### Executive Board

#### President

Claudia Cooley  
Ignite Your Health

#### Secretary

Cynthia Cruz  
Highgrove Happenings Newspaper

#### Director

Matt Brown  
Matt Brown Insurance Solutions



#### Vice President

Toni Epps  
My Remarketer, LLC

#### Treasurer

Pricilla Santillan  
Grocery Outlet

#### Director

Eric Santillan  
Grocery Outlet

#### Advisor

Don Larkin  
Grand Terrace Lion's Club



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

**Wednesday, June 12th, 8-9am  
Woody's Classic Grill in Grand Terrace,  
The Grand Terrace Chamber of Commerce  
Welcomes New Members:  
Starlight of Hemet**

**NORTHSIDE  
MEETING  
MONDAY  
6:30 P.M.**

**Northside Association  
Meets, June 10th, 6:30 pm  
Reid Park's Community Center**

**Supervisor Jeffries responded quickly to our  
request for cleaning up weeds along Center  
Street! - Thank you Supervisor Jeffries!**



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.*

**Highgrove MAC Vacancy  
Help your community with  
your wisdom! Our Highgrove  
MAC has one alternate posi-  
tion open. Contact Hashish  
Winstead: hwinstead@rivco.  
org or call (951) 955-1010.**

**WOODY'S  
Classic Grill**

**BREAKFAST • BURGERS • BBQ • STEAKS**

**BEST  
BREAKFAST  
IN THE I.E.  
FREE COFFEE CAKE!**

(WITH BREAKFAST PURCHASE AND THIS AD) Expires 06/30/2024

Order online at: [woodysmenu.com](http://woodysmenu.com)

22400 BARTON RD UNIT 1, GRAND TERRACE, CA 92313 • 909.422.1100 • [WWW.WOODYSCCLASSICGRILL.COM](http://WWW.WOODYSCCLASSICGRILL.COM)



# 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

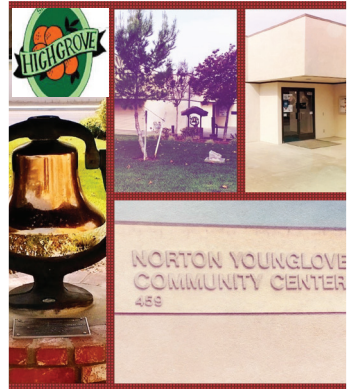
Leila Santamaria Center Manager  
[leila.santamaria@fsaca.org](mailto:leila.santamaria@fsaca.org)

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 JUNE DAD Graduation Norton Younglove Community Center

459 Center St. Highgrove, CA 92507 [www.fsaca.org](http://www.fsaca.org) 951-241-7221

Current Programs

E-Taekwondo  
United Martial Arts



Let's Celebrate!

Tuesday Bingo



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



Polinicia Dance

With Lorena  
Tues, Thurs, Fri. Beginner 5 PM. Advanced 6 PM

For all Ages  
Todas las edades. For detailed info Call:  
Master Elvis Chavez 909-578-4799.  
[www.etkdu.com](http://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



Fitness

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

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



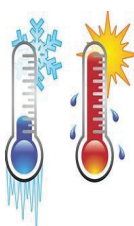
Voluntary Opportunity 951-241-7221

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



May 27, 2024 Memorial Day Hello Community Members, Remember and Honor those who have fallen. **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](http://dhcs.ca.gov/COL) or call Medi-Cal Member Help-line 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](http://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](http://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](http://FeedingAmericaE.org/Find-Pantry) or call 951-3594757.

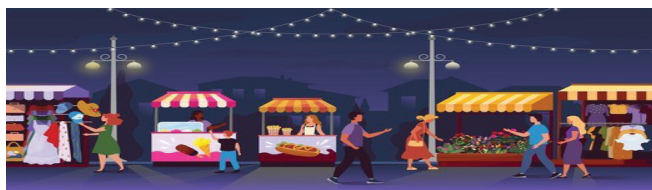


Temperatures at 97 degrees and above officially activates Norton Younglove Community Center as a "Cool Center" from June 1, 2024 thru October 15, 2024 for vulnerable individuals, seniors, the disabled, and others in need of temporary relief from the heat. Visit [capriverside.org](http://capriverside.org)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



**USDA Food Distribution: June 7th Friday 8:00 AM to 10:00 AM. Share Ride and Bring a Neighbor! Drive Through Pick Up. Servicing Highgrove and Grand Terrace area. June 22nd Saturday 10:00 AM to 12:00 PM: Joy of Giving Food Distribution.**

UPCOMING Events



**June 8, 2024 Saturday 8 AM to 3 PM - Hosted by Mindful Connection/The 951 Night Market Free Community and Health Outreach event:** Run/Walk, Mental Health Resources, Music, Live Entertainment, Shopping- Kid Zone, Food and so much more!



**July 27, 2024 Saturday 11:30 AM - 3:30 PM: Be A Part of Change 2024 Back to School Give Away.** Community Health and Wellness Outreach One Stop Shop and much more! Hosted by SNT and Community in Unity.



HIGHGROVE HAPPENINGS

Should Parents Have Rights over their Children?

A local school board voted to protect the parent's rights by requiring that parents are notified if the school plans to teach their children about "aberrant sexuality" by re-establishing parental rights in their by-laws. California Education Code 51240 already allows an opt-out form so that a parent may have their child excused from sexual health education (I remember my mother opting out from that for me.) It seems some LGBTQ groups are trying to legislate that they can have children educated on their idea of sex without parental consent.

