



# HIGHGROVE HAPPENINGS

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x.com/HighgroveNews

**AUG 2025**



**Safest to View the Wild Burros From A Distance**



**Give Your Project Ideas for Riv. Budget Money**

"Barney" (Founder of the Highgrove Happenings 33 years ago and lovingly named the, "Mayor of Highgrove") is still active in Highgrove and last month contacted Supervisor Medina about how he could *get the trains to be quiet at night*.

The law requires blockades from both directions over a railroad crossing before they will allow the Engineers not to blow the horns. There are blockades available - railroad gates not being used - on part of old, unused tracks. "Barney" suggested they could be moved to where we need them. This may be an inexpensive way to fulfill the law and allow Engineers to lay off the horns so us Highgrovians can sleep at night!

We will let you know what comes of that!

The Supervisor has notified us through his new Highgrove Field Rep, Aracely, that the September MAC meeting will include the opportunity for us to

**Give Your Ideas (Cont. P.11)**



**The Beautiful Park Behind Highgrove Library**



**Owetzal Lane and Murphy Sign Missing**



## Fatty Fish

Rich in omega-3, these fats are critical for maintaining the structure and function of brain cells.

## Prevent Alzheimer's and Improve Brain Health

Dr. Mary Wagner was a Pediatrician, but, shockingly, her husband developed early-onset Alzheimer's at age 51.

He had lost his sense of time, could no longer read - as the letters looked like jumbled dots - and had trouble remembering what happened earlier in the day. Being a doctor, her concern led her to sign him up for a trial of a new Alzheimer drug they were testing.

But he needed a score of 15 of 20 to enter the trial and he only scored 12. He had one more chance to test for this opportunity, as she saw it. So after he went to sleep she stayed up half the night researching what might help his brain work well enough to make the three point difference.

Research led her to coconut oil(!) so she added a couple of tablespoons to his usual breakfast of oatmeal and drove again to the testing location.

On the way there, their conversation seemed pretty much the same.

She wasn't hopeful...But this time, his test results

**See Healthy Brain (Cont.P. 9)**



# HIGHGROVE HAPPENINGS

## Nutrition for your Pet-The Story of Tom & Hound

**What is best for your pet?** You love your pet deeply, and you want the best quality food and care...but, the truth is most stores carry only pet food from two companies - a hundred brands, the same two manufacturers....Ever wished you had a Nutritional Consultant that would read the labels and tell you which is best?

Now there is! Tom & Hound started in Redlands as a stand at Market Night. The owner, Jon's aunt, was a Certified Animal Naturopath, had the store for twenty years, then retired and sold it to her nephew, Jon and his wife Susan Marie. Their qualifications seemed perfect! Jon had gone to school to become a registered veterinary tech and Susan Marie's degree is in management.

Have you been to downtown Redlands? It's a pretty special place with mom and pop shops along tree lined, cobblestone sidewalks.

I used to visit often with a dear friend and her pet, JoJo. *We'd do lunch, shop, pick up dog food and drink coffee!* I love supporting local and the ambi-



Maisie & JoJo in Redlands

## Budget Message from Supervisor Medina

"Today, [6/25/25] the Riverside County Board of Supervisors approved a \$10 billion budget for Fiscal Year 2025-2026—a balanced investment in health services, public safety, infrastructure, and our communities.

But that's not all. Here's a full update of the impactful actions we took for District 1:

### □ Budget Priorities Approved

We approved a comprehensive spending plan that includes:

\$2.8 billion for health services

\$2.3 billion for public safety

\$2 billion for human services

\$1.2 billion for public works

\$17+ million in targeted enhancements including housing, emergency services, and animal welfare

### □ New Fire Equipment for Highgrove

We allocated \$20,000 in cannabis tax funds to purchase Combi tools for Highgrove Fire Station 19, enhancing rescue capabilities in our unincorporated communities.

### □ Youth Scholarships Awarded

**Budget Message Cont. P. 9**

ance of the brick, trees and gentle breeze is unrivaled.

