



HIGHGROVE HAPPENINGS

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APR 2026

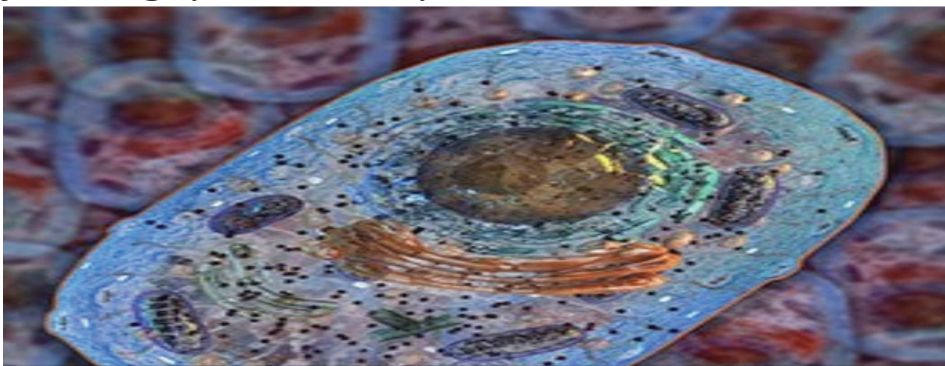
Your Body Is Designed to Repair Itself — And Research Proves It

What if the genes you inherited aren't the final word on your health?

We've all heard it. "Cancer runs in my family."

"My mom had diabetes, so I'll probably get it too."

"It's just in my genes." These statements feel true — and they're not entirely wrong. **But they are far from the whole truth. The research that fills in the rest of the picture may be one of the most hopeful things you read all year. See Genes Cont. P. 6**



Mitochondria are the energy-producing organelles inside of human cells (above magnified).

More and more research shows that when the mitochondria works well, we have energy and health.

Highgrove MAC (Municipal Advisory Council) Next Meeting: May 27th, 2026

Two Highgrove MAC members meet with two Riverside County Executives! by "Barney" Barnett

Highgrove resident and owner of Fair Price Carpets, Kurt Ritz, MAC members Jeff Girod and Susan Meeks, (along with former MAC Chairman, Barney Barnett), met with Supervisor Medina on March 9, 2026 & Riverside County CEO Jeff Van Wagenen on March 17, 2026.

Subjects discussed at both meetings:

RETAIL: STOP the developer's "ENTITLEMENT" process that would change eight acres in Highgrove that has been designated for future Retail.

PREVENT building apartments or more homes

NEW ROAD: Ask Riverside County to negotiate with the Union Pacific Railroad that would allow the county to build a new road between Center St. and Citrus St. where their former track was located. Obtain UPRR's abandoned property through purchase, donation from UPRR as a public service, or use of Eminent Domain.

Establish a **NO WHISTLING ZONE** for trains going through Highgrove at Main St., Center St. and Palmyrita Avenue. [Ed. Note - Give us sleep!] San Bernardino County and the City of Riverside should be contacted for their help. R. A. "Barney" Barnett Highgrovenews@roadrunner.com 255-6648

