



HIGHGROVE HAPPENINGS

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Includes Spring Mountain Ranch



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HighgroveHappeningsNewspaper.com
x.com/HighgroveNews

JUNE 2025

Did the Cannabis Money Go Up in Smoke?

California has collected over \$6.7 Billion in cannabis tax revenue since legal sales began in 2018. Under Prop 64 this money is allocated by the state into the following general buckets:

Youth Programs 60% - (to teach youths to stay away from cannabis, no more than 20%); child-care vouchers for low income families

Public Safety 20% - Local Police and Fire; Addressing health and safety needs caused by cannabis legalization.

Environmental 20% - Combating illegal grows, wildland restoration and investments in local parks.

Why, then, does the local community seem to not see the benefits of this money?. Especially since the state of California receives 15% of gross receipts plus 7.75% sales tax on everything sold there.

Maybe we need to ask, *"Where is our cannabis tax money going - and if we have to have it - how can we make sure it helps our neighborhood?"*



Coach RAC after Home Run in front of a sold-out crowd at Nissan Stadium Nashville, May 10, 2025 Highgrove's Own RAC (RobertAnthony Cruz)

Former Highgrove Pony League player is now on world tour with Savannah Bananas Baseball team playing to sold out crowds!

RobertAnthony Cruz is the son of Highgrove residents Ron and Cynthia Cruz. RobertAnthony played PONY League at Highgrove Community Park when Ron and Cynthia re-started and were coaching PONY league, but now he is playing on an unusual and entertaining baseball team that you really need to see! One of my favorites is when he does a flip and catches a flyball in left field and another is when he does several flips before he crosses home plate after

Highgrove's Own (Cont. P. 6)

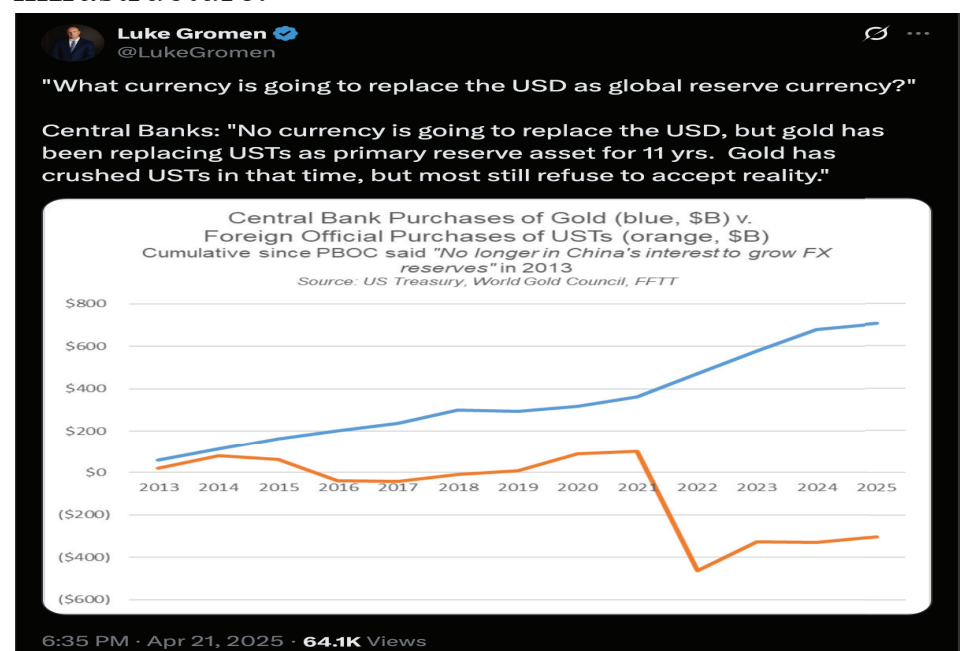
Watching the Money Markets?

If you had purchased bitcoin when the Highgrove Happenings covered the pros and cons about it, you would have made a pretty penny! I just cashed out \$3000 on a three hundred dollar investment while leaving the original \$300 in bitcoin (and it has gone up again!)

But something I have noticed is really interesting and I wonder if you could help me understand it.

It seems every time we check goldprice.org and the price of gold and silver is down (like today, 5/22/2025), bitcoin is up... and the converse is also true. Gold and silver up? Bitcoin is down.

The US dollar seems out of the running as a future currency because banks and foreign interests are investing in gold, and using XRP for their accounting infrastructure.



