



# HIGHGROVE HAPPENINGS

Nothing but the Truth

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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

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MAR 2025

## 8th Recall Attempt Against Newsom Since 2019

SavingCalifornia.Vote had planned to wait to begin the next recall attempt against Newsom, but said that the wildfires moved up their timeline.

Besides *the homeless crisis*, *high taxes* that have moved many businesses and young people out of California, and *the gas crisis*, there's the *Palisades fire* (named the most destructive fire in L.A. history.)

They blame Newsom for not doing enough to prepare for the fire... Reservoirs Californians paid for not being put up after almost a decade and the Palisades reservoir empty of water when the fires started, should we accept more excuses?(Newsom Recall Cont. P.6)



PETSADOPTION.ORG



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

## WHY Close the Department of Education?!

The Department of Education spends \$82 Billion dollars per year on education yet when we rank the top forty countries in the world we are ranked number forty! President Trump said,

"We are only ranked number one in one department - 'cost per pupil'...So we spend more per pupil than any other country in the world, but we're ranked 40th. The Department of Education is a big con job."

DOGE (The Department of Government Efficiency) reveals *more than 67% of American students can't read at grade level*. "Whatever the Department of Education is spending \$82 Billion a year on isn't helping our kids read."

President Trump wants to send education back to be handled at the state level. He wants to empower states and our great teachers rather than special interests.

*"Formation is easier than reformation."*  
-- Charlotte Mason on educating children

Bring your questions for our new Supervisor to  
March MAC meeting at the Highgrove Library  
Wednesday, March 26th, 2025 6pm

Follow for updates: x.com/highgrovenews

## California Noise Laws Against Night Trains?



California Health and Safety Code 46000 states that "(f) All Californians are entitled to a peaceful and quiet environment without the intrusion of noise which may be hazardous to their health or welfare. This law establishes public policy and may help with someone setting off M80s...*But what about the nightly, incessant laying on of the horn by the engineer running local trains all night long?*

Retired Railroad Conductor and founder of the Highgrove Happenings, R. A. "Barney Barnett," made it clear that a train needs to make sure the track is clear before passing by.

But we do have a physical barrier to every cross street that the railroad passes locally. Even Colton has made themselves a "No Whistling Zone".

*There is so much research on disturbed sleep being bad for our health. Is there really a risk of a car crossing the railroad tracks when there is a barrier?* Is there a way to make Highgrove a "No Whistling Zone" if the crossings at Main Street, Center Street and Palmyrita Avenue had double crossing gates to prevent autos from driving around the gates?

"Barney" and I brought this up at our meeting with our new Supervisor Medina in February. *He seems very receptive to the concerns of our community*. Please try to make time in your schedule for the March 26th MAC (Municipal Advisory Council) meeting and bring your community concerns!

## What are You Planting for the Burros this Spring?

Let us know at x.com/highgrovenews





# HIGHGROVE HAPPENINGS

Permanent Washington lies about a lot.

You know their favorite things to keep secret. War. Government spending. Who really killed Kennedy. But did you know they lie about gold too?

It's clear why: *the more gold Americans have, the less the ruling class can control them.* It's a simple calculation, but it means the world to the people in charge. They're desperate to hold onto their authority, no matter how imbecilic it may be.

- Tucker Carlson.

**Sustainability Magazine names daughter of Highgrove resident to top 250 sustainability leaders for 2025.** In what looks like a "who's who of businesses" including Black Rock, Pfizer, Starbucks, Target, Merck, GlaxoSmithKline, Nike, (and many of the "Big Food" companies listed in the article on P. 3) Costco's Director of Global Environmental Compliance, Sharon Saknit, joins the ranks. Ms. Saknit is the daughter of R. A. "Barney" Barnett Of Highgrove. To view go to: Sustainability Magazine, Top 250 and use right arrow to scroll to Sharon Saknit.

## The Grand Terrace Chamber of Commerce



*Cordially invites you to the  
Business Coffee Connection*

*Wednesday, March 12th, 8-9am*

*Woody's Classic Grill in Grand Terrace,*

### 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

*\*Please call to confirm event times & dates*

## Riverside County Sheriff Dept.



**7477 Mission Blvd**

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**951-776-1099 EXT.5**

"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



**Mike Barnett**

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## Summary of RFK Jr's first day in office

(a) Make our Children Healthy Again Assessment.

