



HIGHGROVE HAPPENINGS

Real. Local. Truth.

Includes
Spring
Mountain
Ranch



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

SEPT 2025

Why Local News Matters to You

**We Support the Local Businesses that allow you to grab an item close to home.* Spending all of your shopping dollars with companies like Amazon makes it possible that one day we won't have local options.

**More thoughtful, evergreen content:* We focus less on breaking news and more on deep dives into *what affects you here in Highgrove*, knowing that one



Wild Burros Eating Weeds from Driveway
or two good social media contacts can give national news, but no one else provides local insider truth along with what might affect you personally.

Highgrove is a special place to live with its own challenges (*like donkeys roaming wild on our streets - see related story page 11*)



**Stories that can improve your health:* Our editor-in-chief is an *ex-Nutritional Consultant* who *may save you time and money* with monthly articles answering health questions relevant to your family.

Local News Importance (Cont. P.10)



Please Send Ideas to Aruiz@rivco.org & Attend!

MAC Meeting Wednesday, Sept 24th 6pm

The Municipal Advisory Council for the unincorporated area of Highgrove

(If you receive this paper - even if your address is Riverside - this meeting affects you!)

at the Highgrove Community Library

Please see message from Supervisor Medina P.3



Promised AT&T Cell Towers Have a Date in 2027

A "micro cell" is planned for 317 Murphy Avenue that will cover approx, 1500 sq. feet.

A "Macro Cell" is planned for the St. Mina Coptic Orthodox Church on the top of the hill that we are told will give two miles of coverage.

Both are scheduled for completion in 2027.



New for Waste Management: 3 Bins; 4 Calls P 9



"Please be careful of our local donkeys - not only can you hurt them, but they can also hurt you!" - Ronda W., Highgrove Resident

Who Should Draw Our Districts? P.2

"RAC Taught Me" P.2

AB495 P.3

Your Voice Matters by Supervisor Medina P.3

New Road is All We Need by "Barney" P.5

Brain Health Pt. 2 P.9

Is "He's So Inclusive" Reason to Vote for.? P.10

HIGHGROVE HAPPENINGS



The Savannah Bananas (w/Coach RAC) filled this football stadium w/71,000 - shown on ESPN



Who should draw your district lines?

In 2008, California voted in the Voters First Act to prevent politicians from drawing congressional districts. This act created a non-partisan, Citizens Redistricting Commission to draw out new legislative districts with every census.

This commission is made up of 4 registered Democrats, 4 registered Republicans and 4 who have not claimed a specific party. In order to pass new lines, three of each have to agree that they are fair.

It may not be a perfect system, but it does seem to be more reasonable than to allow those in office who would benefit, to be the ones to draw the lines.

But Newsom is calling for a special vote. His website admits that his purpose is to balance Texas' new districting. California will work on its own redistricting map, and "...go full-steam ahead in an effort to cancel out the five seats gained by the GOP in Texas."

\$200 million is estimated to be the cost to make this statewide special election happen.

ProtectFairElections.Org

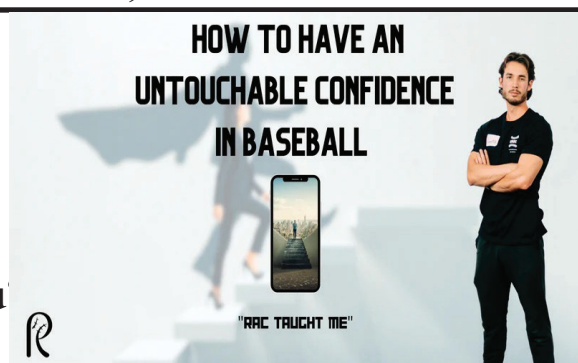
"It's clearly a threat to democracy and representative government in California, unlike anything we've ever seen. California voters have very clearly expressed their will that we should not have gerrymandering, that drawing district lines should not be done by politicians." - Kevin Kiley

RAC Taught Me
"Stop striking out."

"Just be better."

"Try harder."

Has advice like this ever helped you EVER?



Do you know what my number one problem is in baseball?

My number one problem is thinking too much. Thinking too much ruins confidence. Thankfully, confidence is something that I learned, and you can learn it too.

