



HIGHGROVE HAPPENINGS



Dedicated to the improvement of our community through awareness and involvement in local issues
(FREE) Local News for the Highgrove Area **April 2014**

Transportation construction underway in local area! Wider freeway means longer bridges needed for trains and automobiles



The widening of the I-215 will eliminate the railroad bridge on the right side of this photo and the construction shown above will be the base for the new wider steel bridges that are shown in the photo on the right. Freeway closure will start on April 2, 2014. For closure dates and times please turn to page 13.



Six new railroad bridges are being constructed that will span the wider freeway that will replace the old shorter bridge. These 6 bridges will be the new BNSF main line that carries freight and Metrolink trains through Highgrove between San Bernardino and Riverside counties. More photos on P. 6

Newport Avenue overpass



North of the new BNSF railroad bridge the new Newport Ave. overpass is under construction that will replace the previous bridge that was too short for the wider freeway.

Hunts Lane overpass



Another overpass over the Union Pacific railroad is under construction on Hunts Lane. The south side is taking shape and the overpass extends over the tracks but the north side still needs a lot of work!

29th Annual Highgrove Day May 10, 2014



Dress as your favorite hero!

Car Show, free entertainment,
pancake breakfast, Kids zone

Fun for all ages!

Car show applications on page 10

Vendor applications on page 11

HIGHGROVE HAPPENINGS



Highgrove Community Center Hours: Mon-Thur 8am-4pm; Fri 8am-2pm
Highgrove Community Park Hours: Dawn to Dusk

Contact: (951) 341-6634 (951) 786-6912



THE NORTON YOUNGLOVE COMMUNITY CENTER

459 Center Street- Highgrove web site: www.nycchighgrove.com



Manager: Sherry Morris-Logan
 Activity Specialist: Leila Santamaria
 Lead Volunteer: Joe Morones
 Maintenance: Bruce Millsap
 NICOA Office Assistant: Priscilla Burton

"Family Service Association's Mission is to provide quality human services, child development, housing and senior services to residents of the Inland Empire and Desert Communities."

April 2014

Norton Younglove Community Center

459 Center St. Highgrove, CA 92507 ☎ (951) 341-6634

Special Points of Interest

April 1st, 2nd, 8th, and 9th: 8:30-11:30AM: Child Care Provider Training at no cost to you provided by Riverside County Child Care Consortium. Registration is required, please call: "Annette" 951-778-5003. Completion Certificate presented upon 10th workshop.

April 4th and 18th 9AM - 2PM County Regional Medical Center Mobile Health Clinic is here to help answer any questions and do blood pressure and blood sugar checks, general medical exams, and health screenings at no cost to you. No appointments needed!

• April 4th and 18th from 8 AM-9 AM Diabetes Prevention and Management Class On Thursday at no cost to you provided by Riverside Community Health Foundation hosted by Carolina 951-353079. **Work shop topics:** 4/4 "With All My Heart", 4/18 "Everybody Dance for your Health"

• April 4th and 18th from 8 AM-10AM: Resource table hosted by Margarita Slater 951-235-0598 with Molina Healthcare.

• April 4th and 18th from 8 AM-10AM: Covered California Outreach and Education Program hosted by Susana Moreno with Community Clinic Association of San Bernardino County 855-422-2722.

• April 14th from 10:30 - 11:30 "Planning Healthy Meals" Hosted by County of Riverside Dept of Public Health Elida 951-358-5895: Join us for a series of Nutrition Classes (5) for Families. We'll discuss the secrets to healthy shopping, making family-friendly meals, discovering MyPlate, Re-think Your Drink, yoga class and more! The Network for a Healthy will be providing classes once a month every second Monday of each month through June. There will be prizes for attendance including cookbooks, aprons, shopping note pads, and a food demonstration with samples.

• April 15th from 8-10AM—Resource table hosted by Vicky with C.A.R.E 951-955-2653

ADVANCEDmeter

ADVANCED METER IS COMING!

With advanced meter technology, you will be able to:

- View your daily and hourly gas usage.
- Receive an up-to-date bill and bill alerts.
- See new "Ways to Save" section in My Account.

Visit socalgas.com (search "ADVANCED") for more information.

(SoCalGas) customers will soon be able to view their daily gas usage information online as SoCalGas begins installing Advanced Meters in the Inland Empire. The SoCalGas upgrade to its natural gas metering system involves adding a small battery-powered communication device on existing residential and business customers' meters throughout Southern California

Advanced Meter Overview Fact Sheet and Frequently Asked Question information available daily Monday through Friday.

Did you know?

- you can rent our Banquet Hall for your Wedding or Quinceañera.
- you can follow us on Facebook, Twitter and read reviews on Yelp.
- You can turn in the Highgrove Happenings Newspaper Puzzle

Save the Date: May 10th for Annual Pancake Breakfast from 7AM - 12 Noon

Monday thru Friday 8AM to 4PM
Friday 8AM to 2PM

HOURS OF OPERATIONS

Facebook

"like" us on Facebook

[Facebook.com/ nycchighgrove](https://www.facebook.com/nycchighgrove)

Aerodance Exercise

Morning: Mon-Thu 9am \$8/week or \$2.00/class. Evening: Mon-Wed, Fri 6:30pm \$2.50/class Sat 8:30am \$2.50

Sewing Class

\$7 per class Wed 10:30-1:30 Call Sandra 951-616-7787 for project materials info and clothing alteration services.

3-D Gelatin Molding Class

5 minimum sign up to schedule class. \$15 class/10 class course. Completion certificate awarded

Child & Me Classes

Thursdays 11:30 - 12:30. FREE Program

Polynesian Dance Class

Mon & Wed 5:30 PM \$3/class or \$5/week

The Art of Cake Decorating

Tues 6pm intensive course/25 classes. \$15 per class. Info: Marivel 951-275-6815. Completion certificate awarded.

E-Taekwondo United

(Karate Class) Mon & Wed 6PM call Master Elvis Chavez. 909 - 293-8538 for detailed info.