Haven't parents always had the right to decide what is best for their children? When we were homeschooling in the early 2000s, there was a bill put forth to clearly state that parents had rights and responsibilities over their children. The Homeschool Legal Defense Association (HSLDA.org) wrote the bill to be a constitutional amendment for parental rights as they foresaw a time when government would try to overstep its bounds by claiming that the state - not the parent - has the right to make the decisions for your children.

"The family unit, parental rights, and the protection of children are under threat as never before. It is up to each person to preserve the freedoms" we currently  
**See Parental Rights Cont. P. 8**



**Baby Burro checking out fruit stand offerings**  
**PC: Nancy Martinez**  
**LOCAL HIGHGROVE FOOD SOURCES**  
**FRUITS:**  
-ON Center @ Heron-Usually Citrus, self serve  
-Center to Pelican to end - Different Fruits every month of the year - Self-serve stand  
.....  
**EGGS:**  
-Text Melissa (Off Michigan & Center) at 626-375-5823  
*Let us know @ others or if kids plan a stand!!*



**ALL GAMES ARE SOLD OUT**  
**BUT Catch the fun on YouTube (info below)**



SAVANNAH, GA

June 1 @ 7:00 pm



BOSTON, MA

JUNE 8 @ 7



NASHVILLE, TN

JUNE 13 @ 7:00 PM



NASHVILLE, TN

JUNE 14 @ 7:00 PM



NASHVILLE, TN

JUNE 15 @ 7:00 PM



INDIANAPOLIS, IN

JUNE 27 @ 7:00 PM



INDIANAPOLIS, IN

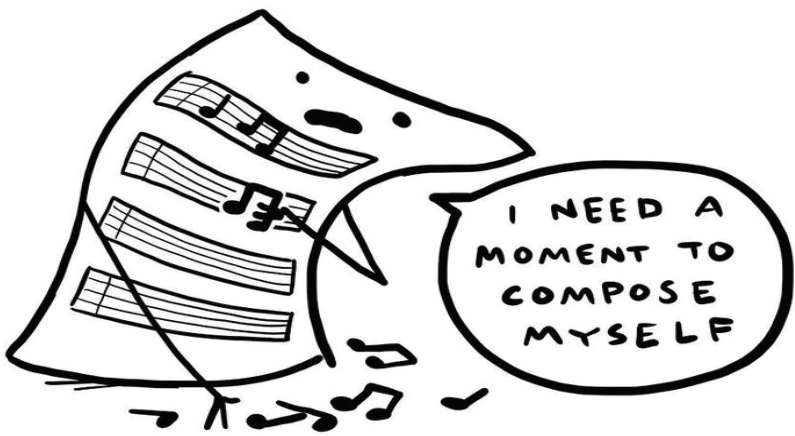
JUNE 28 @ 7:00 PM

**YouTube: @SavannahBananas 4pm PST**



nathanwpylestrangeplanet

...



**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



# HIGHGROVE HAPPENINGS

## Warning from Japanese Researchers about Blood

Japanese researchers are warning that using blood from mRNA COVID vaccine recipients could cause potentially deadly effects. They are calling for urgent action to secure the global blood supply.

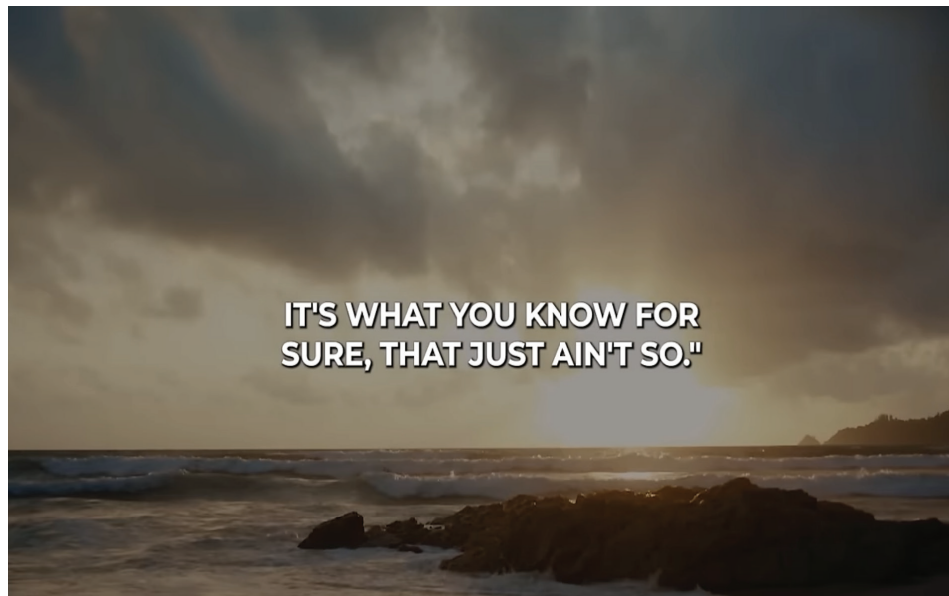
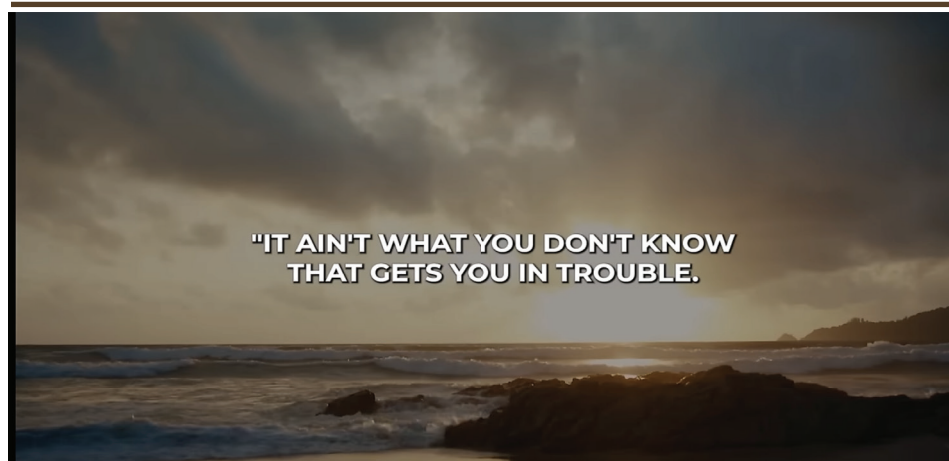
"Blood contaminated with prion-like structures from the spike protein raises the risk of inducing fatal neurodegenerative diseases in recipients. The potential transmission of harmful proteins through exosomes ("shedding") and the risk of autoimmune diseases due to the vaccines' mechanism and components like lipid nanoparticles (LNPs) are other major concerns." (Dr. Mercola)

