

HIGHGROVE HAPPENINGS Real. Local. Truth.





IMPROVING OUR COMMUNITY by encouraging family, health and local discussions

(FREE) Local News for the Highgrove Area for 33 years

HighgroveHappeningsNewspaper.com x.com/HighgroveNews

Community Services Edition - Autism - Healthy Nerves - Safe Detox - Resources

Blue Envelope

Imagine your child is autistic and his "stemming" (tics or self- soothing technique) looks violent or makes him look like he's on drugs.

In an encounter with the police, his stemming could make it look like he was dangerous to the community or the officer.

Now imagine people training officers to make sure this scenario ends well... that is what the Blue Envelope program is all about!

Unlike the national version, this bill does not Blue Envelope (Cont. P.2)

MAC

Highgrove Municipal Advisory Council

The most local level of government where you can voice your opinions or concerns is the MAC. Next MAC is Nov 19, 6pm Highgrove Library Right now we have a special opportunity to vote on how we'd like to see \$700k spent (See P.2) Updates here & at: x.com/HighgroveNews

The Brook Church in Highgrove Breaks Ground! Pastor Rick and the community have waited a long time for this dream to become reality! Watch for future updates!



Boy Scout Troop Receives from Lions Club



Local Scouts Receive Camping Equipment Through California Lions Foundation Grant Almost six years ago Boy Scout Troop 40 and Cub Scout Pack 242 of Grand Terrace had much camping equipment stolen. But the theft of the Scouts'

Boy Scout Troop Receives (Cont. P.10)

"Hope deferred makes the heart sick, but a longing fulfilled is a tree of life." - Proverbs 13:12

Supervisor Medina & Your Highgrove IdeasP.2	
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· HIGHGROVE \$

Your Voice Matters: Help Us Improve Highgrove with \$700k Cannabis Money

Send your ideas to Araceli. ARruiz@Rivco.org.

Supervisor Medina attended every minute of our last MAC meeting in September! He made it clear that he wants the Highgrove Community to decide how these funds might best serve us.

We all got the opportunity to vote on the ideas for Highgrove improvement that have been emailed to Araceli by residents (at her email above, if you have more ideas.)

Suggestions across five categories and included ideas such as:(Please See Improve Highgrove P. 10)

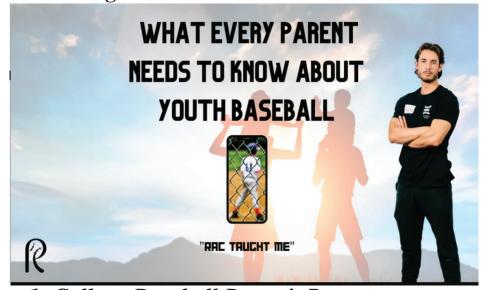


Blue Envelope (Cont. From Front P.)

involve documenting compliance or any form of record-keeping. Your data is not documented, you are just given information to help the police understand your child, or adult's special challenges.

If your child is autistic or has cerebral palsy or any other issue that could be misinterpreted, see your local police department (currently San Bernardino, Riverside and Redlands) for your Blue Envelope materials or see: Inlandrc.org

RAC Taught Me



1. College Baseball Doesn't Pay

Contrary to popular belief, it is unlikely that your kid will receive a full ride scholarship for playing baseball. Colleges have very little money allotted for baseball scholarships. D3 schools do not even give athletic scholarships. D2 and D1 schools have a limited amount of scholarship money that must be divided between the entire roster. Most teams would rather split that money into a lot of small scholarships, because if they concentrated it in full rides they would only have enough to recruit about 11 players.

This makes full rides extremely rare. If your kid is able to get a baseball scholarship, odds are it will be closer to 30%. When you're shelling out \$50,000 for tuition, 30% doesn't help that much. Your kid's best bet to receiving a full ride is to shoot for an academic scholarship.

2. An Elite Team ≠ Elite Development

Playing for a fancy travel ball team does not always mean good instruction. The mechanics of pitching and hitting are intricate, so it is essential that you find someone who knows what they're talking about. Otherwise, your kid's travel ball coach may do more harm than good.

If you can afford it, hire a coach with a good reputation. Want a cheaper option? Follow accounts like mine (Coach RAC) on social media.