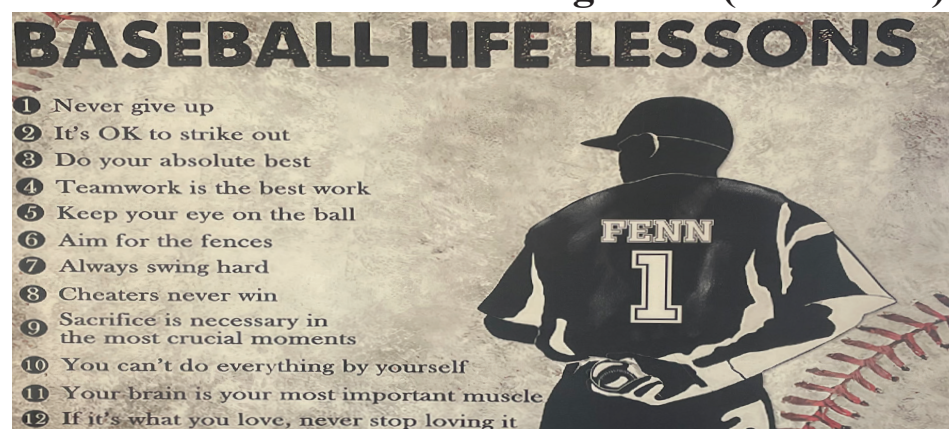
Here are two sports psychology tips that will give you untouchable confidence in baseball:

1. Harness the Power of Visualization

Close your eyes, and see yourself hitting the ball. Imagine the motion, feel your muscles engage, and visualize the desired outcome. Detailed visualizations in your head reinforce performance patterns. The more vivid and specific you can make your mental images, the better.

Visualize the trajectory of the ball, the exact point of contact, and the satisfaction of squaring up a ball right on the sweet spot. See different pitches in different locations, and see yourself driving them to all parts of the field. By immersing yourself in these mental simulations, you enhance your con-

RAC Taught Me (Cont. P.11)



Brilliant Decor in a Highgrove Model Home

September 2025 Page 2

HIGHGROVE HAPPENINGS

Is AB495, "A Kidnappers Dream Bill"?

Have you heard the controversy? Some say it protects children, some say it takes away a parent's rights. I had to dig in and find the truth.

On the surface it looks pretty good. Protect immigrant children. Of course, we want to protect all children, right?

But there is some verbiage in this bill that I find very concerning:

"(e) Nothing in this section prohibits the governing board or body of a local educational agency from establishing stronger standards and protections."

It almost makes it sound like it gives the governing board or local educational agency pretty heavy rights - that *they* are allowed to determine.

Is it important to constantly update school records on all students in the district? As a home-schooling mom, I would not have liked another hoop to jump through... but I would be especially concerned about the terms, "including but not limited to..."

"...including, but not limited to, information related to plans for family safety and the importance of providing the school with, and regularly updating, emergency contact information, including secondary and additional contact information."

But this is worded way worse. *Can you imagine a non-family member without ID, filling out a form that will allow them control over your child's education and allow a district medical professional to do as they will for a year?*

"6550. (a) (1) A caregiver's authorization affidavit that meets the requirements of this part authorizes a caregiver 18 years of age or older who completes items 1 to 4, inclusive, of the affidavit provided in Section 6552 and signs the affidavit to enroll a minor in school and consent to school-related medical care on behalf of the minor. A caregiver who is a relative *or a nonrelative* extended family member and who completes items 1 to 8, inclusive, of the affidavit provided in Section 6552 and *signs the affidavit shall have the same rights to authorize medical care and dental care for the minor that are given to guardians* under Section 2353 of the Probate Code..."

There is no requirement for identification for the person filling out the form and taking any child out of school or getting a child medical treatment without parental notification.

Please read AB495 and tell your assemblyperson,

"No on AB 495, please keep our children safe."

And, while you're at it, please mention that,

"parental rights need to be protected at all costs."



Your Voice Matters: Help Us Improve Highgrove

Greetings Highgrove Community, I wanted to provide a quick update following last week's Highgrove Municipal Advisory Council (MAC) meeting.