They propose interviewing donors, waiting for testing "to ensure the safety of blood products."

"The researchers advocate for comprehensive testing of both jabbed and unjabbed individuals to assess the safety of blood products and suggest discarding blood products contaminated with spike proteins or modified mRNA until effective removal methods have been developed."

They also call for stopping all gene-based "vaccines" and testing "in light of the serious health injuries reported." They also urge countries and organizations to take concrete steps to address and mitigate the already identified risks.

Pfizer now has lawsuits against it for myocarditis, blood clots and deaths that came as a result of their shots. (ChildrensHealthDefense.org)



*Politicians are like diapers  
and need to be changed often  
for the same reason.*

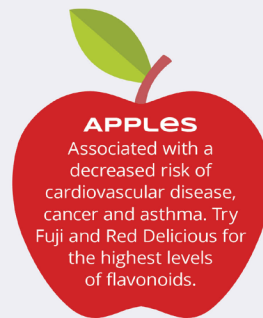
## Corvette (Cont. from Front P.)

RIGHT: At the Show & Go Car Show on May 4, 2024 in Riverside, Billy Barnett was given the Corvette by his dad, "Barney" and Billy took it to his house in Encinitas on a trailer.



See Prevent Sunscreen Cancer on P.11

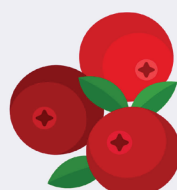
## BEST SOURCES OF ANTIOXIDANTS



**BLUEBERRIES**  
The highest antioxidant level of all fruits and vegetables.



**BLACKBERRIES**  
Rich in flavonoids, blackberries are also high in vitamins C and K.



**CRANBERRIES**  
Indulge in 100% pure cranberry juice for the most antioxidants.



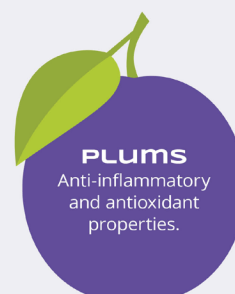
**DARK CHOCOLATE**  
Cocoa contains flavonoids, as well as magnesium, potassium, zinc and iron.



**KIDNEY BEANS**  
A great source of antioxidants, iron, thiamin, manganese and folate.



**PECANS**  
Among nuts, pecans are the best source of antioxidants and can also help protect the brain.



**PLUMS**  
Anti-inflammatory and antioxidant properties.



**SPINACH**  
A great source of antioxidants that help protect your eyes.

### Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC442131/#idm140507075898624title>  
[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3274736/#\\_\\_sec1title](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3274736/#__sec1title)  
<https://www.sciencedaily.com/releases/2001/11/011108064027.htm>  
<https://www.ncbi.nlm.nih.gov/pubmed/17906191>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3679539/>  
<https://www.ncbi.nlm.nih.gov/pubmed/27613272>  
<https://link.springer.com/article/10.1007/s12161-012-9367-9>  
<https://www.healthline.com/nutrition/foods-high-in-antioxidants>

The liver uses antioxidants to detoxify chemicals we are exposed to. See Sunscreen Cancer P11



## HIGHGROVE HAPPENINGS

### LOUD BURGER BUSINESS OF THE MONTH

By Matt Brown, Director,  
Grand Terrace Chamber of Commerce

Loud Burger, one of Grand Terrace's culinary gems, has proudly been awarded the title of Business of the Month by the Grand Terrace Chamber of Commerce for May. The honor was celebrated with much fanfare, as Mayor Bill Hussey, alongside Councilmembers Ken Henderson, Michelle Sabino, and Jeff Allen, extended their congratulations to owner Chris Watkins and head chef Thom Neville.

Loud Burger has firmly established itself among burger enthusiasts as one of the best hand-crafted burgers, earning recognition as one of the top three burger joints in the Inland Empire. Thom Neville attributes their success to a simple yet powerful formula - using only the freshest ingredients and crafting all sauces in-house. Beyond their famed burgers, Loud Burger boasts a diverse menu featuring chicken sandwiches, an array of street dogs, assorted fries, pozole soup on Sundays, and handmade milkshakes made with real ice cream.