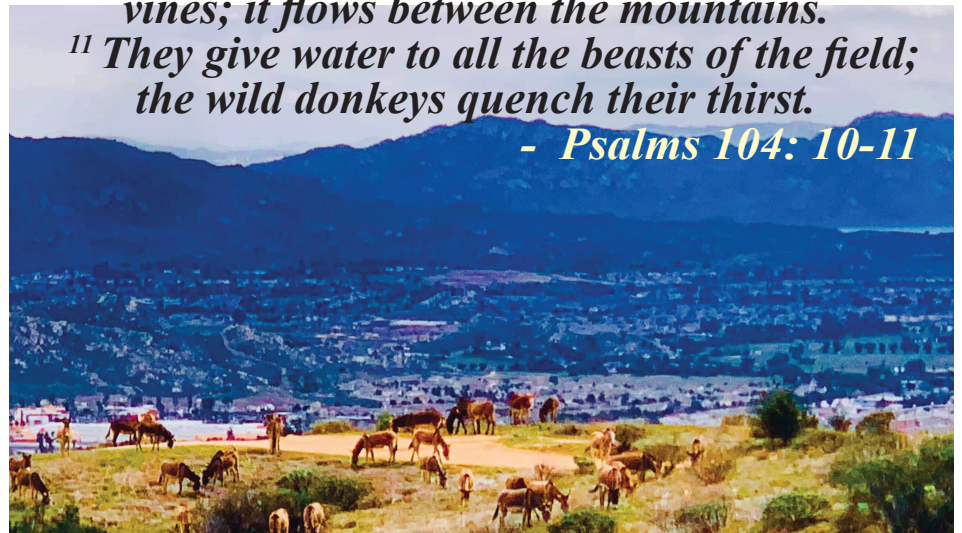
[Editor's note: Our sincerest apologies for the misprint of this article. We are beyond grateful to people like Mr. Ritz, Mr. Girod, Ms. Meeks and Mr. Barnett for actively helping to improve our community.]



"¹⁰ He makes springs pour water into the ravines; it flows between the mountains.

¹¹ They give water to all the beasts of the field; the wild donkeys quench their thirst.

- Psalms 104: 10-11



What Happened With the Donkeys? See May

THE LAST STORE ON MAIN STREET: A WARNING WE CAN STILL HEED

What happens to our towns when we stop shopping local and why it matters more than you think...

Imagine waking up one morning and driving down Barton Road. The storefronts are dark. The signs are faded. The parking lots are empty — not because it's early, but because there is nothing left to open. No family-owned shops. No neighborhood restaurants. No place where someone knows your name and genuinely wants to help. Just a row of vacant windows and a delivery drone humming overhead.

It sounds like science fiction. But the path there is paved with convenience — one click at a time.

MONOPOLY - WHO CONTROLS THE PRICE?

Right now, if you need a dresser, you have options. You can visit Three Bees, find a quality antique



The Last Store on Main St (Cont. P. 5)

Why is the California Congress pushing to save California drivers on the \$4000/yr gas tax FOR ONLY ONE YEAR? Ways they Take Your Money P.3

HIGHGROVE HAPPENINGS

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HIGHGROVE HAPPENINGS

Your Money, Your State:

Ways They Hit Your Wallet

Separating fact from fiction — and asking the questions Sacramento hopes you won't

You may have seen a headline recently claiming Governor Newsom proposed a \$60,000 fine for leaving California. It spread fast across social media. But here's the truth: no such fine exists or has been formally proposed. What IS real is arguably just as striking — and worth understanding clearly.

The Billionaire Exodus

What's actually happening is a proposed ballot measure called the Billionaire Tax Act, which would impose a one-time 5% tax on the net worth of any Californian worth over \$1 billion — applied retroactively to anyone who was a California resident as of January 1, 2026. Even if you left before the vote, you may still owe. The measure hasn't qualified for the ballot yet, but the mere proposal has already triggered a significant exodus of wealth from our state.

And here's the thing — this didn't start with the Billionaire Tax. California has been losing its wealthiest residents and employers for years under the current California administration:

Elon Musk moved Tesla from Palo Alto to Austin, Texas in 2020, citing California's high taxes and regulations, SpaceX followed.

Peter Thiel (PayPal co-founder, early Facebook investor) publicly announced **See Your Money P. 6**