Square & Line Dance

Tue 6:30pm \$6 donation. Info: 909-823-0294 or 951-788-4245

Banquet Hall

Take a look at our beautiful banquet hall. Whether you're having a wedding, birthday, anniversary, or company holiday party our banquet hall is the place for you. The room capacity is 150 people. Rental of the hall is \$100 per hour (Kitchen available for additional cost). A security guard or two may be necessary if alcohol is served. To reserve your party's date a \$200 non-refundable deposit is required. For further details contact center.

Are you interested in learning how to:

➤ Protect yourself from financial abuse, neglect, and other types of abuse? 💰

➤ Guard yourself against Identity Theft? 🖨️

➤ Be aware of the newest scams? 📱

If you are, stop by the Riverside County **C.A.R.E.** Program information table at the Norton Younglove Community Center (459 Center Street, Highgrove, CA 92509) on April 15th, from 8-10 AM.

ELDER ABUSE
is a crime!

por tu familia American Diabetes Association. Cure • Care • Commitment®

Do you have Diabetes?

Like to Prevent it?

Your family needs you to be healthy and feeling your best, so that you can be there for them in the future.

Learn what You can Do Workshops Topics

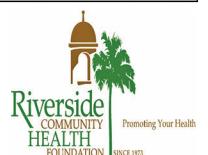
"Power Over Diabetes".....3/21
 "With All My Heart".....4/4
 "Everybody Dance for your Health"....4/18
 "Health and Flavor in the Latino Kitchen".....5/16
 "With Open Eyes".....6/6
 "Stay in Touch".....6/20
 "Something to Smile About".....7/18
 "Healthy Mind, Healthy Body".....8/1

Time:
 8:00-9:00 am

Place:
 Community Center
 (459 Center Street
 Highgrove, CA
 92507)
 Norton Younglove

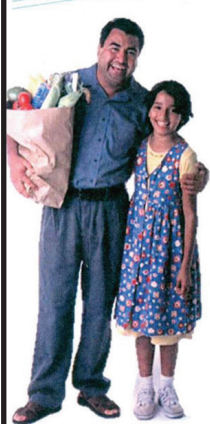
For more information please contact Leila Santamaria at (951) 341-6634 or Carolina Ramirez at (951)353-0711

Classes will be conducted in Spanish



Healthy Eating Series

Join us for interactive learning and a lively discussion about nutrition, physical activity, and your family's health.



DO YOU KNOW WHAT FOODS ARE BEST FOR YOUR FAMILY?

Riverside County Department of Public Health is providing a series of classes. Get the information you need to make healthy changes to improve the quality of your life. Everyone is welcome to attend –

it's FREE!
Please join us!

Address:
 459 Central St.,
 Highgrove, 92507

For more information, please call:
 (951)341-6634

Dates: Second Monday of every month
 • February 10th
 • March 10th
 • April 14th
 • May 12th
 • June 9th

Time: 10:30 to 11:30 AM

Free cookbook and prizes with regular attendance!



HIGHGROVE HAPPENINGS



Graffiti Hot line

951-955-3333

<http://www.rcgraffitibusters.com>

Street Lights Out in Highgrove

Report Street Light outage: call (951) 955-3224

or e mail Hazel Spruell hspruell@rivcoeda.org.

Provide address and cross street and pole # if possible.

MOTORCYCLIST SPEED RESULTS IN DEATH

On March 18, 2014, at approximately 4:52 p.m., a male motorcyclist (40, San Bernardino) was riding a 2003 Yamaha northbound on Interstate 15 (I-15), south of State Route 60 (SR-60), within the #1 lane at an undetermined speed. An independent witness reported the male motorcyclist traveling at a high rate of speed prior to the collision. Ms. Walia (female, 37, Rancho Cucamonga) was driving a 2012 Honda minivan within the #1 lane north of the motorcyclist's location. For reasons still under investigation, the rider of the Yamaha collided into the rear of the Honda. The motorcyclist was ejected from the Yamaha onto the roadway. Following the collision, the motorcyclist was transported to Kaiser Permanente Hospital in Ontario where he succumbed to his injuries. All northbound traffic lanes on I-15 were closed for approximately 45 minutes; traffic was diverted to SR-60, due to the collision and subsequent investigation. It is undetermined at this time if alcohol and/or drug use were a factor in this collision. The motorcyclist was wearing a helmet at the time of the collision. The driver of the Honda was wearing her seatbelt at the time of the collision. This collision is currently under investigation.



PLANNING MEETING FOR HIGHGROVE DAY April 2, 2014

We have had several Highgrove Day Planning meetings at the Library and as usual only a few of the regular volunteers showed up. Year after year we ask the community and the MAC board members to get involved with this community event but it always falls on the shoulders of just a few people. If you are interested in seeing this continue, we ask that you come to our next meeting and find out if there is something that you can do to contribute to this event.

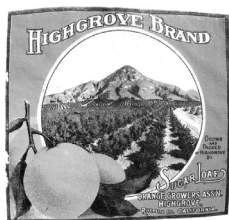
We would like to see some new faces at the library on April 2, 2014 at 7:00 pm to help plan HIGHGROVE DAY that will be on May 10, 2014.

New Colors of Highgrove T-Shirts available!

If you live in Highgrove you need a T-Shirt that has our Highgrove logo on the front and a 1916 Highgrove citrus label on the back. Some say: "Where Center St. is the main street and Main St. is at the edge of town" Others say: Where half of our main street is in the next county".

"Highgrove Song" & Highgrove T-Shirts

Music Video



1916 citrus label

CD \$3.00

DVD \$10.00

Give us a call!

(951) 683 4994

\$10.00 Adult S,M,L

\$12.00 Adult XL, 2XL

T-shirt samples can be seen at:
Zorba's Burgers: 450 Iowa Ave.
Chris' Burgers: 407 Iowa Ave.

HIGHGROVE SHERIFF REPORT

Ending March 10, 2014

Part 1 crimes decreased from 14 to 4 over the past 2 weeks in Highgrove. The total of violent crimes decreased from 4 to 1, homicide stayed the same at 0, rape stayed the same at 0, Robbery stayed the same at 0, aggravated assault stayed at 1, property crimes decreased from 10 to 3, burglary decreased from 5 to 1, auto theft decreased from 1 to 0, larceny theft increased from 4 to 2, arson stayed the same at 0, and vehicle burglary stayed the same at 0.