During the event, Chris Watkins shared his excitement about the ongoing dining room expansion project, offering attendees a tour and insight into his plans for the restaurant's future. The expansion promises a spacious dining area complete with a full bar and live music performances on weekends. Mayor Bill Hussey commended Loud Burger for its unwavering support

of the community, highlighting their dedicated fundraising efforts for youth sports and local nonprofit organizations. Sharing a personal note, Mayor Hussey said the mushroom swiss burger is his favorite, but that everything he has tried on their menu has been delicious.

Loud Burger is conveniently located at 22497 Barton Rd. Hours are from 11:00 am to 8:00 pm Monday through Friday, 11:00 am to 5:00 pm on Saturday, and 12:00 pm to 4:00 pm on Sunday. Order online via their website at [theloudburger.com](http://theloudburger.com) or by calling (909) 264-3000. For inquiries, reach out to [LoudBurger@yahoo.com](mailto:LoudBurger@yahoo.com).



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



Andrew Linder is the first person to run across America from Santa Monica Pier to Central Park with a 15lb weight to Fight Human Trafficking and raise funds for its victims in the ugliest crime there is. You can support his efforts at [PiertoPark.com](http://PiertoPark.com)

**Repair / replace::**

**Faucets**

**Toilets**

**Fixtures**

**Water heaters &**

**Hose bibs**

**Water, Sewer and  
Gas Systems Repair**

**CALL (909) 559-0968  
to fix it ASAP!**



**Specializing in Whole house recipes and slab leak repairs;  
FREE Quotes and Exceptional Customer Service  
5 Star Rated: [RoyaltyPlumbers.com](http://RoyaltyPlumbers.com)**



# HIGHGROVE HAPPENINGS

**RIVERSIDE COLOR ME MINE**

**June**

**PRIDE PROMO** 10% off ceramics with rainbow painted on!

**Father's Day Mug**  
 Date: 6/7/24  
 Time: 5-7 PM  
 Price: \$30  
 Make your reservation on our website to guarantee your spot! Scan the QR code now!

**Rainbow Plate**  
 Date: 6/14/24  
 Time: 5-7 PM  
 Price: \$30

**Margarita Glass**  
 Date: 6/21/24  
 Time: 5-7 PM  
 Price: \$28

**FREE STUDIO FEE**  
 BRING THIS COUPON TO RECEIVE ONE PER PERSON

**ZUMBA fitness**

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**

**LOUD Burger**  
 GUARANTEED

TRY LOUDBURGER  
 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

**ALL MODELS**

**WE WELCOME ALL INSURANCE COMPANIES**

**VISA** **MasterCard**

email us at: **fenderbenderz@att.net**



# HIGHGROVE HAPPENINGS

## Parental Rights (Cont. from P. 4)

have through prayer, support and awareness.

Seems dystopian, doesn't it? Yet in Germany, children were taken away from their family because they were homeschooling - homeschooling is currently illegal in Germany. A court in Germany ruled that the state did nothing wrong in taking the children from their parents(!)

We need to be aware so that doesn't happen here.

It seems that wouldn't be needed - our children are our children, right? It is a dangerous and slippery slope to allow the state to make decisions that should be the parents.

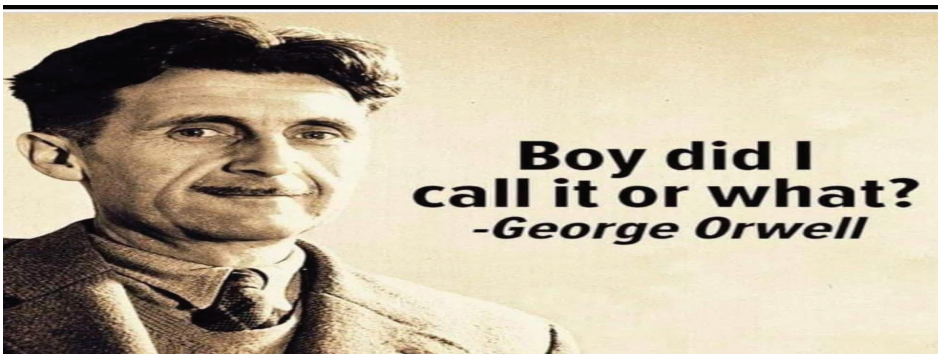
School Boards have taken action to make sure that parents retain their rights. The Sacramento state board of education sent a representative (one source says that rep was sent by Newsom) to make clear the state has control over our children.

The school board escorted that rep out!

**OPPOSE AB 1955** to protect the right of parents

Maybe Highgrove's PTA is for such a time as this?

RealImpact.US or get the Real Impact APP



## California Parent Rights

With the massive Education Code in California, it can be hard for parents to decipher what their rights are in the public education system. Here, we list just a few of the parental rights that are stated within Ed Code 51101:

- Examine the curriculum of their child's classes.
- Observe the classroom of a school they wish to enroll their child.
- Meet with the principal of the school.
- Help meet the needs of teachers within the classroom by being a volunteer.
- Be notified if their child is absent from class.
- Request a particular school for their child (this does not have to be granted).
- Have an environment in their child's school that is safe and conducive to learning.