HIGHGROVE LIBRARY

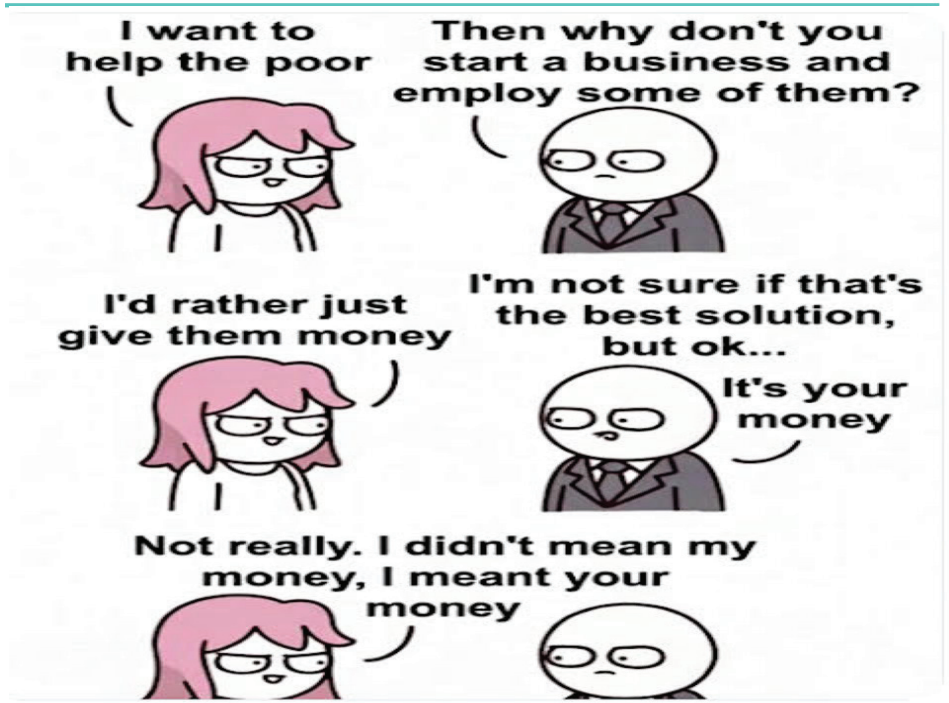


Riverside County Library System



APRIL 2026

TUE	WED	THUR	FRI	SAT
	1 Preschool Storytime 11:30AM-12:30PM Brick Building Club 1:30PM-2:30PM	2 Tween Studio: Game Night 4PM-5PM	3 Chess Club 3:30PM-4:30PM	4 Family Arts & Crafts: Junk Journaling 1PM-2PM Dragons & Librarians 2:30PM-3:30PM
7 Supervisor Staff Hours 1:30PM-4:30PM STEAM: Tinker Lab 3:30PM-4:30PM	8 Preschool Storytime 11:30AM-12:30PM Crafty Corner 1:30PM-2:30PM	9	10 Chess Club 3:30PM-4:30PM	11 Russian Story Hour 1PM-2PM
14 STEAM: Balancing Toy 3:30PM-4:30PM	15 Preschool Storytime 11:30AM-12:30PM Brick Building Club 1:30PM-2:30PM	16 Little Explorers: Playdough 3:30PM-4:30PM	17 Waggy Tales 3:30PM-4:30PM Chess Club 3:30PM-4:30PM	18 Dragons & Librarians 2:30PM-3:30PM
21 Supervisor Staff Hours 1:30PM-4:30PM STEAM: Seed Bombs 3:30PM-4:30PM	22 Preschool Storytime 11:30AM-12:30PM Crafty Corner 1:30PM-2:30PM	23 Sun Prints California Museum of Photography 4PM-5PM	24 Chess Club 3:30PM-4:30PM	25 Family Arts & Crafts: Blackout Poetry 1PM-2PM
28 STEAM: Bubble Boats 3:30PM-4:30PM	29 Bilingual Storytime 11:30AM-12:30PM Local History: UCR Library Archives 5:30PM-6:30PM	30		



A Message from Supervisor Jose Medina



Jose Medina,
Riverside County
Supervisor, District 1
Office
Phone: 951-955-1010
Email:
District1@Rivco.org

The Riverside County Board of Supervisors recently approved support for **Keep Riverside Clean and Beautiful (KRCB)** to expand community cleanup and beautification efforts in District 1, including the Highgrove community.