Next week, MAC Chair Anna J. Gallegos, Secretary Cynthia Cruz, my Chief of Staff Emilio Ramirez, Senior Legislative Assistant Araceli Ruiz, and Legislative Assistant Lorena Husband will be touring the Highgrove community to identify potential beautification and improvement projects.

Please note that, in accordance with the California Brown Act and in consultation with the County's Legal Counsel, we must ensure that less than a majority of MAC board members are present during any informal gathering where matters within the jurisdiction of the MAC may be discussed. This is to avoid the appearance of conducting business outside of a publicly noticed meeting and to remain in compliance with open meeting laws.

We invite and encourage both MAC board members and community members to share suggestions for potential enhancement projects. Email your ideas to Araceli Ruiz at ARruiz@Rivco.org.

"...proposed projects will be considered during the next MAC meeting on Sept. 24, 2025, 6PM..."



Love LIVE old time Rock N Roll? You are in for a treat! **Saturday, September 27th** at Whispering Lakes Golf Country Club in the Flying Goose Bar. *(The venue is outside between the golf course, hitting range and duck pond! When we went in August the cool breeze and perfect evening temperatures felt like a little piece of heaven! In September, you may want a jacket!)*

Enjoy your favorite oldies Live with DNA! 7-10pm

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

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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

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 \$2.00 (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!

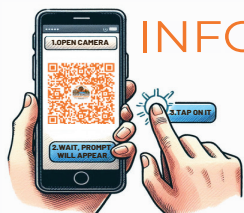
Warm Center From December to March, cozy up in our warm haven during those chilly months.

Highgrove Sunset Market:
Don't miss out!

Join the 951 Market crew every 2nd Saturday

FSA Child Development Ctr
Now Enrolling! Free or low-cost preschool programs. Call 951-342-3151.

SCAN FOR MORE INFO



PHONE: 951-241-7221 **ADDRESS:** 459 CENTER ST, HIGHGROVE, CA 92507
OPENING HOURS: MON - THU 8AM - 4PM FRI 8AM - 2PM

September 2025

The Norton YOUNGLOVE COMMUNITY CENTER

FAMILY - SERVICE - ASSOCIATION SEPTEMBER SHIFTS: FROM SUMMER HEAT TO HARVEST HAPPENINGS



Hey Highgrove! 🍁

Can you believe summer is almost over? The kids are back in school, backpacks full of fresh supplies, and August gave us those classic hot, mindful days where the shade was our best friend. ●

Now we're stepping into September—a month that bridges the golden glow of summer with the cozy promise of fall. We've got important dates, festive fun, and a little spooky-season excitement to share.

🌿 **Center Closure – Labor Day Monday,**

September 1, 2025 The center will be closed in observance of Labor Day—a day to honor the contributions of workers and celebrate rest, family, and community.

🛒 **USDA Food Program – Friday, September 26th. ● 8:00 AM – 10:00 AM** The USDA Food Distribution is back on its regular 4th Friday schedule! Come early, bring a reusable bag if you can, and help us keep Highgrove nourished and connected.

📅 September Holidays & Observances

- **September 1** – Labor Day 🇺🇸 (Center Closed)
- **September 8** – Grandparents Day ❤️: Show love to the grandparents and elder mentors in your life.
- **September 11** – Patriot Day & National Day of Service and Remembrance: Honor and reflect on lives lost, and give back through acts of service.
- **September 15 – October 15** – Hispanic Heritage Month: Celebrate the culture, history, and contributions of Hispanic and Latino Americans.
- **September 17** – Constitution Day: Recognize the signing of the U.S. Constitution in 1787.
- **September 21** – International Day of Peace 🌍: Promote unity, kindness, and understanding.
- **September 22** – First Day of Autumn 🍂: Welcome crisp mornings, cozy nights, and pumpkin-spice everything.

🎉 Mark Your Calendars – October Fun Awaits!

The 951 Market – Halloween Edition 📅 Saturday, October 25, 2025 | 3 PM – 9 PM
Costume Contest (all ages), Trunk or Treat, Haunted Maze, Kid Zone, and live performances—spooky fun for the whole family.