Sheriff Dept.: (951) 776-1099 X 5 (Non emergency)

Capt. Danny Feltenberger (951) 955 2600

Lieutenant. Ken Ditton (951) 955 2629

Hot line tips for Highgrove area: (951) 955-2600



Report Illegal Trash Dumping!

NO
DUMPING
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Call Riverside County Waste Management

951-955-5650

To Report illegal dumping in Riverside County online:

<http://user.govoutreach.com/riversideco/>

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Youth

Highgrove / Riverside / Grand Terrace



951.712.8322
951.500.9605

www.highgroveponyleague.com

Come Play Baseball With Us!!! 2014 Spring Sign-ups

Registration Information:

- * Call for Registration Appt. & for more info
- * Copy of child's birth certificate required

2014 Baseball Fees

\$10.00 discount if Fully Registered (all necessary paperwork signed and received) and PAID IN FULL before Dec 31, 2013

Shetlands \$55.00: 4.5, 5 & 6 yrs Pinto \$65.00: 7 & 8 yrs
Mustang \$65.00: 9 & 10 yrs Bronco \$65.00: 11 & 12 yrs
13 + yrs - check with us for full team availability
Ages are by April 30th, 2014

For More Information Contact:

Bill - 951.712.8322 - billbartel@yahoo.com or Carey - 951.500.9605 - highgroveponyleague@yahoo.com

With the new authorized PONY BALL travel ball division, the Southwest Pony District is now in full swing. Most of all PONY groups intend to be a part of this new venue.

Highgrove is in full swing now with spring sign-ups at the snack bar on Saturdays from 9:00 am until noon.

Board meetings are on the second Tuesday of each month for the next three months. If you intend on staying on the board you must attend these meetings. We have new excit-

ing news to share about the 66ers participation and sponsorship and the NEW travel ball division for Southwest PONY.

Also the new larger area that Highgrove can draw from for teams.

For more information please contact billbartel@yahoo.com or

Carey (951) 500 9605 or highgroveponyleague@yahoo.com

All paid parents are invited to the general board meetings.

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For our advertising rates please feel free to call (951) 683-4994 or visit our website at

www.highgrovehappenings.net click on the contact tab and open up the PDF file

Monthly newspapers are delivered to each Highgrove resident along with Public Offices and businesses in Highgrove, Grand Terrace, Colton, Riverside County and Riverside City.

(A minimal transaction fees will be applied)



HIGHGROVE HAPPENINGS

Golf Tournament for Liver Disease Research!

On April 5th, 2014 Ms Ola Harris from Aerie #997 of the Fraternal Order of Eagles will be sponsoring a golf tournament to support liver disease research at UCSD, and in particular the research efforts of Dr Michel Mendler. As a very active member of this Aerie, Ola has been supporting Dr. Mendler's efforts for 4 years, contributing to research on Hepatitis C (HCV) and complications of cirrhosis. Dr Mendler is a Gastroenterologist and Hepatologist, Professor of Medicine, having worked at USC, Loma Linda University Medical Center and currently at the UCSD Health System. He specializes in the management of liver disease and the medical aspects liver transplantation.

On this occasion Dr. Mendler would like to take the opportunity to educate the readers of Highgrove Happenings on Ola's story, and several key points on HCV, including new highly effective, well tolerated treatments.

Ola Harris started her journey almost 13 years ago with complications of cirrhosis due to HCV. She most likely had acquired the infection during a blood transfusion she had many decades before. I met her in 2005 when I assumed her liver care, and she rapidly declined, and underwent a liver transplantation in 2006. Ola made a resounding comeback and immediately focused her energy at the Fraternal Order of Eagles Aerie #997 to foster education and advances in science that could benefit other patients with liver disease. But then a few years later her transplanted organ declined and in 2011 she was re-transplanted with a new liver and kidney. She has been doing great since, and throughout this harrowing struggle had continued, and continues to this day

to organize fund raising to support my research, and to educate all who want to listen on the importance of HCV testing and treatment.

Liver diseases that lead to cirrhosis are currently the 12th cause of death in the USA. Cirrhosis leads to up to \$2 billion in medical costs per year. Cirrhosis is a hardening of the liver due to long term injury of the liver, leading to loss of healthy liver cells that are replaced by scar tissue. This condition leads to worsening liver function and other complications due to poor blood circulation through the liver. Patients with cirrhosis also have a 20-fold risk of liver cancer as compared to people without liver disease. Cirrhosis leads to many life-threatening complications such as fluid in the belly (ascites) that can become infected (spontaneous bacterial peritonitis), bleeding from the food pipe (esophagus) due to bleeding veins (esophageal varices), confusion and coma (hepatic encephalopathy), severe malnutrition, infection, kidney failure, respiratory failure, and liver cancer.

The most frequent causes of cirrhosis in the USA today are obesity and HCV. Alcoholism and Hepatitis B are also important causes of cirrhosis. It is not rare that patients have "multiple hits", meaning that have liver disease due to the compounded effects of a viral hepatitis, obesity and/or alcohol abuse.

Currently 30% of the American adult population is obese, and approximately 80% have a condition called "fatty Liver disease". This is when fatty oils are deposited with the liver cells, causing inflammation at times. Diabetes is also a major risk factor. Perhaps 5% to 10% of these patients develop cirrhosis after many years. Cont. on P. 7

Progress of Highgrove Blossom apartments being documented



See advertisement on P. 16

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Phil's Philosophy

by Phil Turner

What is Easter?

Today, Easter is decorated eggs, colorful baskets, bunnies, a new bonnet? It's a day when many people go to church, maybe for the only Sunday of the year. Yes, I suppose. But where did all that come from, and what does it all mean?

The name Easter is a translation of "Eostre", the pagan goddess of spring. Christians, wanting to overshadow paganism, took over the name.

Easter eggs celebrate new life. For Christians the egg is a symbol of Jesus's resurrection. When cracked open they stand for the empty tomb. The decorating of eggs evolved into chocolate, and other candy eggs.

The Easter bunny was again stolen from the pagan goddess Eostre, whose companion was a hare. The hare symbolizes fertility and rebirth. Christians later changed the hare into the Easter bunny.