Here are some other accounts worth following for excellent coaching:

@Coach Bougie

RAC Taught Me (Cont. P.4)



Grand Terrace Area Chamber Met at Get Loaded. Next is Wed., Nov 12 8-9am at Woody's Classic Grill
November 2025 Page 2

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



FAMILY SERVICE ASSOCIATION

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.

4 cards for \$2.00 (Includes refreshments)

Polynesian Dance with Lorena (ON HOLD)

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

Evening Classes

Monday & Wednesday

- Lil Rhino's (3-6 yrs): 6:00PM
- belt): **6:30 PM**
- Advanced 7+ yrs.(green belt & higher): 7:15 PM



2nd & 4th Thursday Bible Study: 7:15 PM

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 2nd Saturday

FSA Child Development Ctr

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





FAMILY SERVICE ASSOCIATION

NOVEMBER NOTES: GRATITUDE, GROWTH &

Hello Highgrove! ♦ It's Leila from Norton Younglove Community Center—and as we step into November, the spirit of gratitude fills the air! This month brings exciting improvements, important updates, and heartfelt opportunities to give, grow, and gather as a community.

🚍 USDA Food Distribution Schedule Update

Tuesday Bingo 12:30 PM - 1:30 PM Please note—our regular 4th Friday USDA distribution schedule is adjusted for the holidays:

- November 21, 2025

 8 AM 10 AM
- January 30, 2026 (Friday) 8 AM 10 AM

Please share this change with friends and neighbors so no one misses out!

Joy of Giving Food Distribution

Due to holiday scheduling, our Joy of Giving program will be earlier than usual:

📕 November 20, 2025 & December 15, 2025 🜘 11:30 AM

A time to share gratitude, nourishment, and community warmth!

Program Updates

GIVING BACK

- Polynesian Dance Temporarily on hold. Stay tuned for its joyful return soon!
- E-Taekwondo United Martial Arts Bible Study Now meets every 2nd and 4th Thursday (no longer weekly).
 - No Highgrove 951 Market this month. Will be back on December The 951 Market Holiday Edition 📕 Saturday, December 13, 2025 🔵 1 PM – 6 PM

🦆 Be a Part of Change: Thanksgiving Health & Wellness Festival.

• Beginners 7+ yrs.(up to orange Saturday, November 15, 2025 11:30 AM – 3 PM Christmas Toy Giveaway & Wellness Fair! Saturday, December 20, 2025 | 11:30 AM – 3 PM **SAVE THE DATE**

 Holiday Brunch for Seniors 60+ ■ Tuesday, December 16, 2025 ■ 11 AM – **1 PM** Space is limited—please reserve your spot early (maximum 50 guests)! **AFSA Christmas Toy Giveaway & Wellness Fair!** A day of giving & holiday cheer! **Saturday, December 13, 2025 | 1 PM - 5 PM** Children ages 0–18 will Sunday Worship: 10 AM_{receive} Christmas gifts (must be present). ≠ Health info, vaccines & clinics by Riverside University Health Sys. 🗗 Free haircuts & manicures by The Professional Inst. of Beauty.

Tunder Construction: Exciting Improvements Ahead!

The Center will be closed **January 1–30, 2026**, for upgrades, reopening in Feb.

November Observances & Holidays

- Nov 1–30 Native American Heritage Month 🦸 Nov 4 Election Day 📠
- Nov 11 Veterans Day (Center Closed) Nov 15 America Recycles Day 🖧
- Nov 20 World Children's Day • Nov 29 Small Business Saturday ♥
- Nov 27 Thanksgiving Day ♥ (Center Closed)
 Nov 28 (Center Closed)

This month, we celebrate gratitude—not just in words, but in action. Every donation, every act of kindness, and every smile shared keeps the heart of

Highgrove strong. Thank you for being part of the Norton family. With gratitude and excitement, Leila S. Center Manager

ET'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!





Know What Your Government is Up To

Today I am reminded why I let you know about bills in the legislature. You are busy. You may have a family to make money for and care for.

A full time California Legislator may get 1300-2000 bills come across their desk in a session. For Example the 2025-2026 session involves passing laws the first year and budgets the second. They don't have time to even read all of the bills! In my mind, passing something you haven't read is awful!

This led me to several questions - and to call Assemblywoman Castillo's Legislative Assistant for his advice on the best solutions for California.

My Questions:

*How can they represent us well if they don't read them?

