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MAY2025

What is the Big Deal with Food Dyes?

The best option for health is to eat REAL FOOD at home. No packages. No mandates. But how likely is that? Modern life is busy!

Normally, controlling businesses through government creates market issues (as with oil.) But research shows dyes clearly hurt children. Dyes can hurt their potential by preventing focus (dyes are linked to ADHD), but childhood cancer is a big issue we used to never see that is now becoming more common. With food dyes banned, cancer may be reduced, but until oils are replaced with fat, these cancer rates will only go down a certain percentage as *dyes are only one contributing cause*.

BREAKING - IT'S OFFICIAL: Trump administration moves to BAN essentially ALL artificial food dyes in the USA food supply at RFK Jr.'s direction.

Eliminate 6 dyes: Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Green 3, by the end of 2026.



Want A Long, Healthy Life? Pt.2

The "Blue Zones" are where their people are said to live ten years longer (on average) than the rest of us. (Last month we looked at Ikaria, Greece's secret - was it more play and hard work, natural foods and less imposed stress?)

This month, I found an article by Kashif Kahn about Japan. He says,

"I came across a mind-blowing statistic the other day...*Only 3% of Japan's population struggles with obesity. In contrast, in the U.S., it's a shocking 40%.*

That's a massive gap between two industrialized nations. So what's Japan doing differently?

The answer is simple:

They focus on eating whole, real food and living in alignment with traditional habits.

No extreme diets. No tracking every calorie. No wild biohacks. Just nutrient-packed, whole foods, enjoyed the way humans are meant to eat.

So what do the Japanese mostly eat?

Unlike the processed, overly indulgent foods that dominate Western diets... The Japanese prioritize real,
Long Life (Cont. P. 3)



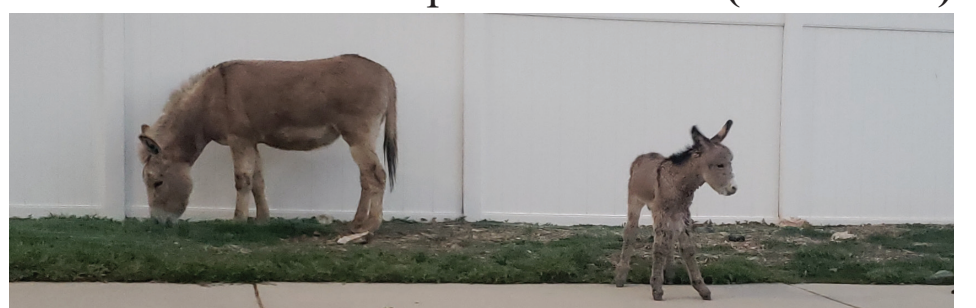
A Heart for Our Community

I attended our first Budget meeting and was shocked. As our local government prepares the budget and decides where funds—especially those from cannabis tax revenue—should go, I've been thinking deeply about what truly strengthens a community. *But I did not expect the outcry for money from individuals representing the causes they worked for.*

At this meeting, it seemed like most voices had a nonprofit to support, a program to fund, or a cause to champion. And while I am sure many of these intentions come from good hearts, I couldn't help but notice a growing pattern: *we're often leaning heavily on programs and handouts rather than empowering people for long-term change.*

One woman though, an immigrant, stood and shared her desire for money for an organization. I was next to speak and asked if there were people who had helped her along the way—not by giving her endless handouts, but by giving her a hand up. She said there had been three. That moved me. That's what builds strength. I would have loved to have gotten more details from her, but it got me thinking... *One human investing in another. Someone taking time to teach a skill, offer guidance, or simply believe in someone until they can believe in themselves.*

What does a hand up look like? (Cont. P. 2)



Momma Donkey with her Foal (Family First!)

HIGHGROVE HAPPENINGS

Community Heart (Cont. From Front P)

It looks like mentoring.

It looks like job training.

It looks like helping someone learn how to budget or prepare for an interview. It might be a friend who says, "I'll walk with you through this."

Not everyone can overcome their circumstances on their own—and that's where I believe the Church (and yes, sometimes local aid) has a role: supporting those who truly cannot support themselves. But we have to watch it doesn't fund a system where generations remain stuck because the only help they ever receive is the kind that disables more than it empowers.

So I ask you—*what do you want to see done with these funds?*

And while we're at it—let's fix the roads too. (Finish the pothole repair between Stevens and Orange on Center, for example; or put up "dip" signs where needed on Spring Street) Because if "safety" is really a priority, that should be a given... but drive down Mt. Vernon from GT and once you get past Main St. to Highgrove you can see that landscaping instead of tumbleweeds would be a big improvement.