Annual Harvest Costume Ball 📅 Saturday, October 25, 2025 | 3 PM – 7 PM

🎭 Costume Parade at 5:00 PM with prizes for ages 1–18. Enjoy carnival games, festive treats, popcorn, and community cheer.

September is our bridge from summer's buzz to autumn's warmth, let's make the most of every step together. With appreciation,
Leila S. Center Manager

P.S. October 25th will be one unforgettable day—two Halloween events, one location, endless fun! 🎃🍁

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!



HIGHGROVE HAPPENINGS

New Road is All We Need to Bypass Trains!

[Editor's Note: R.A. "Barney Barnett", Founder of the Highgrove Happenings Newspaper has a great (old) idea to help alleviate our traffic from trains!]

Long freight trains divide Highgrove in half and block traffic on Main St. and Center St. A new road, only six tenths of a mile long on the abandoned (in 2014) Union Pacific (UPR) right-of-way is all we need to give access to the Iowa Avenue Overpass.

This new two lane road would be on a dirt road called California St., that has been used for illegal dumping for many years.

There is ample room for one lane in each direction between Center St. and Citrus St.

Citrus St. connects to the Iowa Overpass where there is a traffic signal at the top. Traffic from both sides of the tracks will be able to get to the other side instead of having to wait on the trains!

Emergency vehicles such as fire trucks, ambulances, law enforcement and daily commuters, would have access to the overpass to avoid the trains.

In 2008, Center St. and Main St. were both blocked for 18 hours due to a train derailment.

The \$31.3 million dollar Iowa Avenue Overpass opened on June 8, 2014 but after eleven years, it is time to use it when trains block our streets.

R.A. "Barney" Barnett 951-255-6648

HighgroveNews@roadrunner.net



HIGHGROVE HAPPENINGS



Dedicated to the improvement of our community through awareness and involvement in local issues

(FREE) Local News for the Highgrove Area

August, 2008

Three more reasons why we need a short road between Spring St. and Iowa Ave.!

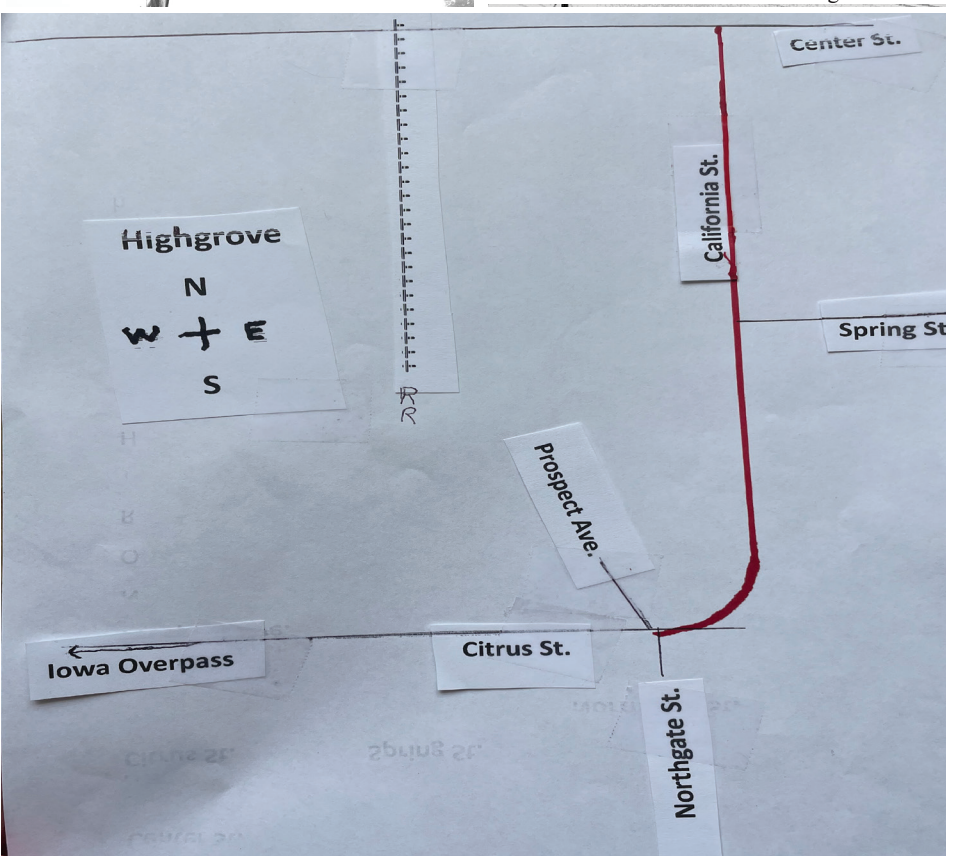


On May 16, 2006, this derailment blocked the Center Street crossing for 4 hours. (L-R: Conductor Jimmy Coe and BNSF employee John Salvini)