Read all the rights listed in the Education Code by searching: California Education Code 51100-51102

**Education Code 51100-51102**

**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**

**22080 Commerce Way**



# HIGHGROVE HAPPENINGS

**Old School  
Customer Service**  
**951-204-0502**

**JOE  
LUJAN**  
BRE# 01476370

**NOT JUST  
YOUR  
REALTOR  
ALSO YOUR  
NIEGHBOR**



**kw**  
KELLER WILLIAMS  
REALTY

**Reliable Tire**

Mike, Brian, Sue, DJ, Ashley  
445 Iowa Ave  
Riverside CA 92507  
**(951) 684-1132**



**OPEN 6 DAYS**  
Closed Sunday  
*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
---	---

**TOYTECH**

• ACURA  
• HONDA  
• LEXUS  
• NISSAN  
• INFINITI

**Auto Repair**  
**Specializing In Toyota**  
**951-781-7633**  
JAMES JAURIGUE  
Certified Master Technician

983 Center St.  
Highgrove, CA

**WIN A BLACKSTONE GRILL**  
**CALL AND ASK HOW TODAY!**



**Spring Hills  
FAMILY DENTISTRY**



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

**909-512-6470**  
22737 Barton Rd, Grand Terrace, CA 92313

**OVER  
15  
years**  
of Serving the Grand  
Terrace and Highgrove  
Communities



HIGHGROVE HAPPENINGS



Before and after pictures of Coach Rac's Highgrove Batting Cage / Rent from: Cage List.com

Washburn & Sons#  
CITRUS PEST CONTROL#  
(951) 683 2392#  
Fax (951) 683 8424#

ROBERTANTHONY CRUZ  
RASFRAII  
714-860-5485

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

California Roofing Company  
Your Neighborhood Roofing Company  
CA. LIC. 321398 (909) 824-6819

KW KELLEY WILLIAMS REALTY  
LOREN PALMROTH REALTOR®  
714-860-5485

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



20% off full check!  
126 Iowa Ave, Riverside, CA 92507  
East of Iowa, North of Center Street  
951-683-5921  
20% off before taxes. May not be combined with other offer.  
Must present coupon at time of redemption.  
One coupon per table/visit.

now introducing  
HAPPY HOUR  
at Tacos El Jr 6  
EVERYDAY  
5 PM TO 8 PM  
\$5 margs  
\$25 beer buckets



## 1000 Hours Outside By Sabrina Brooks

Did you know that the average American child spends 4-7 minutes of free play outside, while spending 4-7 hours on screens, everyday? This equates to over 1000 hours on an electronic device every year. This statistic was part of the inspiration behind the movement, 1000 Hours Outside, which seeks to reverse those numbers.

Being in nature provides a rich sensory environment in which your children can grow. Spending extensive time outside pushes them to use their imaginations, something that time on a screen could never replicate. They don't have time to get into the immersive outdoor play that they need for healthy development, when recess is only 20 minutes. According Ginny Yurich, the founder of 1000 Hours Outside, "I don't think that screens are evil, but they do represent a lot of opportunity lost."

Ginny began this movement in her days as a young mom, over eleven years ago. With three young children, she was exhausted and overwhelmed. A friend of hers invited her and her kids to begin spending 4-6 hours outside together for a few days a week. The idea came from the writings of Charlotte Mason, a British educator at the turn of the 20<sup>th</sup> Century. This time outside transformed Ginny's experience as a mom, and she decided that she had to share what she learned with the world.

1000 hours may seem like a lot, but I'd encourage you to not shortchange yourself or your children by decreasing the goal. Modern research is confirming Charlotte Mason's writings. In *Balanced and Barefoot: How Unrestricted Outdoor*

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 works from home as a personal assistant to her brother, Robert -Anthony Cruz (aka "Coach RAC").

See her blog for more:  
<https://homeschoolroots.wixsite.com/homeschoolroots>



**'Of Course I'm Listening To You,' Says Husband Who Is Actually Thinking About Medieval Siege Warfare Tactics**



## How to Prevent Sunscreen from Causing Cancer

Know what scares me on this earth? Getting enough vitamin D! Why?

Working as a nutritionist, every time someone had cancer, an auto-immune issue, osteoporosis or any weird symptoms, I would say, "You're low in vitamin D, aren't you?"

They always said, "Yes!" or "How did you know?"

Always. I knew because *those are signs of low vitamin D*. The connection between low vitamin D and cancer/ auto-immune issues became very clear.

A few people have trouble converting sunlight to vitamin D because the kidneys and liver might not work right.

***Sun avoidance and liver congestion are two big factors in those who have low vitamin D.***

So I'll explain how sunscreen contributes to both - and show you how to get the protection you need while getting the vitamin D you need from the sun.

First of all, sunscreen is said to block the body's ability to make vitamin D.

Secondly, sunscreen can cause liver congestion with the chemicals it contains.

***Phthalates*** are a group of chemicals that are incredibly toxic and weaken immunity. Look in your makeup! That is where they are usually found, but the FDA says they are "used in hundreds of products, such as toys, vinyl flooring and wall covering, detergents, lubricating oils, food packaging, pharmaceuticals, blood bags and tubing, and personal care products, such as nail polish, hair sprays, aftershave lotions, soaps, shampoos, perfumes, and other fragrance preparations."

Studies have shown more research is needed, but that phthalates not only weaken immunity but possibly contribute to breast cancer (2009 study in the *Philosophical Transactions B*; 2010 study published in the *Environmental Health Perspectives*)

Phthalates are often found in cleansers and skin care products - ***including sunscreens***.