Little JoJo was raised on pet food from a regular grocery store but had gotten super chunky - making it hard for the little guy to move around. Mom went to Tom & Hound and *Susan Marie was warm and welcoming and helped her find some healthier food for JoJo that was in her price range.* You can see he lost weight and is looking good now!

Mobility is another big concern for our precious little guys as they age. Over the years I have supplemented type two collagen from chicken bone broth and chondroitin sulfate. I believe has given many more miles to our pet's joints. Tom & Hound carries an impressive array of herbal and nutritional pet supplements. I plan to try an herbal combo to help calm Maisie so she can travel by air with us (but she loves visiting a friend!)

You may think a boutique pet store would be pricey, but Tom & Hound consider themselves less than most, are open to exchange while you discover what's best and they pride themselves in helping you find a great food fit. Susan Marie said, *"the perfect food is what works for your lifestyle, your budget and what keeps your animal healthy* and the answers to that are different for everyone. *Our goal is to take the stress out of things for you."* I love how they are mission based - as a non profit might be - looking to help you **Healthy Pets (Cont. P.5)**

If people don't like you,  
it's okay.

If dogs don't like you.  
Then it's time for some  
self-reflection.





# HIGHGROVE HAPPENINGS

NORTON YOUNGLOVE COMMUNITY CENTER

## RUMMAGE SALE

Saturday  
November 1st 2025

7am - 12pm  
(Setup at 6am)

459 Center Street  
Highgrove, CA 92507

For more info call:  
(951) 241-7221

**RESERVE YOUR SPOT TODAY!**  
\$10.00 PER SPACE  
\*Includes 1 table & 1 chair\*  
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Family Service Association

**Lisa** 625-531  
Counterpoint Media



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**Highgrove Library  
530 W. Center Street**

**Preschool Storytime** with Songs,  
Music and FUN! Wednesdays at 11:30 am  
**Bilingual Story Time** Thursday  
951-682-1507

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



*Hacienda Funeral Home's Director hosted a yard sale as a fundraiser for the Kiwanis. This event raised \$900 a great start towards 2026 scholarships.*

*In May, 2025, from last year's fundraisers they gave scholarships of \$3000 ea to six students. Thank you to everyone who participated!*



*Love old time Rock N Roll? You are in for a treat! August 2nd at Whispering Lakes Golf Country Club in the Flying Goose Bar. Remember all your favorite oldies? DNA has talented musicians thrilling fans for decades with songs from many bands you may recognize,*

*Cover Band for: The Doors, Rolling Stones, Social Distortion, The Beatles, Chuck Berry, Black Sabbath, The Clash, Cream, CCR, T Rex, Mott the Hoople, The Sonics, Eagles, Johnny Cash, Bob Dylan, Velvet Underground, David Bowie, Dead Boys, Stevie Ray Vaughan, Joe Cocker, Howlin' Wolf, Lynyrd Skynyrd, The Band, The Califanes, Led Zeppelin, ? & the Mysterians, The Blasters, George Harrison, Santana & more*

**NEW MEMBERS WELCOME!**

**Monday-Taco Night 6-7:30pm**

**Friday-Night Dinners**

**Sunday- Karaoke & Dinner Entertainment**  
(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

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

August 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**

- Introduction: **3:00 PM**
- **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.

**Highgrove Sunset Market:**  
Don't miss out!

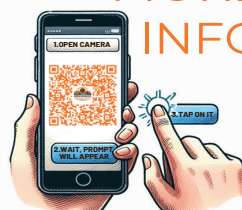
Join the 951 Market crew every 2<sup>nd</sup> Saturday



**FSA Child Development Ctr**

Now Enrolling! Free or low-cost preschool programs. Call 951-342-3151.

SCAN FOR MORE INFO



## The Norton YOUNGLOVE COMMUNITY CENTER

### FAMILY - SERVICE - ASSOCIATION

### AUGUST ABUNDANCE: WELLNESS, WARMTH & FESTIVAL FUN!



Hey Highgrove! 🌞

It's Leila from Norton Younglove Community Center, and August is here—glowing with opportunity and full of reasons to gather, grow, and get moving. Whether you're dancing under the sun, fueling your body with fresh food, or joining a new wellness challenge, this month is all about you and the vibrant community we're building together.