Within 100 days of the date of this order, the Commission shall submit to the President, through the Chair and the Executive Director, the Make Our Children Healthy Again Assessment, which shall:

(i) identify and describe childhood chronic disease in America compared to other countries; (ii) assess the threat that potential over-utilization of medication, certain food ingredients, certain chemicals, and certain other exposures pose to children with respect to chronic inflammation or other established mechanisms of disease, using rigorous and transparent data, including international comparisons;

(iii) assess the prevalence of and threat posed by the prescription of selective serotonin reuptake inhibitors, antipsychotics, mood stabilizers, stimulants, and weight-loss drugs; (iv) identify and report on best practices for preventing childhood health issues, including through proper nutrition and the promotion of healthy lifestyles;

(v) evaluate the effectiveness of existing educational programs with regard to nutrition, physical activity, and mental health for children; (vi) identify and evaluate existing Federal programs and funding intended to prevent and treat childhood health issues for their scope and effectiveness...

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# HIGHGROVE HAPPENINGS

## Lawsuit Against "Big Food"

A new lawsuit against "Big Food" shows that much of what we call "food" today was designed to be addictive - not to give us health. (Read to the end to find out what companies are included in the suit.)

We all know that *spiritual health is of primary importance* ("be transformed by the renewing of your mind." Romans 12:1,2) and that *exercise has benefit* ("For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." 1 Timothy 4:8) and that we should *eat our food with thanksgiving* ("... foods, which God created to be received with thanksgiving" 1 Timothy 4:3-5)

These days, what is sold in stores is often not really food... *REAL food, eaten with thanksgiving, makes healthy humans.* Now we have evidence that much of what is in the stores is not for our health, but rather *designed to scientifically make us crave it.* Let me explain. When the government cracked down on the tobacco industry, they used the same tactics that made their cigarettes addicting to make food addict-

ing. Sound outrageous?! I agree!

But a lawsuit against many of the food manufacturers that got bought out by the tobacco companies is stating just that!

The lawsuit begins by stating that the greatest dangers to our health are ultra-processed foods (UPF). "The explosion and ensuing rise in *UPF in the 1980s was accompanied by an explosion in obesity, diabetes, and other life-changing chronic illnesses...* During this timeframe, diseases that had been largely confined to elderly alcoholics, such as Type II Diabetes and Fatty Liver Disease, emerged in children.<sup>6</sup> Although such diseases were unheard of in children 40 years ago, they are now common, and treating them constitutes a large fraction of pediatric medical practice... UPF formulation strategies were guided by the same tobacco company scientists and the same kind

"Big Food" (Cont. P. 6)



**Momma Rac's Column**

*Fight lies / Protect family!*

TikTok: @homeschoolingmoms

Linktr.ee/socalgardenhealth





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### Succulent Planter

Date: 3/21/25  
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Price: \$25



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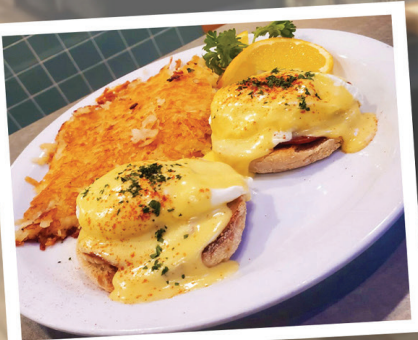
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2 pancakes, 2 eggs, bacon, sausage, and hashbrowns.

(available Monday thru Friday during breakfast)



(limited time)



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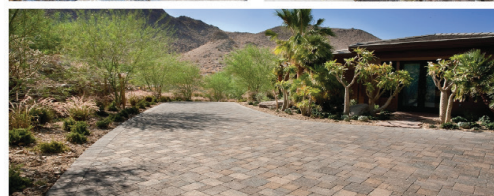


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## IMPROVING OUR COMMUNITY

by encouraging family and local discussions  
We cannot publish all, but do read and take all  
of your ideas to heart!



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# HIGHGROVE HAPPENINGS

## "Big Food" (Cont. from P. 3)

of brain research on sensory perceptions, physiological psychology, and chemical senses that were used to increase the addictiveness of cigarettes... These strategies have had their intended effect. UPFs meet all the scientific criteria that were used to determine that tobacco products are addictive.<sup>17</sup> Like industrial tobacco products, *UPFs trigger compulsive use, have psychoactive effects, are highly reinforcing, and trigger strong urges and cravings.*<sup>18</sup> Meanwhile, sales have surged. UPFs have displaced traditional foods and now constitute the vast majority of children's diets. *While the multinational UPF companies get richer, Americans get sicker.* We are all living with the devastating consequences of defendants' actions."