It's crazy to think that the very thing we put on to prevent cancer may cause it! Phthalates are chemicals that the liver has trouble clearing. ***A clogged liver can lead to cancer.*** Stay away from Phthalates! How do we protect ourselves while getting the sun we need to make vitamin D?

Start by reading the label. IF you recognize most or all ingredients as food, they should be safe to put on your skin to ingest them. The problem is, chemicals like phthalates are not listed on the label.

Rather than look through all these long names, I protect myself from too many chemicals in my skin care and sunscreen by ***internally protecting myself!***

***You can eat and drink things like polyphenols - Preventing Sunscreen Cancer (Cont. P. 15)***



# HIGHGROVE HAPPENINGS

## Volunteer of the Year Riverside Co. District 1

I was stunned by a call saying that I had won Volunteer of the Year for our District. I do what is put before me but felt like there are many in our community that deserve recognition for their selfless contributions!

(I could name names, but you know who you are - thank you for keeping our community connected!)

The County Board room was full as we entered.

Supervisor Jeffries said it is partly for my service in keeping the community connected through this newspaper, serving on the MAC Board, GT Area Chamber of Commerce, the Highgrove PONY League and as a homeschool teacher.

Each of the District's Volunteers inspired me, and thought you'd enjoy hearing about some great things being done in neighboring communities. You may want to participate yourself (or let me know about what you are already doing to help the community so I can share your story with others!)

## Volunteer of the Year Riverside Co. District 2

Dr. Jeff Carol from Christian Arts and Theatre received the award on behalf of the non-profit that teaches students the arts with Biblical values in after school programs, weekend workshops and summer camps. The classes are offered in two 15 week sessions, but private tutoring in the arts is also available.

Children enrolled in a class are eligible for participating in a production. Their plays are supposed to be amazing! (Sounds like LifeHouse Theatre in Redlands - I'm excited to see Riverside also offers such quality education and entertainment in the arts!)



**Christian Arts & Theatre**  
**CatCorona.org**  
**951-279-2298**

Usted puede ver, escuchar y participar en persona o por internet de esta reunion Los Martes.

**RIVCOCOB.ORG**



## District 2 Non Profit - Support Sisterz

"Support Sisterz" help in the details of supporting women with breast cancer who choose traditional treatments. They help them in feeding their families, getting to appointments, "and are a machine at fundraising."

Support Sisterz have an annual fundraising walk coming up on October 19, 2024

[SupportSisterz.org](http://SupportSisterz.org)



**Anne Mayer retires from RCTC.** She began her career with Cal Trans, which later became in charge of repairing roads. RCTC now handles the building of roads. Much of her job involved securing funds from CA and the national government for Riverside's "population of New Mexico in an area the size of New Jersey" as she once testified in 2017 before the Senate Environment and Public Works Committee.

Aaron Hake of Norco was chosen to replace her..



# HIGHGROVE HAPPENINGS

## Volunteer of the Year Riverside Co. District 3



**Chef Leah Di Bernardo Founder of Slow Food Temecula** and also the founder of E.A.T. a farm to table eatery that serves local organic produce and meals and provides education on why sustainable food is so important.

(Makes me want to visit Old Town Temecula!)

<https://eatmarketplace.com/leah-dibernado/>

## District 3 Non-Profit Green Acres

Gaitprogram.org Green Acres Interactive Therapy works with children improve their lives "through the physical, cognitive, social, and emotional bond formed throughout the programs we offer."

Special needs children can develop meaningful connections with a non-judgemental horse to help them develop lifelong skills!



## Volunteer of the Year Riverside Co. District 4

VFW.org People who served in the armed forces on foreign soil. Post 3699 was founded in 1938 by Veterans of WW1 and work to help veterans in need as well as volunteering at many local events..

## Volunteer of the Year Riverside Co. District 5

Brittney Hunter overcame depression and started powerspeakslouder.org to help people who are short of food through their PSL Drive Thru in the Moreno Valley Mall. They also teach the "five keys of recovery" to help people overcome adversity.