KRCB works with local governments, volunteers, schools, and community groups to improve neighborhoods through litter removal, beautification projects, and community engagement. Through this partnership, our office will work with KRCB and Riverside County Waste Resources to support additional cleanup efforts and help address issues such as roadside litter and illegal dumping.

The first cleanup event in Highgrove is scheduled for **June 13 from 7:30 a.m. to 10:30 a.m.**, and we look forward to making this a great community event. Residents are encouraged to participate and help improve the neighborhood.

Jose Medina
Riverside County Supervisor, District 1

HIGHGROVE HAPPENINGS

COLOR ME MINE RIVERSIDE

April



Easter Egg TO GO KITS
\$45 Includes 4 eggs or bunnies, brushes, paints, and instructions in a festive basket!

Make your reservation on our website to guarantee your spot! Scan the QR code now!



Hoppy Bunnies
Date: 4/10/26
Time: 5-7 PM
Price: \$26 (2 Bunnies per sign up)





Egg-cellent Painting
Date: 4/17/26
Time: 5-7 PM
Price: \$16 (1 egg per sign up)

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ONGOING PROGRAMS

USDA Food Distribution
4th Friday of the month
8:00 AM-10:00 AM. Servicing Highgrove and Grand Terrace areas.

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

Tuesday Bingo 12:30-1:30 PM
4 cards for \$3.00 (Includes refreshments)

NYCC FIT FAM
A fun, social workout designed for all fitness levels.
Thursdays 11:00-11:30 AM

Polynesian Dance with Lorena (ON HOLD)

Soul Line Dance with Jackie
"Dance 4 Fun 4 Life"
Wednesdays \$7.00/ Class

- Upper Beginners: **3:00 PM**
- Thursdays **\$5.00/ Class**
- Beginners: **3:00 PM**
- Intermediate: **4:00 PM**

E-Taekwondo United Martial Arts
Mondays & Wednesdays

- 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: 7:15PM

Sunday Worship: 10AM

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.

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

April 2026

The Norton YOUNGLOVE COMMUNITY CENTER

FAMILY - SERVICE - ASSOCIATION

APRIL ENERGY: SUNSHINE, COMMUNITY & SPRING CONNECTIONS

Hello Highgrove! ☺
Spring is in the air and the weather has been absolutely beautiful lately. We hope you're getting outside, enjoying the sunshine, and doing fantastic! April is a great time to reconnect, stay active, and take advantage of the resources and events happening in our community.

🍷 **Food Distribution This Month**
As always, we're grateful to continue supporting families and neighbors through these important programs.



- **USDA Food Distribution**
- **Friday, April 24, 2026** ● 8:00 AM - 10:00 AM
- **Joy of Giving Food Distribution**
- **Saturday, April 25, 2026** ● 10:00 AM - 12:00 PM

🕺 **Soul Line Dancing with Jackie**
Our dance floor has been buzzing with energy lately! Join us each week for fun, music, and movement. ▲ **No Soul Line Dance class on Thursday, April 30**

🌟 **Community Event - Spring Into Hope**
Our friends at District 1 Hope Collaborative and RUHS TAY Arena are hosting their 2nd Annual "Spring Into Hope" Event:

📅 **April 9, 2026** ● 3:00 PM - 7:00 PM
📍 **2560 N. Perris Blvd N-1, Perris, CA 92570**

This special event brings together community resources, support services, and positive energy for youth and families. It's a great opportunity to connect and learn about helpful programs in our region.

- 🗓️ **April Holidays & Observances**
- **All Month** — National Volunteer Month
 - **April 1** — April Fool's Day
 - **April 7** — World Health Day
 - **April 12** — Easter Sunday (2026)
 - **April 22** — Earth Day
 - **April 24** — Administrative Professionals Day
- April is a wonderful reminder that growth, renewal, and community go hand in hand. Whether you're stopping by for resources, dancing with Jackie, or simply saying hello, we're always happy to see you at The Norton. Stay safe, enjoy the sunshine, and keep that spring spirit going! With appreciation,
Leila S. Center Manager