Let's live out the difference between giving that disables and empowerment. Let's choose the harder, more human path. This requires more of us, but ultimately gives more to those who can't provide for themselves.



DNA at Eagles' Aerie #997 Fri, May 23rd, 2025

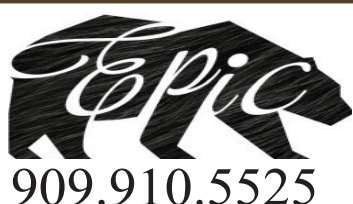
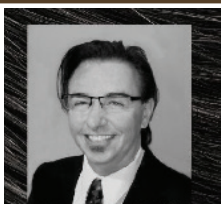
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Long Life (Cont. from Front P)
whole foods that actually fuel their bodies.

#1 - Rice A staple food that provides long-lasting energy without causing blood sugar spikes. [ever tried Lundberg organic sushi rice? Oh my!]

#2 - Beef & Fish High-quality proteins and healthy fats that promote muscle growth and support metabolic health.

#3 - Eggs Packed with choline and other essential nutrients that support brain health.

#4 - Fermented Vegetables Rich in probiotics to help maintain gut health and boost immunity. [Dr. Price found every healthy society had at least one, regularly eaten, fermented condiment.]

#5 - Seafood Loaded with omega-3 fatty acids that reduce inflammation and support heart health.

In contrast, here's what they aren't eating:

Fake plant-based products like Beyond Meat.

Processed snacks full of seed oils, such as chips and candy.

Highly processed "health" foods masquerading as clean eating.

Instead, *they stick to what nature provides, not what's created in a lab.*

Now compare that to the typical American diet:

Refined sugars and processed carbs, which disrupt metabolism and fuel insulin resistance.

Seed oils that contribute to inflammation, obesity, and chronic diseases.

Lab-manufactured additives and flavors designed for addiction, not nourishment.

While the West chases after extremes—keto, fasting, biohacking, raw veganism...

Japan flourishes by sticking to simplicity.

There are no synthetic supplements. No artificial meal replacements. No ultra-processed protein powders. Just whole, nutrient-dense foods.

It's proof that true health isn't about the latest trend or quick fix...

It's about returning to what's always worked."



Momma Rac's Column
Fight lies / Protect family!

TikTok: @homeschoolingmoms

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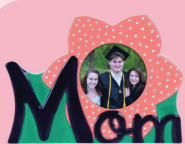


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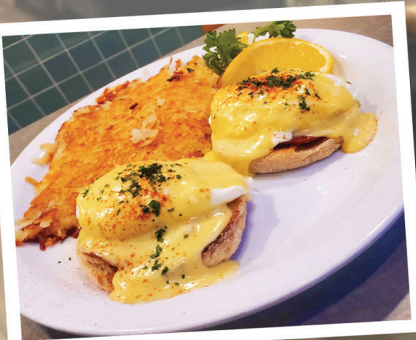
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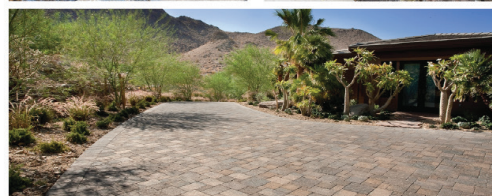


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Produce our own or get Oil from terrorist Countries?ing "...is not created by the market," clarified Fong.

"Oil prices rose sharply on Tuesday as new United States sanctions against Iran..." Gurufocus **"This is something that is directly caused by Gavin Newsom's poor energy policies."**

Trump's tarriff's are supposed to *encourage US production of oil*. Some say we could provide what we need for ourselves and stop buying from terrorist countries - IF we had the refineries.

California Governor Gavin Newsom says he is concerned about Valero's Benicia refinery leaving California by April 2026 and Chevron moving it's California refinery to Houston soon.

"I can assure you", said Newsom, "beginning last night we had all hands and we're in the process of addressing any anxiety that may be created or any market disruption that may be created by that announcement," reassured Newsom.

But Patrick De Haan claims, "It's clear that *the political environment in California has been hostile to refiners, and the state badly needs to revise its mentality or face a declining number of refineries and higher prices...* A 309-thousand barrel per day loss in refining capacity is huge."