The tradition of new clothing and the Easter bonnet, again symbolize the newness of rebirth.

Easter and Holy Week are set aside by Christians to remember and honor the last week of Jesus' life on earth, and his resurrection. It's the most important Christian holiday. This year Easter falls on Sunday, April 20th. Unlike Christmas, the date changes. It can be as early as March 22nd and as late as April 25th, based on the first full

moon of spring.

Palm Sunday marks the beginning of Holy Week. It is to remind us of Jesus riding into Jerusalem on a donkey, as people waived palm branches and laid them down on his path. These palm branches are kept until the following year, when they are burned and the ashes mixed with holy water on Ash Wednesday. The ashes are then put on people's foreheads in the form of a cross. This is to symbolize repentance.

Good Friday is remembered as the day that Jesus was killed on the cross. It's known as Good Friday because Christians believe Jesus gave up his life for the good of everyone.

Easter Sunday itself is celebrated as the day that Jesus was raised from the dead, three days after his crucifixion and ascended into heaven. Through His death, burial, and resurrection, Jesus paid the price for our sin, and for those who believe in him, eternal life.

Easter is a time, for Christians, holy and joyful. It is a celebration of renewal, rebirth and reaffirming the faith. It is a time to recall the terrible price that was paid for our redemption.



FINANCIAL FOCUS

Turn Your Retirement "Vision" into Reality

Retirement can be an exciting, active time of your life. But if you're going to get the full benefits from your retirement years — which could last two, or even three, decades — you'll need to have a vision for what you want to do. And to transform this vision into reality, you'll need to take a "holistic" approach — one that involves a financial strategy, clear communications with family members and an awareness of the challenges that may stand in your way.

To articulate and achieve your vision, ask yourself a series of questions, such as the following:

- What do I want to do? When you retire, do you plan on traveling around the world? Purchasing a vacation home? Pursuing your hobbies? Or maybe you're even thinking of opening a small business. Clearly, you have many options — and you'll need to be aware that some choices are going to be more costly than others. If you can identify how you want to spend your retirement years and then put a "price tag" on your goal — or at least come up with a pretty good estimate of how much money you'll need each year — you can then create an appropriate investment strategy. Such a strategy will include both your need for growth — during your pre-retirement and retirement years — and your need for income, especially during your retirement years. Your investment strategy will also need to be based on your risk tolerance, family situation and time horizon — how many years you have until your retirement.

- What "roadblocks" might I encounter? As you work to achieve your retirement vision, you may well encounter some "roadblocks" along the way. One significant roadblock is the amount of health care expenses you might face during retirement. Many people think

Medicare will cover everything, but that's not the case — in fact, you could easily spend a few thousand dollars each year, out of pocket, for health care costs. And since these costs typically rise as you move further into retirement, you'll need a reasonable portion of your assets to be allocated to investments with the potential for rising income. Even beyond normal health care costs, though, you'll need to be aware that you could eventually need some type of long-term care, such as a stay in a nursing home or assistance from a home health aide. These costs can be enormous; to cope with them, you need to prepare well ahead of time, so you may want to consult with your financial advisor for possible solutions.

- How can I protect my family? Your retirement vision can't just involve yourself, or even just yourself and your spouse. To fully enjoy your retirement years, you'll want to know that you are helping to protect your grown children from financial and emotional burdens that could fall on them should you become incapacitated in some way. Among the steps you might consider taking is establishing a durable power of attorney, which allows you to appoint an agent to manage your financial affairs, make health care decisions or conduct other business for you during your incapacitation. Consult with your legal advisor about creating a durable power of attorney.

You will find that having your retirement vision come to fruition can be a great feeling. So, do whatever it takes to make it happen.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor

Editor's note: The opinions expressed in this article are the viewpoints of its author and do not necessarily reflect the viewpoints of the "Highgrove Happenings"

Tacos El Jr. #6

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HIGHGROVE HAPPENINGS

Present BNSF railroad bridge over I-215



This railroad bridge will be eliminated once the new bridges are ready



This abandoned spur is the former entrance to the 84 lumber Company.

Six new steel R. R. bridges being constructed



Six new bridges will be moved into position over the widened freeway. There will be 4 bridges for each of the present 2 BNSF main lines and 2 more will be placed over the freeway for a 3rd main line in the future. The steel has a high copper content that will not require the new bridges to be painted.

We Want to Know What You Think

More trips, new Saturday service, expanded evening service, and better connections with Metrolink trains. These are a few things RTA customers can look forward to as early as spring. On-board brochures contain information about proposed improvements planned to launch May 11 and beyond, and ways you can get involved in the changes. Details can also be found at RiversideTransit.com. Comments should be submitted by March 27 to RTA's Director of Planning by calling (951) 565-5002, e-mailing comments@riversidetransit.com or sending a letter to RTA at 1825 Third Street, Riverside, CA 92507. Comments are also welcomed at a public hearing on March 27. The hearing will be held during RTA's Board meeting at 2 p.m. in the Board of Supervisors Chambers at the County Administrative Center, 4080 Lemon Street, First Floor, in Riverside.



nine percent jump from the same month a year ago.

Federal Review Yields Positive Results

RTA got a thumbs-up from a major federal audit that inspected 18 areas of operation. Board members recently reviewed and accepted the findings of the Federal Transit Administration's (FTA) Triennial Review, which found the Agency in compliance with all areas of inspection, including legal; procurement; financial; maintenance; and safety and security. The audit is required every three years for agencies such as RTA that apply for and receive federal grants. This positive report reflects the fact that RTA continues to perform at a high level and is making good use of taxpayer dollars. During the three-month review, which concluded in December of 2013, FTA officials met with RTA staff to discuss administrative and statutory requirements, review documents and inspect the Agency's facilities. No deficiencies were found in any of the areas of review, a rarity among these types of audits.

All-Time January Record Shattered. With eight of the last 12 months smashing ridership records, Riverside Transit Agency buses continue to reach unprecedented levels of boardings. A new report shows RTA buses handled 804,000 boardings in January, an all-time high for any January and a

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Grand Terrace City Mayor forms committee to seek Re-election to Mayor position.