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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The Last Store on Main St (From Front P.) piece with character and history, or discover one that owner Bee has lovingly repurposed — painted and decorated into *something truly one of a kind*. You pay a fair price and bring it home the same day. No shipping fees. No waiting. *No algorithm deciding what you're willing to pay.*

But in a world where every local store has closed, that freedom disappears. Amazon — or any dominant online retailer — would hold what economists call, "monopoly pricing power". Local competition is what allows *prices to be set by the market - instead of whoever controls the platform*. Surge pricing, membership fees, and algorithmic price hikes become the new normal. The beautifully repurposed dresser you could once find for '60 now costs `250 plus \$95 in shipping — if anything like it is available at all.

This isn't hypothetical. It's the logical endpoint of a market with only one player.

EMPTY STOREFRONTS=FEWER NEIGHBORS

Every local business is also a local employer — an-Think about what our community could lose...

The warm welcome at Woody's, SmashIE, or O'dalberto's — family-owned restaurants where the food is made with care and the faces behind the counter are your neighbors.

The expertise of Fair Price Carpets or Imad's Decorating, where a human walks you through your options and helps your house feel like a home.

Claudia at Bash Decor, who sits down with you, listens to your vision, and personally helps you create the perfect celebration for your child's birthday — not a template, not a chatbot, but a human being who cares about getting it right.

The magic of Color-Me-Mine, where your child picks up a brush and paints something that will sit on your shelf for decades — a small, irreplaceable record of who they were at that exact age. Or an afternoon with Nancy at The Art of Painting, guiding your family through creating something together, a memory made tangible.

These aren't just transactions. They are the texture of community life. When they disappear, something irreplaceable goes with them.

Every dollar spent locally is a vote for the kind of community you want to live in. Before your next online order, ask yourself — is there a local option?

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Genes Designed to Repair (Cont. from Front P.)

In the late 1860s, a scientist named Mendel discovered that traits from one parent combine with traits from the other to create something uniquely new. Tall plant plus short plant. Brown eyes plus blue eyes. Dominant genes and recessive ones. Each combo of genes from mom and dad creates someone completely one-of-a-kind.

By the early 1900s, scientists had discovered that these gene combinations organize into chromosomes. **By the mid-1900s, they found that chemicals could damage those chromosomes — what we now call gene mutation (more about that in our May Issue.)** And in 1941, Crick and Watson discovered the now-famous DNA double helix — the elegant spiral structure that holds the genetic tendencies we each carry. **When Watson first saw it, he said he knew from the sheer beauty of its structure that it would reveal something profound about how we are designed.** Structure follows function we now know as truth.

Genes are simply any predisposition passed down to us by our parents. They are real. They matter.

But most people don't know that genes are not the whole story.

Epigenetics: The Environment You Give Your Cells

Epigenetics literally means "above or on top of genetics." **It refers to external modifications to DNA that can turn genes on or off.** These modifications don't change the DNA sequence itself — but they affect how cells read those genes.

In other words: epigenetics is the environment you give your cells. **You control your cells' environment through your diet, your lifestyle, your sleep, your fasting habits, your emotions, and even your spiritual health.**

Research shows that epigenetics may be more important than the genetics you were born with.

A person can carry a gene for cancer and never develop cancer. That gene may never turn on. And whether it turns on or stays dormant is, in significant part, within our influence.

A dear friend with a PhD in public health and a Master's in Dietetics once shared something that has stayed with me. She said the saddest thing she sees is people coming into the oncology department who don't want to hear what they can do to get better. Some people, when told they have a genetic risk, simply hand the responsibility to the doctor, the nurse, anyone else. It's not their fault. Maybe they never heard that they had a measure of control. But the research says they do.