On October 14th, 2024, Governor Newsom signed-ABX2-1 into law, tightening the state's control over the California transportation fuels market, blaming oil companies for high prices - ignoring California's high gas taxes. (Traveling cross-country shows how high!) Valley congressman Vince Fong said that the price-
Go to SavingCalifornia.Vote to Help!

In the late seventies, between 40 to 50 refineries were operating in the state of California.

That number is now down to about 7 full refineries and 5 smaller, privately owned refineries.

So what do you think? Is it time for state lawmakers to change policies to bring more oil refineries back to California?

Or should we change state lawmakers?

HIGHGROVE CHURCHES

Immanuel Baptist Church of Riverside
Schedule of Services
Youth ministry for all services
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11:00 am - Worship Service
6:00 pm - Evening Worship
Wednesday 7:00 pm - Bible Study
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THE NORTON YOUNGLOVE COMMUNITY CENTER

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May 2025

ONGOING PROGRAMS

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

Zumba Fitness with Letty
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\$6 per class

Senior Nutrition Program
Hot meals for registered participants age 60 and above,
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Tuesday Bingo 12:30 PM - 1:30 PM
4 cards for \$1.50 (Includes refreshments)

Polynesian Dance with Lorena
Tuesday & Thursday at **6 PM**

Line Dance with Jackie "Dance 4 Fun 4 Life" \$5.00 per Class
Thursdays

- Beginner: **3:30 PM**
- Intermediate: **4:30 PM**

E-Taekwondo United Martial Arts Evening Classes

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- Lil Rhino's (3-6 yrs): **6:00PM**
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The Norton YOUNGLOVE COMMUNITY CENTER

FAMILY - SERVICE - ASSOCIATION

MAY MOMENTS: DANCING INTO WELLNESS AND HONORING OUR HEROES

It's Leila from Norton Younglove Community Center, blooming with Purpose, Highgrove! 🌸 And, as the flowers bloom and the days grow warmer, May invites us to stretch, grow, and celebrate the beauty of community. We're bringing new energy into the center with fresh programs, special observances, and heartfelt tributes. Let's make this month matter.

🌟 NEW THIS MONTH – Let's Move, Let's Groove!

We've got two fantastic new programs launching in May that will get you up, active, and smiling!

💃 Line Dance with Jackie – "Dance 4 Fun 4 Life"

Dust off your boots and join the incredibly talented Jackie for a fun-filled line dancing class every Thursday! This class is all about joy, rhythm, and getting your body moving in a welcoming space.

🕒 Thursdays

🌟 Beginners: **3:30 PM** 🌟 Intermediate: **4:30 PM**

\$ Just \$5 per class – no partner or experience needed.

Just show up and have fun!

📺 Highgrove Market

The Market is still on pause for May—but we promise, its comeback will be worth the wait!

📅 May Holidays & Observances

- **May 1 – May Day** 🌸: Celebrate community and new beginnings.
- **May 5 – Cinco de Mayo** 🌮: A day to embrace culture, music, and flavor!
- **May 11 – Mother's Day** 🌹: Honoring mothers, grandmothers, and caregivers who fill our lives with love.
- **May 18 – Armed Forces Day** 🇺🇸: We honor the brave individuals currently serving in the U.S. military.
- **May 26 – Memorial Day** 🌺: The center will be **CLOSED** in remembrance of those who gave everything for our freedom. Take a moment to reflect and give thanks.

May is a month for movement—body, mind, and heart. Whether you're dancing with Jackie, building strength and discipline with Master Chavez from E-Taekwondo, or soaking in the rhythm and grace of Polynesian dance with Lorena, there's something here to inspire every soul. As we reflect, celebrate, and grow together—each moment, each motion, and each shared experience helps us build a more connected, empowered community. I'm honored to walk this path with you.

Thank you for being the soul of The Norton. Your kindness, your courage, your smiles—they're what make this place home. With gratitude and excitement,

Leila S. Center Manager



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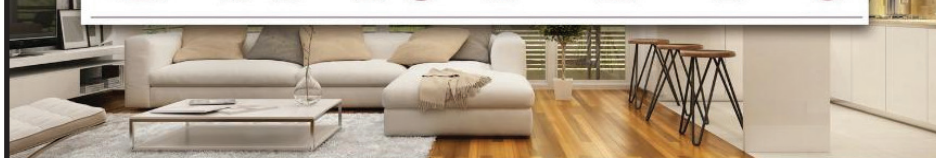
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Family, Health and Local discussions



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