Grand Terrace City Mayor Walt Stanckiewicz, has filed papers with the Secretary of State to form a campaign committee to seek re-election to the position of Mayor of Grand Terrace in the November of 2014 election.



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Expires 5/31/2014

HIGHGROVE HAPPENINGS

Blind singer who sees with his fingers and sings with his heart will perform at Highgrove Eagles!

Consisting of four musicians, lead vocalist Arturo Espinoza and various lead guitarists/vocalists, base-player John Hill and drummer Gary Morris, are all fine singers in their own right. The Pheonix Rising band has played at The Festival Of Lights function in Riverside, big house parties, senior citizen centers, a few night clubs throughout the San Bernardino county such as the Greentree in Victorville and Concerts in the parks. the list of venues also includes Hesperia Days, market nights, Tom's Farms in Corona, various casinos from the Inland Empire to San Diego county and Willy Boy's, in Morango.

Throughout its history as a working band, Pheonix Rising has been fortunate to have had the services of various professional lead guitarists and musicians who have opened for country greats such as Willie Nelson and Clay Walker. Lead singer Arturo Espinoza opening for country singer Jody Messina at a U.S.O country show and opened for the group "War" at the San Bernardino County fair in the nineties. And this band's current Bluesy singer/bass player, John Hill has worked with oldies groups like the Coasters, the Drifters, and Jay and the Americans, while drummer extraordinaire Gary Morris has also played and worked with singers like the incredible Etta James, Southern rock performers such as the Charlie Daniels Band and the Allman Brothers.

For about thirty years, Pheonix Rising has seen its share of changes where its members are concerned. Initially begun in the High Desert by Arturo Espinoza and his younger brother, J.R Espinoza, the aim of this band was then (and still continues to be) to put on a good show and perform a variety of country and classic rock covers by groups like Credence, Brooks and Dunn, Merle Haggard, The Eagles and the Beatles among many other greats. Still another drawing point that gives Pheonix Rising its uniqueness, is its blend of strong vocals and rich harmonies as well as its group member's ability to interact with the audience on a personal grass-roots level; says Arturo Espinoza, the band's founder: "It's not enough to just be able to sing. You've got to have a group of dedicated and well-seasoned musicians backing you up all the way because without the right chemistry and without their support, doing what I do would not be possible."



Blind since birth Arturo Espinosa is the lead singer with the Phoenix Rising Band that will be at the Eagles on Friday April 18, 2014. The music starts at 7:00 pm and is open to the public free of charge. Those wanting to have dinner should come at 6:00 pm. Arturo has a machine he uses to type in the lyrics and they are converted into brail.

The Eagles is located at 466 E. La Cadena Dr. on the east side of the freeway 1 block south of Center Street. Come and listen to live music every Friday evening and Karaoke every Sunday evening.

Golf Benefit for Liver Disease Cont. from P. 4

The treatment is preventative, in that early diagnosis and a change in lifestyle with healthy dieting and exercise can make the fat in the liver go away, halting the progress of the disease.

HCV is still the number one cause for liver transplantation in the USA. There are approximately 3 million people with HCV in the USA, and many do not know they are infected. The risk factors include intravenous drug use or having been transfused with blood before 1991; and HCV is currently diagnosed mainly in people born between 1945 and 1965. But in approximately 30% of patients, the exact route of infection cannot be found. Sexual transmission is very rare, in particular between monogamous couples. The risk of mother to child transmission during birth is approximately 3%. The disease is really caused by the immune system that very slowly attacks the liver cells that contain the

virus. All symptoms are absent for many years, sometimes decades. Not all patients will develop cirrhosis, but at least 20% will do so, and if not detected and treated, they can go on to need a liver transplantation. Since the discovery of HCV in 1990, continual progress has been made in developing medications to clear the virus. Injections of interferon (a protein secreted by white blood cells) have been the mainstay of treatment, and changes in its formulation along with ribavirin by mouth led to improved success rates, but for most it was only 40%. In addition, these drugs are very poorly tolerated, in particular in patients with cirrhosis, and following liver transplant. But in the past years we now have a genetic test (called "IL28b-snp") that can predict which patients will respond or not to Interferon. And the most exciting news is the development of new classes of drugs called "direct acting anti-virals" or DDAV's that target specific parts of the

Cont. on P. 14

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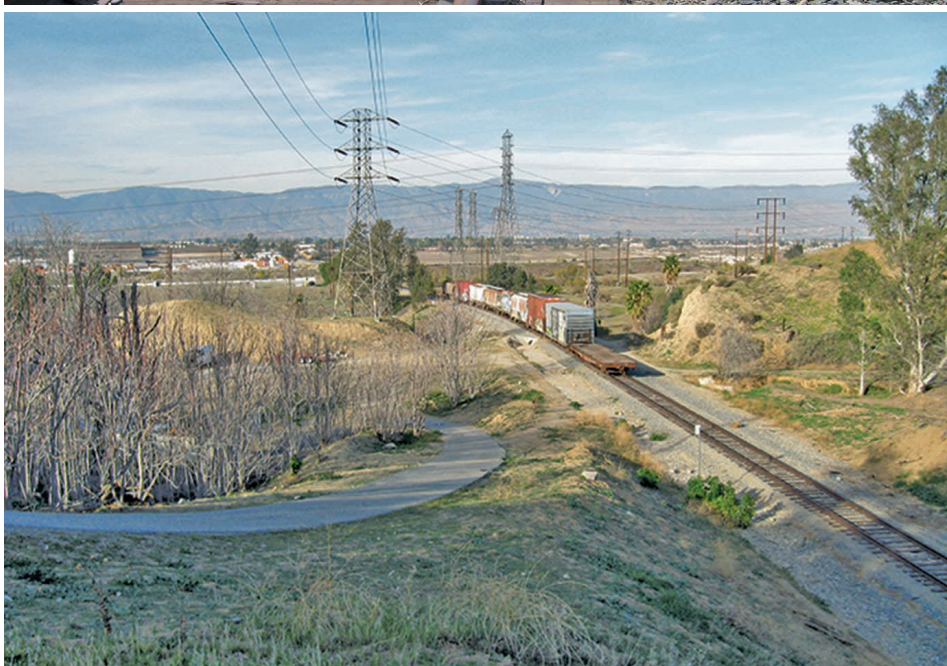
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HIGHGROVE HAPPENINGS

End of the line for this railroad!