◆ **USDA Food Distribution** —We're here to keep our community nourished! ■ Friday, August 15, 2025 ● Time: 8:00 AM – 10:00 AM

Come early, bring a reusable bag if you have one, and help spread the word—everyone deserves access to healthy food.

👉 **Senior Wellness Series**—There's still time to join our 4-week Senior Wellness Series, packed with fun, low-impact workouts, health education, and weekly giveaways!

■ Starts: Tuesday, August 6, 2025

👉 **Weekly Prizes.** This series is designed to uplift and energize older adults with guided movement, motivation, and meaningful connection. Let's move, laugh, and feel good together! ➡ Sign-ups are still open—don't miss out on a season of strength and smiles.

🎉 **The Summer Vibes Festival**—You asked for more fun, and we heard you—The 951 Market is bringing the ultimate summer send-off to our neighborhood!

■ **Saturday, August 23, 2025** ● Time: 2:00 PM – 8:00 PM

Get ready for: 🎵 Live Music | 🎭 Performances | 🏠 Bounce House 🍷 Food Vendors | 🛍 Shopping | 🎲 Raffles | 💦 Water Fun Bring your crew and come vibe with us—this is summer done right!

#### August Highlights & Observances

- **August 6** – Senior Wellness Series Begins
- **August 15** – USDA Food Distribution
- **August 23** – Summer Vibes Festival
- **All Month** – National Wellness ❤️ & National Back-to-School Month 🎒

August at The Norton is your space to refresh, reconnect, and recharge. From seniors to families to first-time visitors—we've got something for everyone.

You bring the energy, we'll bring the heart.

With gratitude and summer spirit,

Leila S. Center Manager

P.S. Watch our socials and events calendar—surprise pop-ups and new classes might just be around the corner! ✨

### 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!



**PHONE:** 951-241-7221 **ADDRESS:** 459 CENTER ST, HIGHGROVE, CA 92507

**OPENING HOURS:** MON - THU 8AM - 4PM FRI 8AM - 2PM



# HIGHGROVE HAPPENINGS

## Healthy Pets (Cont. from P.3)

help your pets live as healthy and as long as possible.

Susan Marie reads about animal nutrition daily so she is always ready to share the most up to date information. *"Nutrition is the basis for health and wellness and from there we make adjustments for the individual creature...if there is an existing diagnosis, we can address that, but we start with a high quality food."*

Doodles are popular as they are hypo-allergenic and family friendly, yet for them, wellness includes grooming. They may need more help keeping their hair from matting and pulling painfully on their skin (hurting your precious pup).

Next door they have full service grooming where the dog is dropped off (they do one at a time), goes straight to the tub to be bathed, get their nails trimmed, the works... a half an hour to two hours of *loving care and no being lonely in a kennel!* The standard groom starts at \$75 but includes the full treatment (other places charge more for): the bath and haircut, a nail trim, ear cleaning, a facial, and anal gland expression (if necessary).

Tom & Hound uses natural products including a very fresh-smelling, shampoo with natural fragrance (so your pet is less offended that they don't smell like themselves;)

This pet shampoo has become so popular that they now have it on the retail shelf. Even self- service tubs with towels, shampoo, commercial dryers and aprons

for the pet mom or dad!

A pet's diet can make a big difference in their health. For example, "cats are obligate carnivores. Basically their entire diet should be meat based" Think about a feral cat. In the wild, *their only produce might be a predigested blueberry in the belly of the mouse that they are eating...*

Catching a live bird, catching a mouse - what they hunt is their natural food!



These days it is common for cats to have *issues* with their thyroid, diabetes, UTIs, etc., *because the food in their bowls is so different than what's found in nature.*

We live daily life with our pets in a way that we live with few humans. Many Tom & Hound Clients are friends they share experiences with. "Saturday a client brought in her two puppies!"

"...From the first to their last moments, we try to be there for them."

Remember the two companies that make most dog and cat food on the grocery store shelves? They also fund veterinary schools but with even less oversight than the pharmaceutical companies that fund medical schools. No "Kibble Shame" here but we know you want the best for your pet!