Central Bank Gold purchases (in blue) vs Foreign purchases of USD in (orange)

Want A Long, Healthy Life? Pt.3

The "Blue Zones" are where their people are said to live ten years longer (on average) than the rest of us. (First we looked at Ikaria, Greece in April; then Japan's lack of obesity in May attributed to the *focus on eating whole, real food and traditional living.*)

This month we bring you research from Sardinia, Italy where a larger number of people - especially men - live to and beyond 100 in the mountainous, rural interior. This is unusual as most longevity areas show women outliving men by a large margin.

Movement is a part of life here and most of the longest lived people are either male shepherds or women gardeners. They eat no processed foods, unless you call fermenting and traditionally handled foods a form of "processing".

The Sardinian Diet is special for six reasons. It
Long Life (Cont. P. 3)

HIGHGROVE HAPPENINGS



"The mind is sharper and keener in seclusion and uninterrupted solitude. No big laboratory is needed in which to think. Originality thrives in seclusion free of outside influences bearing upon us to cripple the creative mind.

Be alone.

That is the secret of invention; be alone.

That is when ideas are born. That is why many of the earthly miracles have had their genesis in humble surroundings." -- Nikola Tesla

[by Sacred Solitude on Substack]



That Fluoride Added to Your Town Water to 'Prevent Cavities?' The EPA Says It's Hazardous Waste

SHARE

The priceless heritage of our society is the unrestricted constitutional right of each member to think as he will. Thought control is a copyright of totalitarianism, and we have no claim to it. – Robert H. Jackson



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Friendship



June 14th, 2025, 8 AM to 2 pm
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"Who you are is speaking so loudly, I can't hear what you are saying." --Ralph Waldo Emerson

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TRADITIONAL SARDINIAN
LONGEVITY DIET
(SAMPLE WEEK)

	Breakfast	Lunch	Dinner
Day 1	Barley coffee + dry bread wit fresh cheese	Minestrone with carrot, tomatoés, and wiid fennel	
Day 2	Goat mik yogurt (homemade) + leftover bread + fig	Stewed lentils with carrot, boiled potato + a bit pecorino	5small portion of lamb liver (grilled) + sauteed greens
Day 3	Bread with honey + hoitel tea	Chickpea mash + sauteéd garlic greens + olives	Zucchini in onion frittata + tomato salad with olive cil
Day 4	Pane carasau soaked in milk or wine + small piece of aged ch	Fava bean mash + sautééd garlic greens + oljves	
Day 5	Leftover veg- etable stew + bread + sheep ricotta	Pasta with tomato, garlic, and a hint of guanciale (bitter greens	Boiled wild dandelion + a boiled  egg + apple
Day 6	Flatbread + wild herb tea + nuts or chestnuts (in season)	Bean and barley stew + grape must reduction (saba) on bread	
Day 7	Bread with ricotta and honey	Festive meal of roast goat or pork + polenta or bread + cooked vegetables	Simple soup with leftover vegetables + fig or pear

Long Life pt 3 (Cont. from Front P)
is *Simple* with fewer ingredients and minimal pro-
cessing. The people *eat what they grow* - it is *local*
and only what grows in the season. It is *low glyce-
mic* and high fiber. They do occasionally *eat organ
meats* - usually at festivals and they eat nose to tail.
They include "*longevity favoring*" *fats* such as from
sheep's milk and fresh, raw olive oil, but most im-
portantly, they *eat with family*, slowly, savoring the
time together.

Daily staples in the Sardinian diet include pane
carasau or flatbread; pecorino cheese from sheep's
milk; olive oil, cannonau wine 1-2 small glasses per
day with the main meal as well as fresh, bitter herbs
such as dandelion, rosemary, thyme and wild fennel.

Growing food, caring for animals, living close to
nature gives people not only a reason to wake up but
a tangible, grounding rhythm to life.



Momma Rac's Column
Fight lies / Protect family!

TikTok: @homeschoolingmoms
Linktr.ee/socalgardenhealth



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Highgrove PONY All-Stars 2010 / RobertAnthony Cruz back then... We were busy running the league and didn't document well. Have any info or stories from Johnny Rodriguez' tenure or ours, let us know!