About 3 months later on Aug. 26, 2006 another derailment closed both Center St. and Main Street, and Highgrove was cut off for 18 hours.

3



4 The solution: Build a new road parallel to the railroad tracks instead of crossing over them!



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HIGHGROVE HAPPENINGS

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Bordwell Park Ctr Mon/Wed 5:15 pm

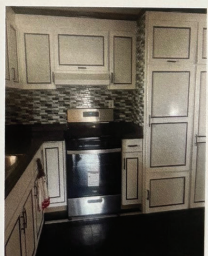
Bobby Bonds Community Center Fri 9am



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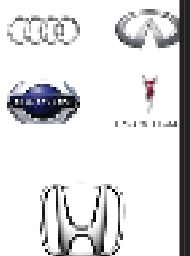
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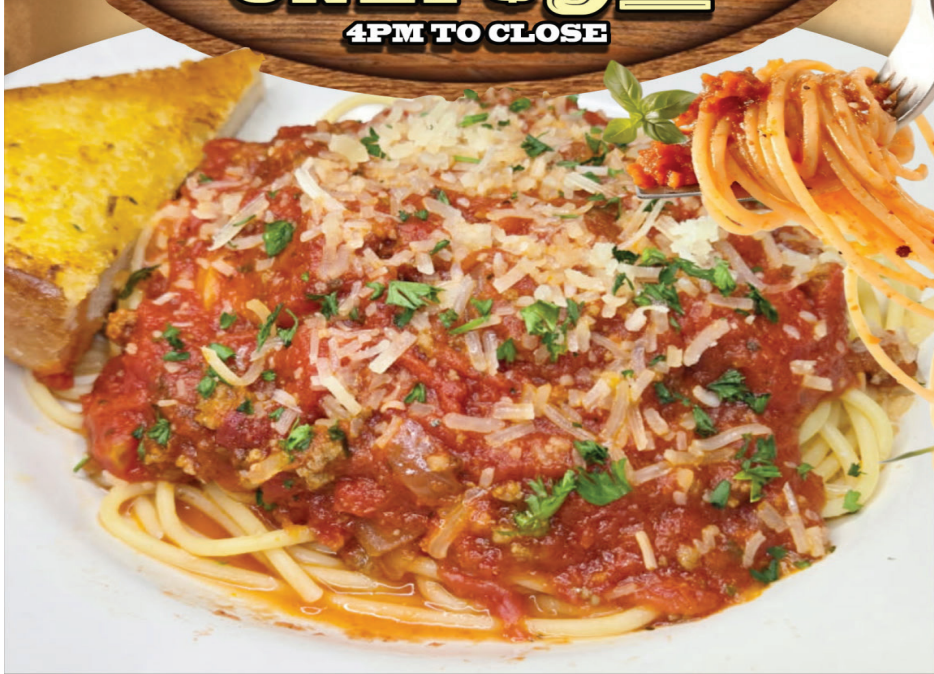
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HIGHGROVE HAPPENINGS

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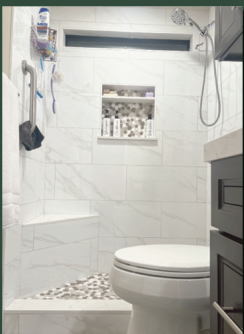
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HIGHGROVE HAPPENINGS

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HIGHGROVE HAPPENINGS

Waste Management's New Program



Waste Management (wm.com) serves us with their trash trucks and bins.

Their new program will give you three cans:

1- trash; 2- recyclables and 3- a green can for food and landscape waste in the hope that we recycle more.