* How can we know, then let them know what is important to us when we have such busy lives?

I'll leave you to answer questions two and three. But the two suggestions from Harrison Zea about changes to government structure that might help include:

1) Lowering the number of bills that each member of congress could present. Although the number was recently lowered from 40 bills per session to 35 bills, this helps but is not the perfect answer to our lawmaking woes... mainly because the party in control can waive that maximum at will. (California has 52 congressional seat. Only 9 of which are held by Republicans. This scheme by Gavin Newsom [Prop 50] would most likely eliminate 5 more...by-passing the non-partisan citizens committee that we voted for in 2010." Said Mark R. Root. FB follow him for more updates)

Harrison's second idea is:

2) Make the California Legsislation part-time so they have less time to create issues;)

Your feedback is welcome!

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

ike Barnett



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

RAC Taught Me (Cont. From P.2)

- @Coach DR
- @Swings with Jenk
- @Coach Cam Smarter Baseball
- @Bobby O'Neill

3. Stop Coaching from the Stands

Yelling your coaching advice is making your kid a worse baseball player. You may know exactly what they need to hear. You may have the best advice on the planet. It is still counter productive to shout that advice from the stands. This is especially true when they are in high-pressure situations, like while batting or pitching.

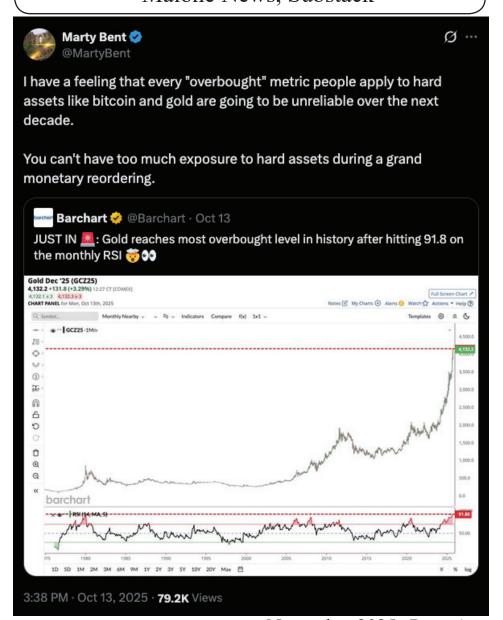
In the middle of a game, the most important component to success is how a player handles pressure. There's enough pressure in a game without your voice. I've seen many kids scared of failing on the field because they feel that failure would let their parents down. Your goal as a parent should be to lower the pressure on your kid, not increase it. When players are scared to fail, they rarely play to their full potential.

If you really have some good advice, write it down. Wait until after the game, when they are not in the heat of the moment. Set aside some time later to share your advice, then give them time to work on it and practice.

CoachRAC.com

"Loyalty is about people who stay true to you behind your back."

- Malone News, Substack



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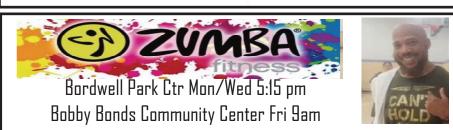


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- **WOOD LAMINATE** MAIN FLOORS
- LAUNDRY ROOM
- **GRASS FRONT**
- SPRINKLERS WITH **TIMERS**
- **NEW PLUMBING** WHOLE HOUSE











HIGHGROVE LIBRARY

NOVEMBER 2025





Highgrove Library | 530 Center St, Riverside, CA 92507 | rivlib.net | (951) 682-1507 Hours: Mon Closed Tues 10-6 Wed 11-7 Thurs 10-6 Fri 10-5 Sat 12-4 Sun Closed



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Healthy Nerves for Proper Brain Connections

Little Charlie Abrahams had up to a 100 seizures a day. He'd sit in his dad, Jim's arms convulsing uncontrollably. His family had spent \$100,000 on medications and doctors and hospitals that had done no good.

In 1934, John Hopkins University had a program that used a ketogenic diet to reverse seizures in children. In 1949 Milicent Kelly graduated with a degree from John Hopkins in Dietetics and Nutrition. Ms. Kelly worked with Dr. Livingston, whose primary focus was keto for children.

Once on the ketogenic diet, Milicent said, "His [Charlie's] seizures disappeared in two or three days!"

Nurses complained that it was too restrictive... but it was very effective!