Top left photo: The Union Pacific's Riverside Line from Colton to Riverside now ends on the south side of La Crosse Ave. in Grand Terrace. The seldom used track ends because a new wider bridge was needed due to the widening of the I-215 freeway and it was not financially beneficial for the UP railroad to build a new wider bridge.

Top right photo: The old pillars that supported the previous railroad bridge are still positioned in the middle of the freeway but if you look closely the track on the other side is now abandoned because no trains can enter from this location or from the Marlborough Ave. location where the other end of the track ends near the Perris Valley Line track.

The track on the other side of the freeway wall is not usable that goes from Grand Terrace through Highgrove to Riverside but remember this single track is not the same track as the 3 BNSF main lines that go through Highgrove.

Bottom left photo: The Union Pacific track is still usable from Colton southward across the Santa Ana river to La Crosse Ave. and can be used by the UP Railroad for storage of railroad cars if needed. Several years ago the UP spent one million dollars to rebuild the bridge over the Santa Ana river when 2 Union Pacific engines were left stranded when the bridge became impassable.

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HIGHGROVE HAPPENINGS

End of the line for these railroad cars too!



This old Santa Fe caboose is located on highway 74 in Romoland between Perris and Hemet and is now part of the display at an oriental restaurant.



This former Union Pacific railroad car has been turned into an oriental restaurant that sits next to the Santa Fe caboose as part of the railroad display.



The Big Barn Classic Car Show will be on April 26, 2014 and is located on the north side of highway 74 in Menifee (Romoland). (951) 928 3210



In the same area as the caboose in the west end of the same parking lot is Motte's Historical museum that has a private collection of automobiles.

The 1958 Chevrolet Impala is similar to the one owned by my brother Ron Barnett that he bought new right after he got out of the army.

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HIGHGROVE HAPPENINGS



Highgrove Day Car Show May 10, 2014 Entry Form

(Please return by May 7, 2014)



Year _____ Make _____ Model _____ License # _____ Color _____
Name _____ () _____
Last First Phone
Mailing Address: _____
Address Street City Zip

E-mail address _____ 1 FREE Highgrove T-Shirt per entry: size: _____
(Until supply lasts)

Release of all claims:
I hereby agree to indemnify and hold harmless the County of Riverside, its officers, employees, agents, event sponsors, organizers and anyone else involved in the organization and management of this event from any loss, liability, expenses and costs that may result from any injuries or death or damage to or loss of property that I may sustain. I agree that I will make no claim for any property damage, injury or death against the County of Riverside, its officers, employees, agents, event sponsors, organizers, or any one else in the organization and management of this event.

Entrant's Signature: _____ Date: _____
Limited to the first-150 Pre-1972 vehicles. No motorcycles or mini-trucks. Fun for the whole family!

Return completed application and \$15.00 by May 7, 2014 to receive a free T-shirt Awards will be presented

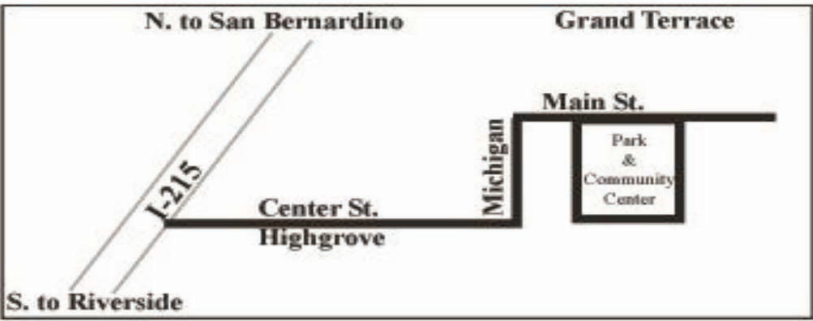
Make Checks Payable to: R.A. Barnett
474 Prospect Ave.
Highgrove, Ca. 92507 (951) 683 4994
E-mail application to:
highgrovenews@roadrunner.com
by May 7, 2014 or fax to (951) 683-7258

A portion of the proceeds will help Family Service Association to continue programs at the Highgrove Community Center. FSA is a 501 c 3 tax exempt organization.

Tear off here and keep map

Reminder:
I am registered for the Highgrove Day Car Show on Saturday May 10, 2014
Call "Barney": (951) 683 4994 if you are pre-registered but can not attend so others who are on the waiting list can be notified.

Directions: From I-215 take the **Center St.-Highgrove** exit and go east 1 mile. Turn left on Michigan Ave. and right on Main Street (½ block) and have your vehicle in place by 8:00 am.



Highgrove Library News



**FREE Wireless Internet Access at
Highgrove Library
530 Center St., Highgrove, CA
951-682-1507**



Highgrove Library is open on the following days, Tuesday 10:00 am to 6:00 pm, Wednesday 10:00 am to 6:00 pm, Thursday 10:00 am to 6:00 pm, Friday 12:00 pm to 6:00 pm, Saturday 10:00 am to 3:00 pm, and closed on Monday and Sunday. For more information please call 951-682-1507

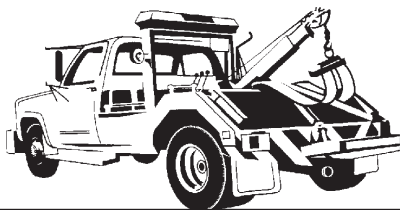
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HIGHGROVE HAPPENINGS

HIGHGROVE DAY VENDOR APPLICATION

May 10, 2014 9am-2pm

Set-up available Friday afternoon

Phone: (951) 683 4994 FAX: (951) 683-7258

Email: highgrovenews@roadrunner.com

COST: Per 10' X 10' Space (make checks payable to R.A. Barnett)

Highgrove Residents/Non Profit Organization: \$15.00 _____

Non Highgrove Residents: \$25.00 _____

Food Vendors (with food handlers permits) \$50.00 _____

Name: _____ Business Name: _____

Address: _____ City: _____ St: _____ Zip: _____

Phone #: _____ FAX #: _____ E-mail: _____

Type of booth/activity you will offer:

Approximate size of booth needed _____ (Spaces are priced 10'x10')

Will you have a vehicle on display? (You must have authorization to display a vehicle) No _____ Yes _____

If Yes, What type? _____

Will there be a fee charged to participants for your activity?