But the best part might be that now *we can call four times per year for large waste pickups like old mattresses and furniture without an extra fee.*

If someone illegally dumps near your property, would you be willing to use one of your four large pickups to keep our neighborhood clean?

WM recently helped by picking up a dumped sofa.
Let's do our part to keep our neighborhood clean!

RESEARCH SHOWS

UV abstinence gives a cancer
Mortality risk = smoking



"Medical School taught us to follow a path that leads to chronic disease rather than preventing it." It's time to rethink and re-educate."

- Dr. Robert Lufkin

RFK Jr. was Vaccine-Injured and now Fights to protect our Children. ChildrensHealthDefense.org



Following this week's announcement that Kraft-Heinz would remove chemical dyes from food products, the MAHA movement could be on the verge of notching another victory, as reports circulated that Health and Human Services Secretary Robert F. Kennedy Jr. and the Trump administration were looking to restrict pharmaceutical companies from running televised advertisements.



Highgrove Library

530 W. Center Street

Preschool Storytime with Songs,
Music and FUN! Wednesdays at 11:30 am

Bilingual Story Time Thursdays

951-682-1507

MAC Meeting

September 24, 2025 6-7pm

**Please call to confirm event times & dates*

Brain Health Part II

Years ago when I worked at Clark's Nutritional Center, the Director of Education there shared an article with me that was fascinating.

Have you ever wondered if there was proof that vitamins did something? Many people don't know their history. Vitamins are named so because if someone is lacking in a vitamin there is a deadly disease that they could get... for example, children that do not have a certain amount of sunlight or vitamin D get rickets or a disease associated with improper bone development in their legs. Let me know if you'd like me to share examples in a future issue!

Well, I shared his excitement as we read a journal article that *used an MRI to see how certain B-Vitamins light up the brain!*

P-5-P (coenzyme B6), methylfolate (B9) and methylcobalmin (B12) are the b vitamins that they found not only lit up the brain, but these *nutrients actually prevent brain shrinkage!*

That was exciting enough, but when you add to this the research that shows *they also lower homocysteine levels* (high homocysteine is the most reliable marker for cardiovascular issues) it makes me glad I take a quality b complex every day! My recent favorite is by Emerald Labs. (I'm not an affiliate - but like them enough to become one day!)

I like their B-Healthy because there are quality B vitamins in their formulation (some companies use cheaper forms - for example, instead of pyradoxil-5-Phosphate, a cheaper version would be pyrodoxine hydrochloride) and may contain tableting ingredients that I try to avoid like magnesium stearate (that B-Healthy does not contain).

This is why I buy my vitamins from Sprouts or Clark's Nutritional Centers to get cleaner, better quality vitamins than pharmaceutical manufacturers make for grocery and drug stores.

Next month - A protocol to reverse diabetes?



Momma RAC's Column

[Linktr.ee/socalgardenhealth](https://linktr.ee/socalgardenhealth)

Fight lies / Protect family!

TikTok: @homeschoolingmoms



HIGHGROVE HAPPENINGS

Is, "He's So Inclusive" Reason to Vote for him/her?

While traveling to watch a Savannah Bananas Game at Busch Stadium in St. Louis in July, I met a gal who was excited to hear we are from California.

She said, "I tell Californians we love them when they move here (she lives in Tennessee) and tell them that I love their governor!"

Happy to feel welcomed, but shocked at her words, I kept a straight face and asked, "Why?"

Flashing into my mind were gas prices at \$2.89 in Missouri instead of \$4.89 in California...

I thought of the horrific fires while we had an empty water reservoir, and that we voted for a bond of \$8 billion many years ago to make sure we had back up water reservoirs for the inevitable fires... then I remembered Newsom's glee as he announced "plans to rebuild in time for the Olympics" while people's homes were still burning behind him.

I thought of criminals released from prison on his watch and all the homeless on the streets and all the businesses and families who left California and moved out of state due to heavy regulations and a lower cost of living.

I couldn't imagine why she'd love our governor.

She said, "Because he is so inclusive!"

But, what does that mean? For her, inclusion was important because she introduced me to her wife and inclusion means that her lifestyle is accepted.

I looked up inclusion in my Webster's 1828 dictionary to see the words with their original meaning.