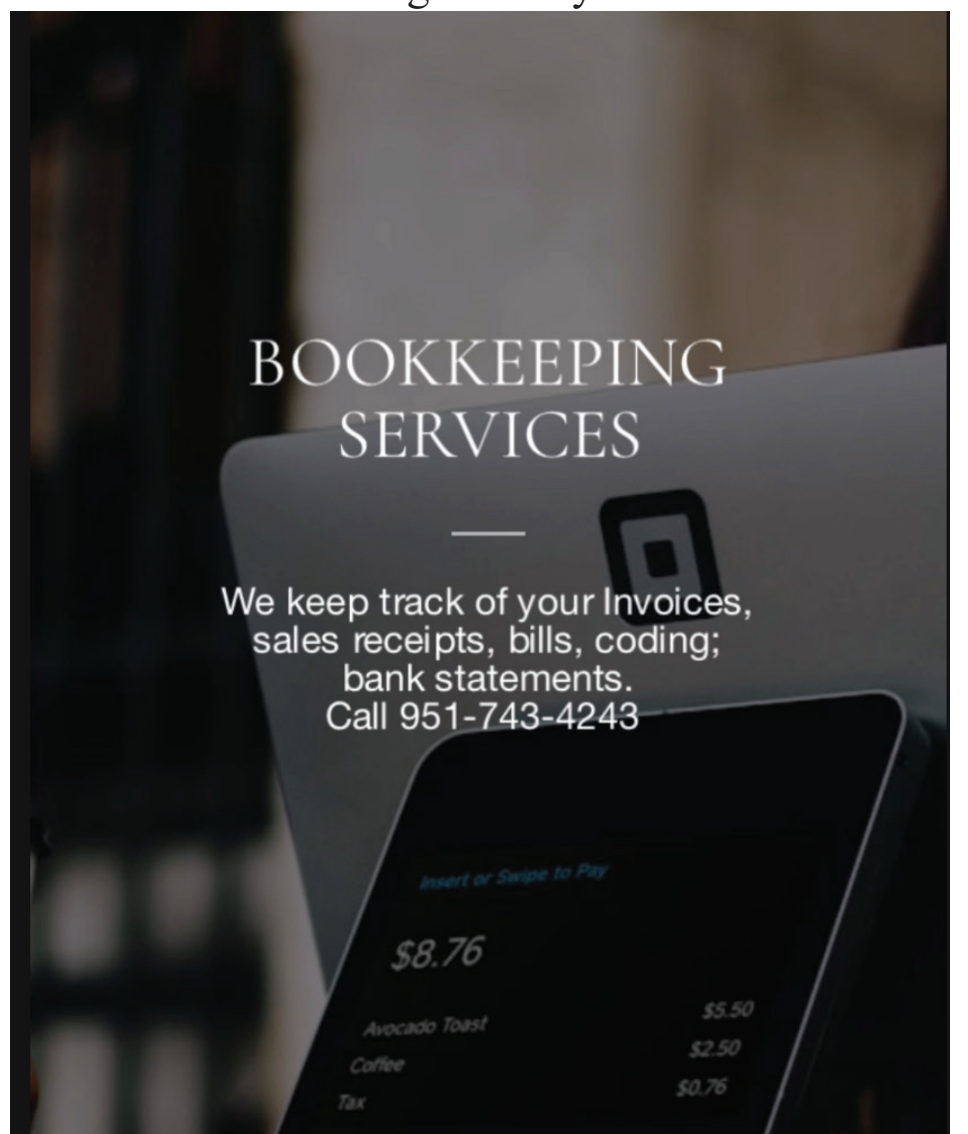


**How about Trees along Center Street to shade** where we might walk (like this on Market?) The Highgrove Happenings contacted Tree People and our District 1 Supervisor's new assistant Hashish Winstead. If we get funded, will you

***Volunteer to help us put the trees in on Center St?***



This turn sign looks like you can only turn right onto Iowa from the light at Center St... BUT it was originally turned to face Center to tell people leaving the pot shop to turn right... but someone turned the sign - does that make turning left out of the pot shop onto Center Street Legal? Do you know?





# HIGHGROVE HAPPENINGS

## Highgrove was Well-Represented at ShowNGo CAR SHOW Stater Bros sponsored Fundraiser



Carl's 1939 Ford Fergusenn 2N Orchard Tractor Catching Attention in front of Clark's Nutrition



Mike and Karin's Hot Rods / Old Classic



THIS CAR HAS NO DRIVER!!!

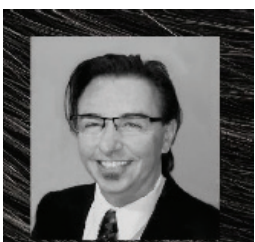
Visiting Phoenix, we were surprised at how many Driverless Vehicles are cruising around!

Someone told me a story of doing something wrong in the car and it pulled over with doors locked and wouldn't let them out!! True? I don't know, but am not going to allow a robot to drive me - even if not doing anything "wrong."

### Highgrove Library

530 W. Center St. 951-682-1507

*Preschool Storytime* with Songs, Music and FUN! Wednesdays at 11am  
Call Library for new hours



**Mike Barnett**  
Lead Brand Strategist: SmartEpicStrategies.com  
American Advertising Federation Board Member  
Public Speaker  
Award Winning Designer

909.910.5525

Stater Bros. Charities 501(C)(3) has raised over \$38 million to be put back into the communities where their employees live and work. The goal is to "help advance programs and services" re: hunger relief, children's well-being, education, health, veterans and pets. [staterbros.com/stater-bros-charities](http://staterbros.com/stater-bros-charities)



Hot Rod at the Show / Running into "Barney"



Aquamotion is so fun it sells out fast! Two spots left for July but August may be available! Call Linda 951-515-5597 [aquamotionfun@gmail.com](mailto:aquamotionfun@gmail.com)



### Grand Terrace Area Chamber of Commerce FUNDRAISER EVENT

WHEN:  
JUNE 15TH

WHERE:  
COOLEY COTTAGE

DONATION:  
\$40



FREE ENTRY

NORTON YOUNGLOVE COMMUNITY CENTER  
459 CENTER ST RIVERSIDE CA 92507

FREE ENTRY

FOR QUESTIONS PLEASE EMAIL US AT [MINDFULCONNECTIONCA@OUTLOOK.COM](mailto:MINDFULCONNECTIONCA@OUTLOOK.COM)