Milicent Kelly explained that "If the body can't get energy from carbs, it uses fat...then ketone bodies are formed" that prevent seizures.

Children can't just fast as an adult can, but on keto they were soon able to cut back on their medications and become more alert and happy! "The children called it their 'magic diet...' I do well because I'm on my magic diet.""

"That helps them stick with it...who wants to have seizures? To see children come in with seizures and leave with a smile is a joy you can't imagine." Milicent says with tears in her eyes.

She retired in 1990 but kept on as a private consultant for another eight years to help with families.

Jim Abrahams, Charlie's dad, was so angry that "this simple cure was such a secret."

He began to hold seminars for parents, doctors, and nurses explaining the diet and the amazing results he had seen.

He also started the Charlie Foundation.

His son Charlie became a healthy and strong adult, graduated college and plays piano beautifully.

Meryl Streep starred in the movie about his story, "*First Do No Harm"*. She also attended the first inaugural ball for the Charlie Foundation along with Ms. Kelly.

This is the fourth month covering natural ideas for healthy brain function so be sure to see past issues at: HighgroveHappeningsNewspaper.com

Fasting and other dietary regimens have been used to treat epilepsy since 500 BC.

The Mayo Clinic takes credit for developing the ketogenic diet in 1921

- which mimics fasting.



Momma RAC's Column Linktr.ee/socalgardenhealth Fight lies / Protect family! TikTok: @homeschoolingmoms





Milicent Kelly, Meryl Streep and Charlie



Millicent Kelly, Nutrition Clinic director, gives diabetic patients some tips on eating holiday foods without straying from their diets. Mrs. Kelly and the Diabetic Management Clinic staff surprised the nutrition class with a holiday party in December. Group nutrition classes are offered weekly for diabetics in the clinic.

The Keto Diet Also Helps Regulate Blood Sugar



Charlie with his Nutritionist, Milicent Kelly [Editor's note: the study showing that "breakfast is the most important meal of the day" mostly applies to children as they are growing. (Because children, pregnant and breastfeeding women shouldn't fast.)

But keto is a valuable intervention because it allows a person to take in nourishment without fasting.

Research shows this often stops seizures!]



Wild Burros at Mt Vernon S. of Center Street

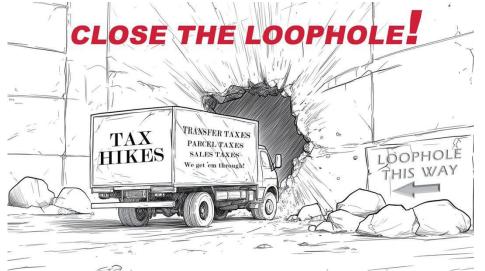
"Imagine watching your country get sicker, weaker, and more infertile by the year...

Then watching politicians attack the only guy asking what the hell is going on.
- That's where we are."

Prop 13 Q & A

"We are so grateful for all the hard work your organization did to pass prop 13 in California so many years ago - it may be a big reason some of us can still live here!" I told Susan at the Howard Jarvis Taxpayers Association.

But I had to ask, If Prop 13 is "enshrined in our state constitution" why do we need to fight seemingly every election to keep it, and why do we need a new initiative to keep it?



"Thanks so much for writing. You're right that Proposition 13 is enshrined in the state constitution. Unfortunately for taxpayers, state courts have interpreted words and phrases in the state constitution to mean something other than what they meant or were intended to mean. For example, Prop. 13 requires a two-thirds vote for all local special taxes, and a court ruling in the 1980s defined "special" to mean only some local taxes — those that were dedicated to a specified purpose. "General" taxes, the court ruled, only needed a simple majority.

In the 1990s, several court rulings undercut Prop. 13's ban on real estate transfer taxes. The rulings held that charter cities, which have their own local constitutions and more autonomy than "general law" cities, could enact transfer taxes as long as the revenue was for a general purpose.

In 2017, the state Supreme Court used ambiguous language in California Cannabis Coalition v. City of Upland to suggest that if a tax increase is put on the ballot by a citizens' initiative instead of a government body (a city council, for example), then the constitution may not apply, and neither does Prop. 13's requirement for a two-thirds vote. This giant loophole was then expanded in the appellate courts, citing the Upland decision.