Mondelez, Philip Morris companies including Kraft and Post. General Foods Inc., Coca-Cola, Pepsi,

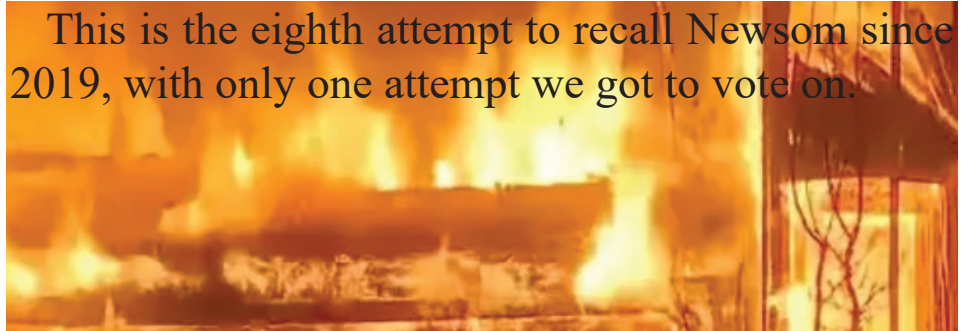
and other companies you are probably familiar with are included in the lawsuit.

## 8th Recall of Newsom (Cont. from front P.)

"We have fires all the time in California. It could have been really easy. As soon as the first spark was done, they could have had air tankers on this... they could have done some really good fire prevention like clearing the forest so that everything is trimmed back. Forest management is important and it's the job of the governor."

[SavingCalifornia.vote](https://www.savingcalifornia.vote).

This is the eighth attempt to recall Newsom since 2019, with only one attempt we got to vote on.



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**Schedule of Services**

Youth ministry for all services  
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**Sunday** 10:00 am - Sunday School  
11:00 am - Worship Service  
6:00 pm - Evening Worship

**Wednesday** 7:00 pm - Bible Study

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**Church Phone: 951-784-1100**  
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**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

For detailed info, call at 909-578-4799 or visit [etkdu.com](http://etkdu.com)



**Sunday Worship: 10 AM**

**Thursday Bible Study: 7:15 PM**

For detailed info, call Pastor John Braxton at 951-400-3298

**Warm Center** Activated from December 2nd to March 2025, offering a warm haven during the colder months. Visit [capriverside.org](http://capriverside.org) or call 951-955-4900 for a list of sites.

**FSA Child Development Center**

Now Enrolling! Free or low-cost full day early care and preschool programs. Call 951-342-3151.

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

**Feeding America Riverside | San Bernardino ("FARSB") Programs:** Senior Mobile Pantry Program (SMPP) serving adults 60+ years of age and low-income households within Inland Empire. **Nourish Now - Formerly HERO (Homebound Emergency Relief Outreach)** free emergency food deliveries to home-bound neighbors whose health and financial limitations prevent them from shopping for food. **FARSB CalFresh Assistance:** Need help applying? More info visit <https://feedingamericaie.org/get-help> or call 951-359-4757.

**C4Yourself Program:** Riverside County benefits like CalFresh, Medi-Cal, and Cash Aid. Submit applications securely at <https://c4yourself.com>. or call 877-410-8829.



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# HIGHGROVE HAPPENINGS

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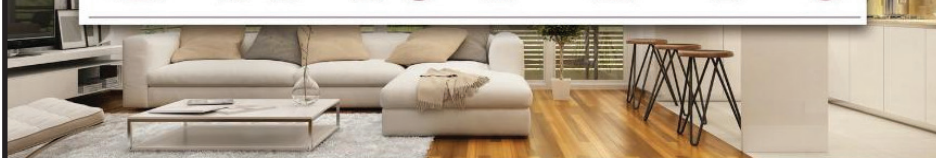
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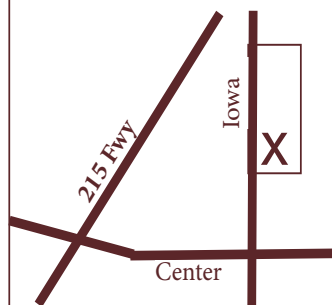
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**IMPROVING OUR COMMUNITY** by encouraging  
**Family, Health and Local discussions**

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Sabrina Brooks**

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**P. 7 Leila SantaMaria**



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