What the Research Actually Shows

On PubMed — the National Institutes of Health's online database for medical research — a search for "epigenetics" returns over 118,000 pages of results or more than a million published studies. Here are just a few findings worth knowing: **Genes can repair.** A study from the *Journal of Immunology* found that high-fidelity base excision repair (BER) factors keep cells with a genetic tendency from becoming cancerous. In other words, your body has built-in repair mechanisms — and keeping them functioning well is one of the most powerful things

Genes vs Epigenetics (Cont. P. 7)

Your Money (Cont. From P. 3)

he was leaving for Florida on New Year's Eve 2025. **David Sacks** (venture capitalist, now White House AI czar) announced his move to TX the same night. **Larry Page** (Google co-founder, net worth ~\$260 billion) relocated to Florida. A 5% tax on his wealth alone would have generated \$13 billion. **Sergey Brin** (Google co-founder, net worth ~\$253 billion) followed Page out the door, terminating or moving 15 California LLCs before the January 1 deadline. **Travis Kalanick** (Uber founder) and **Steven Spielberg** have also reportedly made moves.

Why should Highgrove residents care?

Because **nearly half of California's personal income tax revenue comes from the top 1% of earners.** When they leave, the budget gap doesn't disappear, **it gets filled - usually by the rest of us- Ouch!**

Here is another problem stealing our money:

\$24 Billion Spent. Homelessness Up 60%. No Receipts. Drive through Riverside or any California city and the evidence is right in front of you: the homelessness crisis is not getting better.

California spent \$24 billion on homelessness programs over just five years. A state audit found **the government "never consistently tracked whether any of it worked."**

When a bipartisan bill was introduced to require basic spending accountability, Governor Newsom vetoed it, saying "similar measures are already in place." The state's homeless population has since grown to over 181,000, a nearly 60% increase during his tenure.

Where did the money go, and why are there more people on the streets?

The Medi-Cal Fraud Problem in Your Own Backyard. Like a leaky bucket, **Medicare and Medi-Cal fraud is draining our tax dollars by the billions.** (See article in last month's Highgrove Happenings)

Prop 13: Protection They Keep Trying to Chip Away Most Riverside County homeowners know Proposition 13 as the law that keeps your property taxes from skyrocketing when home values rise — your rate is locked with the purchase price. **Prop 13 is one of the most important financial protections California homeowners have.**

But here's what's quietly happening: bond measures on your ballot (for schools, infrastructure, and other programs) are legally allowed to raise your property tax rate on top of your Prop 13 base.

Many homeowners have watched their "protected" property tax bills creep upward with each election, often without fully understanding what they voted for or where the money went.

The question worth asking before every election: Do you know what this bond measure actually does? Do you know how much it will cost you?

Read The Transparency Act Petition Before You Sign. Residents recently received a mailer urging them to sign a petition called the "2026 Transparency Act." The idea of government accountability sounds appealing — and **the need for government accountability is absolutely real.**

Your Money (Cont. P. 7)

HIGHGROVE HAPPENINGS

Your Money (Cont. From P.6)

But always ask before signing any petition, "who is funding this campaign?"

The funding sources are not clearly disclosed.
Is it to fight the proposed wealth tax rather than a straightforward government accountability measure? Be sure to look into who is funding bills and **know what you are voting for to keep your money!**

Genes vs Epigenetics (Cont. From P. 6)

you can do for your long-term health.
Fasting activates repair. When we fast, the body initiates a process called **autophagy** — **essentially a cellular cleanup.** Old, damaged, or dysfunctional cells are cleared out. When we sleep for more than six hours, the brain's glymphatic system does its own version of autophagy, flushing out metabolic waste and keeping our thinking clear - a well-documented biological process built into your design.

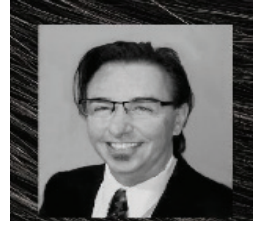
Malnutrition can damage genes...It means that what we eat doesn't just affect us today. It affects the next generation. *(A highly recommended resource: "Real Food for Pregnancy" by Lily Nichols.)
What other practical ways are there to repair genes?
(To Be Continued...)



Momma RAC's Column

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

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Mike Barnett

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Schedule of Services

Youth ministry for all services

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