No _____ Yes _____ Amount _____

Will you be giving away any promotional items? No _____ Yes _____

Description: _____

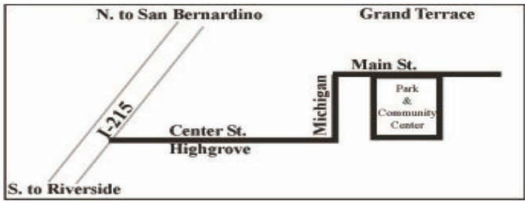
Will you be selling any food? Yes _____ No _____ If yes, please list all food items: _____

Will you be selling any non-food items? Yes _____ No _____

If yes, please describe these items: _____

The undersigned acknowledges and agrees to the following:

- Will be responsible to provide all booth needs (tables/chairs & canopy/etc)
- Set up time Friday 2-7 pm , (overnight security provided Friday) or Saturday 6:00am-8:00am, All booths must be completed by 8:00am Saturday.
- Tear down time is 2pm- please do not begin tear down until 2pm
- Must remove all items from your site at conclusion of the event including all trash
- Food vendors must have proof of DEH permit & abide by all of their regulations
- Submission of an application does not guarantee acceptance as a vendor



The undersigned agrees to indemnify and hold harmless the County of Riverside, or all representatives connected with Highgrove Day, from all liability, demands, or claims from loss, damage, or injury resulting from participation in this event.

Signature: _____ Date: _____ TOTAL _____

Please return completed form by May 7, 2014 (make check payable to R.A. Barnett, 474 Prospect Ave., Highgrove, Ca., 92507)





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HIGHGROVE HAPPENINGS

Posthumous Medal of Honor awarded to brother of Highgrove resident!

Alfonso Lara lives in Highgrove and is shown at his home with the Medal of Honor and flag that was presented posthumously to his brother in Washington, D.C. on March 18, 2014.

Highgrove resident Alfonso Lara received the Medal of Honor posthumously for his brother Salvador Lara killed during World War II. He was presented the Medal of Honor by President Obama at the White House on Tuesday, March 18th along with 23 other recipients. Salvador had received many medals, including the Purple Heart and the second highest medal "Distinguished Cross". He saved many lives and captured 15 enemy soldiers. Over the past 8 years, the Army has been reviewing and verifying past records and found 24 recipients were "passed over" due to discrimination of Latinos, African-Americans, and Jewish soldiers. Hence, this is how the "Valor 24" recipients came to be.

Alfonso was joined by his daughter Vivian and son-in-law Robert Hernandez on this history making event. "I was honored to receive the medal on behalf of my family, I only wish my other siblings were alive to experience this historical event. They would have been so proud of Salvador." See Press Enterprise articles on Feb. 26 and March 20, 2014.



Blue Mountain Hike

By Denis Kidd

The seventh annual Blue Mountain hike/walk was a big success. The weather was perfect. It was so clear you could see Mt. Wilson above Pasadena from the top. 700 hikers participated.

Highgrove's Lil'star owned by Beatrice Etchison of Highgrove was again the mascot accompanied by three more llamas and an alpaca. Pastor Andy McRae of the Asure Hills Adventist Church conducted a short service at the top of Blue Mountain.

The hike was made possible by The Friends of Blue Mountain (Ralph Salisbury, Hanni Bennett, Flo Elliott, Judy Watkins, Joe Nerio and Tom Rice.

Also participating was the foundation of Grand Terrace Darcy and Jim McNaboe, Terry McGuire and their board members; the Dog Park committee under Mike and Bev. Auld; San Bernardino County Fire Dept. (ATV with paramedic and fire engine; San Bernardino county Sheriff Dept. Deputies Albercast and Gugasburg operating G. T.'s ATV and the citizen's patrol under Deputy Beasley and Earl Frazier and his ATV.

The Grand Terrace LEO Club was represented by Advisors Mr. Barton and Mr. McVey, Vice President Denise Kidd and the members and the Grand Terrace Boy Scouts under Scoutmaster Sam Fisk and the parents including Chris Visyak also participated.



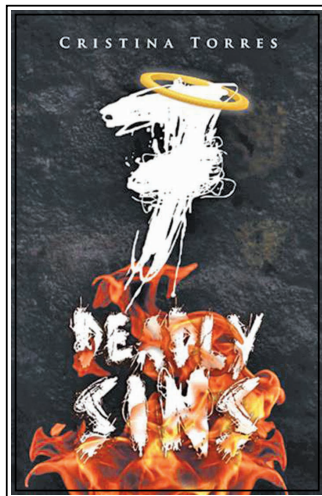
L-R: Lil' Star, Denise Kidd, and her father, Denis Kidd on the Blue Mountain hike on March 8, 2014.

The following people also made the hike possible: JoAnn Johnson, portable restrooms; Carolyn and Glen Tetley and Stater Bros., water; Sierra Club, San Gorgonio Chapter, CERT members with Joe Borielli at the top, Burrtec, Dr. Leonard Sigdestad, property owner; Riverside Corona Conservation District; Riverside Highland Water Co. including Rick Monreal, Vic Pfenninghausen, EOC and Matt Wirz City of Grand Terrace communications; Reverend Juhn, Highgrove United Methodist Church and Azure Hills Adventist Church, insurance; and the Donut Shop in Grand Terrace.

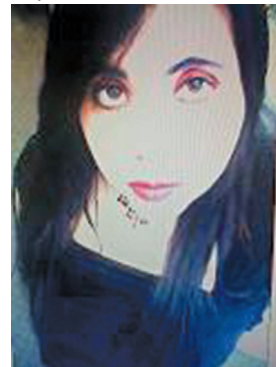
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HIGHGROVE HAPPENINGS

California Dreaming

by Dr. Cynthia Williams

Being a transplanted native Californian I am suffering from shock just like my plants. I miss Highgrove and all my family and friends! I moved to central Oregon three years ago and it is nothing like Highgrove. I knew the change would be dramatic- this little city has about 80,000 people, hundreds, if not thousands, of wild deer, and more dogs per capita than any place I've ever been. It is another planet compared to California. Let me share with you my journey.