Inclusion, n. [L. inclusio] the act of including.

Ok. She wants to be included. I get it.

"The word duty, **includes** what we owe to God, to our fellow men, and to ourselves; it includes also a tax payable to the government."

Does "inclusion" make California a great place to live? Is "inclusion" more important than families affording to live here or more important than safety from fire or crime? Share your thoughts: info@HighgroveHappeningsNewspaper.com

"We will not open or operate retail stores in California. This decision isn't about politics - it is about reality. **California has created one of the most overregulated, expensive, and risky environments for business in America. It's a system that makes it harder to employ people, harder to keep doors open, and harder to deliver value to customers...** At Bed Bath & Beyond, our responsibility is to our customers... We will not participate in a system that undermines... Instead, we are investing in a California Strategy that works: 24-48 hour delivery and in many cases, same day service." Californians will continue to get the products they love without the inflated costs created by an unsustainable model-Marcus Lemonis, Bed Bath & Beyond

Local News Importance (Cont. from Front P.)

***Community voice amplifier:** Our goal is to unify our community, being a local voice for what matters most to you and your neighbors. Sometimes seeing a story here is the motivator to keep our local officials accountable...

***Stronger Community Connection:** You may recognize names and faces in our paper. Local Advertisers can reach local audiences and volunteers may be able to participate in our monthly rolling party where we connect on a personal level - less pressure = more sustainable.



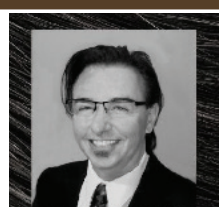
"Gavin Newsom's latest stunt has nothing to do with Californians and everything to do with consolidating radical Democrat power, silencing California voters, and propping up his pathetic 2028 presidential pipe dream. **Newsom's made it clear: he'll shred California's Constitution and trample over democracy — running a cynical, self-serving playbook where Californians are an afterthought & power is the only priority.**"-Christian Martinez



"FBI Director Kash Patel found a trove of sensitive documents related to the origins of the Trump-Russia probe buried in multiple "burn bags" (a system used to destroy documents designated as classified or higher) with thousands of documents in a secret room inside the bureau, sources told Fox News Digital.

...FBI would play a role in spreading the alleged Trump-Russia collusion narrative — before the bureau ever launched its controversial Crossfire Hurricane probe." - Jim Rickards

"You don't have to be great to start, but you do have to start to be great." - Zig Ziglar



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Mike Barnett

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

HIGHGROVE HAPPENINGS

RAC Taught Me (Cont. from P.2)

fidence and create a strong mental blueprint for success.

Taking mental reps will have an impact on physical reps. By engaging all your senses and creating vivid mental images of success, you build a reservoir of confidence that will carry over into game situations.

2. Develop Consistent Routines

Routines are not mere eyewash. Routines have real, lasting impacts on your game.

Develop a routine for when you step up to the plate. Do whatever makes you feel comfortable, and stick with it. Get familiar with that routine.

When you have a routine, you build familiarity.

Familiarity makes you feel comfortable. When you're comfortable, that builds your confidence. When you are confident, you perform better.

Confidence is a Skill

Confidence in baseball does not come solely from natural talent. It is a skill that can be nurtured and developed through intentional practice and mental conditioning. By harnessing the power of visualization and establishing consistent routines, you can strengthen your confidence and improve your performance on the field.

When someone asks you how you play with such unwavering confidence, you can tell them,

"RAC taught me." **CoachRAC.com**

Instagram.com/Coach.RAC



HIGHGROVE CHURCHES



Immanuel Baptist Church of Riverside

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Youth ministry for all services

Nursery for all services

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11:00 am - Worship Service
6:00 pm - Evening Worship

Wednesday 7:00 pm - Bible Study

Pastor John Pettit

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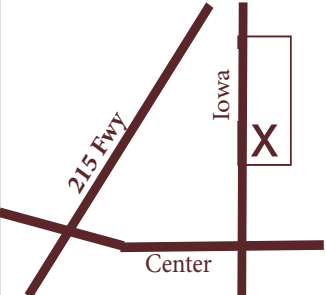
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We cannot publish all, but do read and
take all of your ideas to heart!

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