The Local Taxpayer Protection Act to Save Proposition 13 bans and repeals real estate transfer taxes and makes clear that the two-thirds vote requirement for local special taxes applies even if the tax increase is put on the ballot by a citizens' initiative.

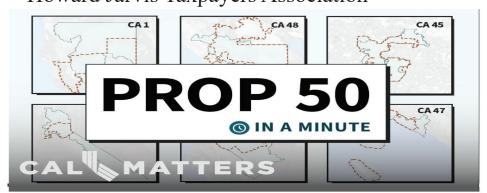
This is the latest battle in a nearly 50-year war

Protect Property Taxes from going up! **Protect Prop 13**

by joining us at: HJTA.org/saveprop13/

over whether it will or will not be easier to raise your taxes. The Howard Jarvis Taxpayers Association is here for the fight. Voters can go to Save-Prop13.com to print the official petition to get this measure on the November 2026 ballot. Thanks again for writing!"

Best regards, Susan Shelley VP, Communications Howard Jarvis Taxpayers Association



Have you read this bill? Prop 50 DELETES the part of the California Constitution that gave the people the right to draw lines (The Citizens' Redistricting Commission) after each census.

Did you know that Prop 50 would change California's Constitution?! I never heard that in a commercial. Don't let representatives draw their own lines! It looks like a kid wrote "delete" on an official document(!)

Pictured below, but feel free to check the website and see for yourself!

https://elections.cdn.sos.ca.gov/statewide-elec-STATE OF CALIFORNIA
AUTHENTICATED
ELECTRONIC LEGAL MATERIAL

Assembly Constitutional Amendment No. 8

RESOLUTION CHAPTER 156

Assembly Constitutional Amendment No. 8—A resolution to propose to the people of the State of California an amendment to the Constitution of the State, by adding Section 4 to Article XXI thereof, relating to redistricting.

[Filed with Secretary of State August 21, 2025.]

LEGISLATIVE COUNSEL'S DIGEST

ACA 8, Rivas. Congressional redistricting.
The California Constitution establishes the Citizens Redistricting Commission, which is required to adjust the boundary lines of congressional, Senate, Assembly, and State Board of Equalization districts in the year following the year in which the national census is taken at the beginning of each decade.

Delete

This measure, which would include a legislative finding that it is in response to redistricting in Texas in 2025, would, notwithstanding the authority of the Citizens Redistricting Commission, require the state to temporarily use the congressional districts reflected in AB 604 of the 2025–26 Regular Session for every congressional election until the new congressional boundary lines are drawn by the commission in 2031.

Resolved by the Assembly, the Senate concurring, That the Legislature of the State of California at its 2025–26 Regular Session, commencing on the second day of December 2024, two-thirds of the membership of each house concurring, hereby proposes to the people of the State of California that the Constitution of the State be amended as follows:

First—This measure shall be known, and may be cited, as the "Election Rigging Response Act."

Ever heard of the Voter's First Act of 2008?

Californians passed it to make sure our district lines were drawn without bias. Ballotpedia says the history of Prop 11 is: "California Proposition 11... supported transferring the legislative redistricting power from elected representatives to a 14-member commission; establishing a process for selecting commissioners; and requiring a supermajority vote to approve redistricting map. VOTE NO on 50 - Don't let representatives set their own district lines again! Keep the citizens commission!

Boy Scout Troop Receives (Cont. From Front P.) trailer of all the camping gear they had accumulated over many years.

A much-needed Grant was provided by the California Lions Foundation and facilitated by the Grand Terrace Lions Club.

With the \$500 grant they purchased essential camping equipment – including propane camp stove, griddle, camping cooking table and other outdoor essentials to support the units' ongoing outdoor programs.

"We're thankful to the Grand Terrace Lions Club and the California Lions Foundation for recognizing the importance of Scouting and stepping in to help."

"The grant is a great example of how Lions make a real difference," said Jayna Ramirez, President of the Grand Terrace Lions Club.

Troop 40 and Pack 242 serve the Grand Terrace and surrounding area and are chartered by Grand Terrace Lions Club.

The Scouts regularly participate in service projects, outdoor adventures, and character-building activities that foster leadership and responsibility.