Visit Redlands, get a cup of coffee with a friend and check out your options at Tom & Hound.

You and your furry best friend will be glad you did!



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# HIGHGROVE HAPPENINGS

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# AUGUST



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Time: 5-7 PM  
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### Vintage Roller Skates

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Time: 5-7 PM  
Price: \$38



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Time: 5-7 PM

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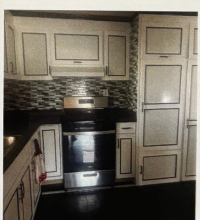


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Bobby Bonds Community Center Fri 9am



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## HIGHGROVE HAPPENINGS



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**Fish  
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# HIGHGROVE HAPPENINGS

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# HIGHGROVE HAPPENINGS

**Keep Your Healthy Brain (Cont. from Front P.)**  
improved to twelve so he was able to enter the study. Coconut oil had made such a difference that Dr. Wagner was encouraged to research other ways to improve brain function.. What she found - and his willingness to try things - helped her husband so much that they were able to have a couple of more good years together!

***He was even able to read again!***

When explaining about how his ability to read improved, he said the dots were no longer jumbled and seemed to hold together to make letters now!

Dr. Wagner is convinced that the first year and a half of the trial, her husband was ***on the placebo.*** ***That was why the exercise and nutritional interventions were able to make such a difference.***

***She now regrets participating in the trial*** as the next year and a half he was on the drug and declined considerably - losing most of the gains from the prior year and a half.

My grandmother died with Alzheimer's, so this has motivated me to find as much research - and experiences - as I can to prevent it in myself (as we are told there is a genetic factor.)

When I worked as a Nutritional Consultant it gave me many opportunities to learn what has worked for others.

***Do you want to prevent Alzheimer's in yourself or a loved one?*** Here is what I have found:

***1.) Circulation to the brain is a huge factor.***  
Exercise is great to increase the flow of circulation to all parts of the body. This improved flow brings nutrients in and toxins out, but more than that, if the movements include work for the brain, research shows it has more power to prevent Alzheimer's!

For example, think of the brain work required to coordinate the left and right sides of the brain as you would when moving to the music! I have found that the best mental and physical exercise

comes through dance.

Research shows that the risk of Alzheimer's declines by more with dance than any other form of exercise!

But exercise like dance does more than improve circulation!

***2.) Overcoming Insulin Resistance*** It seems that when humans consume large quantities of carbohydrates over a period of thirty years or so, many people develop insulin resistance or diabetes.

Alzheimer's is now known as type III Diabetes. But this is especially common when a person is sedentary (see circulation to the brain above).

***A Five Week Ketogenic Reset***

Dr. Wagner's research led her to discovering keto as a big help in reversing her husband's condition and improving his mental function.

I had low blood sugar or hypoglycemia that I controlled with diet for thirty years(!) until I discovered something that fully reversed my blood sugar issues that I'd love to share with you!

\* Five weeks on a ketogenic diet

\* Liver function improved through Supplements & herbs

\* Beneficial bacteria to improve gut health and

\* Dance to keep everything circulating

I was so excited about my newfound energy and mental health that I wrote a short book on how you can do it too

(see: [linktr.ee/socalgardenhealth](http://linktr.ee/socalgardenhealth)) - please let me know how it helps you!



## Brain Health



### Blueberries

Packed with antioxidants, they contain compounds that can enhance memory and protect the brain from oxidative stress.

**Dancing Makes You SMARTER**  
The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

**% = Reduced Risk of Dementia**  
0% in Bicycling, swimming or playing golf  
35% in Reading  
47% in Doing crossword puzzles at least four days a week  
76% in Dancing Frequently

**Dancing:**

- Reduces stress and depression
- Increases energy and serotonin
- Improves flexibility, strength, balance, endurance
- Strengthens bones and boosts cardiovascular health
- Increases mental capacity by exercising our cognitive processes
- Dynamic and rapid-fire decision making, creates new neural paths.

David Avocado Wolfe



**Momma RAC's Column**  
**Linktr.ee/socalgardenhealth**  
**Fight lies / Protect family!**

TikTok: @homeschoolingmoms





## Budget Message Cont. from Front Page

Approval of \$1,750 in scholarships for five graduating high school seniors on the First District Youth Advisory Council.