Easter is a great time of year. It declares Winter is over and Spring brings all forms of new life... trees and flowers are blooming, little baby birds, bunnies, squirrels, deer and other darling creatures are being born, and for us Christians, we are celebrating the resurrection of Jesus Christ.

I grew up going to Highgrove First Baptist Church with Pastor Bob Gant. Easters were very special there with lots of flowers and singing; it was a joyful exciting

day. Later I learned about Riverside's Easter Sunrise Services on Mt. Rubidoux. My first trip up the mountain for Easter was when North High School Concert Choir was singing for the service up there. We all gathered at the Mission Inn in the Music Room for rehearsal late the night before. Later on we started walking up 7th Street to the hilly trail to the top of the mountain. Boy Scouts with flashlights lighted the way for a chilly, damp, quiet climb. At the top it was still dark; people were in little soft piles, stuffed in their sleeping bags, snoozing until sunrise. As the sun just barely peeked we gathered on the steps and the program began. Soloists and our choir sang to the music from an electric organ brought up there. The gathered crowd joined in the hymns and as the sun came up they woke up and showed the joy and energy of the new day and of the holy day. I'm hoping there will be many more years of services on Mt. Rubidoux.

The California Department of Transportation (Caltrans), District 8 and Interstate 215 (I-215) Bi-County Project Freeway closures

Full closure of northbound I-215:

Wednesday's and Thursday's, April 2, 3, 9, 10, 16, 17, 23, and 24 11:00 p.m. to 5:00 a.m. the following day.

Full closure of north and southbound I-215:

Friday's and Saturday's April 4, 5, 11, 12, 18, 19, 25, and 26. 11:30 p.m. to 11:30 a.m. the following day.

WHERE: I-215 between Iowa Avenue and Barton Road.

WHY: To safely construct the BNSF rail road bridge over Interstate I-215 in Grand Terrace.

CONTACT: Michelle Profant at (909) 383-4631 or Terri Kasinga at (951) 232-4268.

For more information on Caltrans projects, visit our web site at www.caltrans8.info and sign up for

COMMUTER/MEDIA E-MAIL ALERTS. View traffic conditions at <http://quickmap.dot.ca.gov> or you can view planned lane closures at www.lcswebreports.dot.ca.gov.

Follow us on Twitter at www.twitter.com/caltrans8. Like us on Facebook at www.facebook.com/caltrans8.

Watch District 8 Weekly News Updates on Youtube at www.youtube.com/caltrans8.

Please be reminded that the speed limit on the I-215 Bi-County Project is 55 miles per hour.

FOR SALE 1985 Toyota MR 2



Clean, good body, new tires, 2014 license, but needs motor work. \$900.00 (909) 783 3772

67th Annual Riverside Community FLOWER SHOW & GARDEN TOUR

"The World is Your Garden"

Saturday, April 12, 2014

Gardens 10 am - 4 pm

Show 1 pm-6 pm

(Maps & Tickets Available at Elks Lodge at 9 am Sat.
Flower Show opens at 1 pm)

Sunday, April 13, 2014

Gardens and Show 10 am - 4 pm

Flower Show at the Elks Lodge

6166 Brockton Ave. Riverside

plus 6 Private Gardens

\$8 Pre-sale or \$10 Donation at the door

FOR MORE INFO GO TO

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HIGHGROVE HAPPENINGS

Golf benefit for Liver Disease

Cont. from P. 7

virus, disabling its multiplication and defense. Since December 2013 we have now many options to treat all patients for their HCV, and new drugs will be available perhaps by the end of 2014. We are moving into the age of high rates of HCV treatment success with short duration of treatment and very tolerable side effects, without using interferon in many cases. Success rates are now between 60% and 90%. This

will allow specialists to treat many more patients that previously possible, even including those with cirrhosis and those with HCV that has re-infected the transplanted liver. I encourage those that have risk factors or a finding of abnormal liver tests to ask their doctor about HCV testing, and if found positive, to seek care from a specialist.

By Dr. Michel Mendler, MD
Gastroenterologist
Hepatologist
UC SAN DIEGO (See Below)

5TH ANNUAL EAGLES CHARITY GOLF TOURNAMENT



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Call us !

We have no reporters so we are asking for your help. You can be a reporter by just giving us a call or sending us an E-mail or a picture. Small town news is what we are all about and we want to encourage you to participate. We try to print positive things since there is so much bad news on TV and in other newspapers. Send us a story, take a picture or call us about something that is happening in Highgrove. (951) 683 4994



Please visit our Highgrove Happenings website:

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Keep in touch: Send us your e-mail addresses to help us keep you informed of activities and projects that effect our community. Send your address to:

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Highgrove T-shirt prices reduced! (See P.3)

Notice: We have some Highgrove T-shirts in various sizes that have just been printed. They have the Highgrove logo on the front and a picture of a 1916 "Highgrove Brand" orange crate label showing Sugarloaf with an orange grove at it's base. It states: Grown and Packed in Highgrove by Sugarloaf Orange Growers Assn., Highgrove. Call (951) 683 4994

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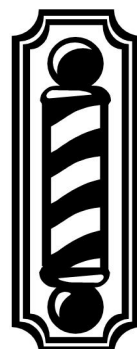
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HIGHGROVE HAPPENINGS



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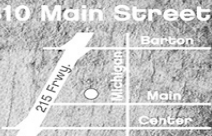
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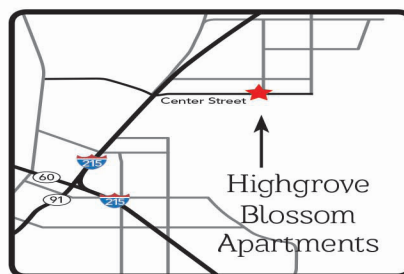


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HOT LINES

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