**Riverside County Sheriff Dept.**  
7477 Mission Blvd  
Jurupa Valley,  
CA 92509  
951-776-1099 EXT.5





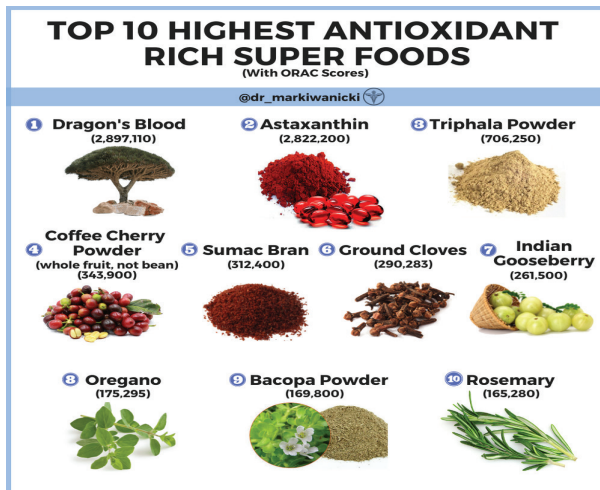
# HIGHGROVE HAPPENINGS

## How to Prevent Sunscreen from Causing Cancer (Cont. from P. 11)

**polyphenols protect your skin from the sun - and give you a lower risk of cancer**

Here are the foods and a pic of some herbs to prevent sun damage, sun burn and even skin cancer:

- \* Green/Bk Tea
- \* Grapes
- \* Berries
- \* Citrus Fruits
- \* Turmeric
- \* Chocolate
- \* Tomatoes



Dr. Mercola found polyphenols protective. Cool to think that berries or chocolate can protect your skin from damage! Your body needs these antioxidants to help prevent wrinkles and they can help keep your skin cells reproducing normally. Cancer is really just cells reproducing wrongly - without stopping.

So those are the ingredients to eat and drink. Topically, use **cocoa butter** - as it is mildly protective against sun damage, and keeps your skin moist without keeping your skin from absorbing the sun's rays. That way Vitamin D can still form.

Wild, right? We have been told to stay out of the sun to prevent skin cancer, but if we stay out of the sun, or use sunscreen to protect our skin, and our vitamin

D level gets too low, research shows our chance of getting cancer goes up!

Research shows if your vitamin D level is 60ng/ml your chance of getting cancer is reduced 82% from if your level of vitamin D is only 20ng/ml. Getting our vitamin D level up is critical! There is research that shows 100x more chance of getting skin cancer - melanoma - if your vitamin D level is low! But what about protecting ourselves from the sun?

### Doesn't sun on your skin cause cancer?

For thousands of years, people lived and worked in the sun, getting far more sun than we ever did - yet cancer wasn't even an issue. Dr. Price's research outlined in his book, Nutrition and Physical Degeneration studied "natives" that didn't eat processed sugars nor seed oils like we "civilized" people tend to. They didn't get cancer. They didn't need doctors, hospitals or dentists! Recent research suggests that even our fair skin burning from sun exposure may be because we have eaten seed oils and perspire toxic byproducts!

Dr. Price found that their diets varied by region, but they had a few things in common. More healthy fats, fat-soluble nutrients (A,D,E, & K) wild meats, fermented foods and lots **more sunshine!**

### Momma Rac's Column

#### Fight lies / Protect family!

TikTok: @homeschoolingmoms

Linktr.ee/socalgardenhealth

Instagram.com/socalgardenhealth



## HIGHGROVE CHURCHES



**ZION ASSEMBLY**  
CHURCH OF GOD  
**New Location! 1061 Center St., Highgrove**  
**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

45 MICHIGAN AVE. (951) 784-1100  
**Immanuel Baptist**  
Church of Riverside  
**GIVE SATAN AN INCH AND HE WILL BE YOUR RULER**  
11 AM  
SUN. 10 AM - 11 AM, 1:30 PM - WED. 7 PM

**JOY OF Giving**  
**FREE GROCERIES**  
Saturday 10am-12pm  
459 Center St. Riverside  
Jun 22nd & 4th Sat/mo

Open Hearts  
Open Minds Open Doors  
Highgrove's Oldest Church  
Free Community Breakfast  
June 22nd, 2024  
938 Center St.  
"Serving Highgrove since 1890"  
Pastor Dr. Martin Niponi Finau  
**HIGHGROVE UNITED METHODIST CHURCH**  
Sunday Worship 9:30 am

**Immanuel Baptist Temple**  
45 Michigan Ave., Highgrove  
951-784-1100 Pastor John Pettit  
Sunday School 10:00 AM  
Church Service 11:00 AM and 6:00 PM  
Bible Study 7:00 PM Wednesdays

Be Part of Change  
Worship with us  
**COG OP**  
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

**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**

## \$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**

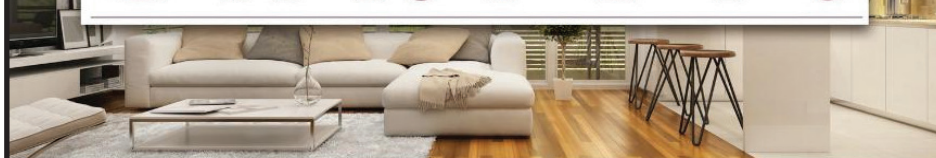


(on Iowa just north of Center St)  
**178 Iowa, Riverside, CA 92507**



**THE BARBER LOUNGE**

## 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**

## HIGHGROVE HAPPENINGS NEWSPAPER

**IMPROVING OUR COMMUNITY**

**by encouraging family, health and local discussions**



### Editors

**Cynthia Cruz**

**Sabrina Brooks**

### Writers

**Cynthia Cruz**

**Leila SantaMaria**

**Matt Brown**

**Photo Credit : Elci Fernandez**

**Cynthia Cruz 951-321-9337**

*Find an error? Get a Local Fruit Reward!*

**cynthia@HighgroveHappeningsNewspaper.com**

**FEEDBACK AND ARTICLES WELCOME**