### □ CID Funds Fuel Local Impact

More than \$118,000 in Community Improvement Designation (CID) funds were approved to support nonprofits, small businesses, food access programs, the arts, addiction services, immigrant justice, and veterans' gardening initiatives. *[Can we see this list?]*

### □ Oleander Avenue Sidewalk Project Completed

Construction of new sidewalks in Mead Valley is complete...near Mead Valley Elementary.

### □ Roads Accepted in March JPA

We officially accepted into the County's maintained system, a key step in transitioning services and oversight from the JPA to the County.

### □ March Area Plan Approved

We adopted the new March Area Plan, transferring land use jurisdiction from the March JPA to the County of Riverside. This policy change ensures consistency in planning and future development within the 3,800-acre area that includes unincorporated communities near Moreno Valley, Riverside, and Perris.

This meeting reflected our ongoing effort to invest in services, respect community voices, and prepare for future growth responsibly. Thank you for staying informed and involved."

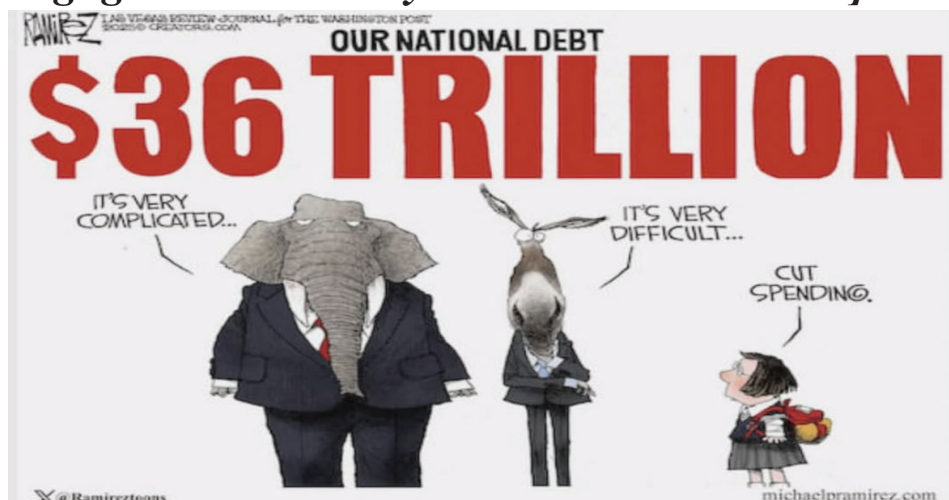
For more details, visit [rivco.org/budget](http://rivco.org/budget) or reach out to my office. Supervisor José Medina (951) 955-1010 [district1@rivco.org](mailto:district1@rivco.org) [www.rivcodistrict1.org/](http://www.rivcodistrict1.org/)

***[Editor's note: I attended a Budget meeting. The people giving input were speaking for organizations that wanted money from our Riverside budget...***

***I spoke asking for them to be wise and not give money to programs that hurt people, but I wasn't asking for money. Where were my friends?***

***Please know that your ideas are important! Consider re-reading the article on the first page and give us ideas for the cannabis money or plan to be at the September MAC to speak on what you see as important.***