Highgrove's Own (Cont. from Front P.)
his home run. To see this and other antics from both teams, such as a pitcher and batter that plays on 10 feet stilts, go to: Savannah Bananas.com

Ron and Cynthia took over the Highgrove Happenings Newspaper when I retired about 3 years ago and Highgrove is fortunate to have this family's long-term community participation. I am proud to call them close personal friends. by R. A. "Barney" Barnett



Ron, Cynthia & RobertAnthony Cruz, Tee & Carl



Mike Barnett

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

A human being grows through repentance. If you will not ask for forgiveness, you are a sociopath.
-- Anonymous



HIGHGROVE CHURCHES

Immanuel Baptist Church of Riverside

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
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HIGHGROVE HAPPENINGS

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THE NORTON YOUNGLOVE COMMUNITY CENTER

459 Center Street- Highgrove [web site: www.nycchighgrove.com](http://www.nycchighgrove.com)



June 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 at **6 PM**

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

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

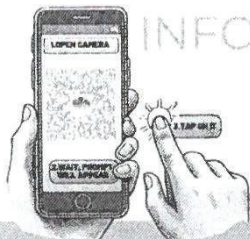
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SCAN FOR MORE INFO



The Norton YOUNGLOVE COMMUNITY CENTER

FAMILY - SERVICE - ASSOCIATION

JUNE JOURNEYS: KICKING OFF SUMMER WITH SOUL, SUNSHINE, AND COMMUNITY SPIRIT

Hello Highgrove! ☀

It's Leila from Norton Younglove Community Center, and June is here—welcoming us with longer days, warmer nights, and a renewed energy to connect, move, and thrive. We're ready to dive into a vibrant month of celebration, soul, and community love—and we want YOU with us every step of the way!

★ It's Back! Highgrove Market – June 14th

Mark your calendars because the Highgrove Market is back—and it's making a grand return with Community Day on Saturday, **June 14th!** Time: **2:00 PM – 7:00 PM**

The 951 Market team will want you to experience the best of local vendors, handmade goods, fresh produce, delicious bites, live music, family-friendly fun, and a whole lot of Highgrove pride. Bring the whole crew—it's more than a market, it's a community celebration!

✂ Soul Line Dancing with Jackie – New Name, Same Great Moves!

Our favorite Thursday class just got a little more soulful! Formerly known as Line Dance with Jackie, we're proud to reintroduce it as Soul Line Dancing with Jackie—a joyful, rhythmic dance class for all levels.

🕒 Every **Thursday** ✂ Beginner Session: **3:30 PM** ✂ Intermediate Session: **4:30 PM** \$ Just \$5 per class. Come for the music, stay for the fun, and leave with a smile (and maybe a few new dance moves).

June Highlights & Observances

- **June 14** – Flag Day : Honor the stars and stripes and the unity it represents.
- **June 16** – Father's Day 🗓: Celebrating all the dads, granddads, and father figures who lead with strength, humor, and heart.
- **June 19** – Juneteenth 🌍: A powerful day of reflection and celebration of African American freedom, culture, and achievement.
- **June 20** – First Day of Summer ☀: Time to soak up the sunshine and enjoy everything this season brings!

June at The Norton is all about showing up—for yourself, for your health, and for your community. Whether you're dancing, shopping local, honoring history, or simply sharing laughs with neighbors, you are what makes this center special. Let's keep making memories, growing stronger, and creating joy—together. See you at the center!

With love and summertime energy,
Leila S. Center Manager

P.S. Want to stay in the loop? Be sure to check our events calendar and follow us on social media for all the latest updates. ★



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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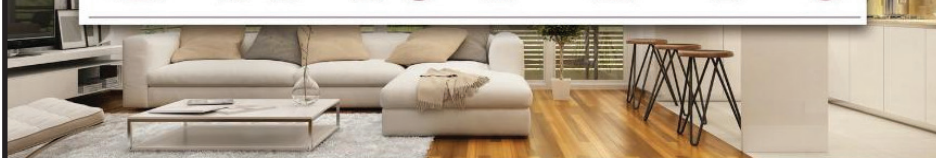
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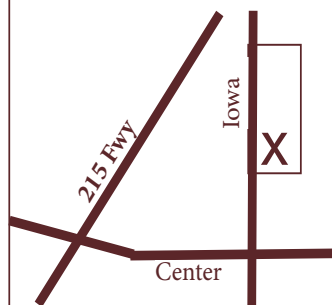
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THE BARBER LOUNGE

IMPROVING OUR COMMUNITY by encouraging
Family, Health and Local discussions

Editors

Writers

Cynthia Cruz

Cynthia Cruz

Leila SantaMaria P7

Cynthia Cruz 951-321-9337

*Send us your feedback and articles!
We cannot publish all, but do read and
take all of your ideas to heart!*

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32 Years of Local News