Contact Scoutmaster David Crandell at Troop-40GT@gmail.com. For Lions info Contact President Jayna Ramirez at GTLions74@gmail.com

People who stretch 10 minutes before bed fall asleep 20% faster and report 30% better sleep quality. - NLDR Media

"Attorney Tom Renz just dropped a monster thread revealing how Digital ID is already here—woven quietly into a series of carefully crafted laws and regulations." - Vigilant Fox Substack

"He explains that its implementation isn't driven by one sweeping law, but by subtle updates to existing policies rooted in the Patriot Act."

(Tom Renz's Newsletter For God, family, and Country - The fight against corruption. Substack)

Editor's note: I'm seeing this "carefully crafted, multiple law, tiny change in laws to create big disruption" agenda frequently lately.

Disappointed to find that both sides of the aisle voted yes on AB715 and SB48 and the governor signed them into law. (see article ->)

When I called our Assemblyperson and her Sacramento Legislative Assistant, "the Caucus said, 'yes'" (and it seems we weren't supposed to find out about it.)

Sad to think that there is *one ideology running* the show - it should scare people on both sides

to get involved and make a difference.

"There are Californians who are relying on Republicans getting their [*%\$!] together and actually ... (be) a functioning, opposition party," DeMaio said. "They're not, they haven't been, and it's gotten worse and worse each year. They know how to surrender versus fight."

Who knows, you may meet some new friends as well as make a difference for your family!

See CalMatters.org and get involved!

Highgrove Library 530 W. Center Street 951-682-1507 *See P. 6 for Nov Calendar*



Protect Your Family in Light of New Laws

Imagine you are a family in California. You and your husband have two children that you adore and they are elementary school age. Both of you have to work to afford your home, cars and groceries. You are very busy with children's activities and don't have time to pay attention to politics.

But now, a bill has passed that makes it illegal for a traditional family of four to be the only family represented in the textbooks. Doesn't seem like a big deal... but then you take a step back to look at the big picture of what has become law this year.

In the name of stopping "hate and antisemitism" AB715 passed. but when you read the parts actually put into the Education code (SB48), it says that taxpayers pay for a new, unelected (appointed by the Governor) official that oversees the school districts to make sure LGBTQ is taught in schools.

Ok. Maybe that's not so bad.

Except the Governor Newsom just passed into law AB495...I gave details last month, but it basically means that a non-relative can take your child out of school without your permission and take control of their "health care" (code for "gender-affirming" surgery?)

First the children in private and charter (yes, the new law specifies charter schools) get programmed to think they should be another sex, then the parents are taken out of the decision-making process.

Please *pray about* finding a way to *privately homeschool your children!* Some families can cut back on an extra car, gas and child care that having both parents work requires... then they can watch God move in answer to their prayers to provide for their young family.

Sounds like a pipe dream? It is exactly what we did to homeschool our children in the early 2000's. We don't regret it. (and I'm willing to give suggestions on how we did it, if you ask.)

But if nothing changes, will you regret leaving them in school?



Our Constitution was designed for a moral and religious people and is wholly inadequate to govern any other...- John Adams

"When people stop talking, that's when you get violence."

"The weak can never forgive. Forgiveness is the attribute of the strong. The only way out of the labyrinth of suffering is to forgive. Welcome without judgment, love without condition, forgive without limit. Always forgive your enemies. Nothing annoys them so much."

"When things are moving very fast and people are losing their minds, it's important to stay grounded. Turn off your phone, read scripture, spend time with friends, and remember, internet fury is not real life."

"When you stop having a human connection with someone you disagree with, it becomes a lot easier to commit violence. What we as a culture have to get back to is being able to have reasonable agreement where violence is not an option." - Utah Governor quoting Charlie Kirk's words

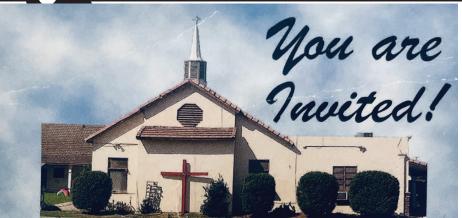
The Word says,*Love God and Love people (even enemies)

*"all have sinned and fall short of the glory of God." but

* "...God so loved the world that He gave his one and only Son, that whoever believes in Him shall not perish but have eternal life." John 3:16



IGHGROVE CHURC





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

Pastor John Pettit

951-318-3856

Church Phone: 951-784-1100

45 Michigan Avenue, Riverside, CA 92507

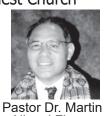




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