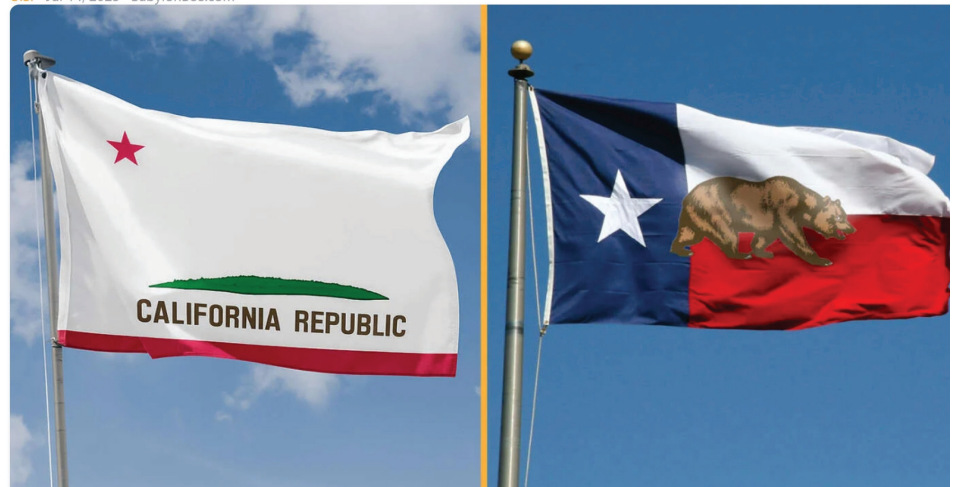
***Anyone who doesn't give input loses the right to complain if the money is not spent on what they want. Love you! Thanks for helping make our Highgrove community the best that it can be!]***



Read the article at  
**BabylonBee.com**

## Bear On California State Flag Moves To Texas

U.S. · Jul 14, 2025 · BabylonBee.com



SACRAMENTO, CA — A piece of the Golden State's heritage was lost today, as the iconic grizzly bear that had adorned the California state flag announced that he had officially moved to Texas.

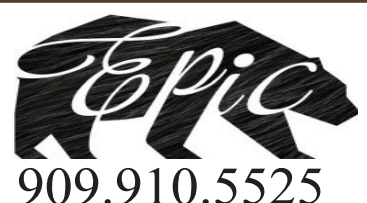
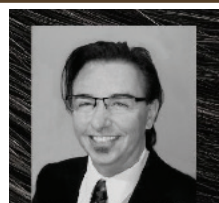
Monarch, the revered bear that has represented the state on its flag since it was officially adopted in 1911, revealed that he was leaving California for the Lone Star State after giving up hope that things at home would ever improve.

"I want to live in a state where my bear family has a better future," he said. "California has perfect weather and amazing food options, but things have just fallen off a cliff around here over the last couple of decades. The taxes, the real estate prices, the progressive policies... I just don't recognize it as the same state anymore. My family and I have purchased a nice house in Texas for a fraction of what it would cost us in California. It'll be nice to feel like we live in America again."

When asked about the departure of the state flag's famous bear, Governor Gavin Newsom blamed President Donald Trump. "This is just another result of Trump's divisive brand of leadership," Newsom said. "It's a sad day when even our wonderful Monarch the Grizzly Bear gets radicalized by Donald Trump's extreme, fascist ideas. If Monarch wants out, I say good riddance. We welcome the search for newer, more diverse representation on our flag."

At publishing time, Newsom had announced that he would be replacing Monarch on the California state flag with a Chinese panda.

"I've got more energy now than when I was younger because I know exactly what I want to do." -- George Balanchine



**Mike Barnett**

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# HIGHGROVE HAPPENINGS

## Give Your Ideas (Cont. from Front P.)

give input on how we want cannabis money spent in Highgrove. What do you think Highgrove needs? Please do all you can to attend! Here are some ideas, but we would love to hear yours! The commercial land on Center Street and California would be amazing as *small, privately held businesses for people to visit and shop*, in my opinion (like Redlands); a little *theater, restaurants*, (mom and pop shops in Temescal Valley *surround a lake!*)

Another suggestion is to open Center or Pigeon Pass Pass because right now we are giving all of Highgrove residents' shopping money to San Bernardino County and Grand Terrace...

*Prongs on top of the street lights (to stop bird droppings on our cars). Benches for those with mobility concerns (that cannot be slept on See pic, front page.)* Aracely mentioned wanting a mural on the eyesore at the sw corner of Iowa and Center St.

One resident said, "Mural? No... that sounds like a way to enrich someone's family or friends and get nothing except a place for gang members to tag and graffiti... I agree with sidewalks like Grand Terrace but only on major through streets, not residential. Or perhaps we can get a refund for the tax burden we've been paying for a dedicated Sheriff which was taken away long ago yet we're still paying for. 'Barney' was on top of that for a long time." Send your ideas!

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**Writers** Cynthia Cruz, Leila SantaMaria P4  
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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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