



HIGHGROVE HAPPENINGS

Merry Christmas



December, 2021

Written and Verbal Highgrove Traffic Plan submitted to Planning Commission



1. A new North/South road would use 8 tenths of a mile of the abandoned UPRR property where the track has been removed between Center St. and Palmyrita Ave. that is parallel to the west side of the Highgrove Town Center. Photo taken from Spring St. looking south toward Palmyrita Avenue.

Prior to the public hearing that was held on Nov. 17, 2021 about the 846 townhouses planned on 62 acres by the Highgrove Elementary School, I submitted written comments and I also spoke for three minutes during public comments on line during the meeting. Here are the comments I used during my three minute time limit at the Public Hearing:

"The Oct. issue of the Highgrove Happenings Newspaer published the Highgrove Traffic Plan because over 1,800 more homes are being built in our small 3.2 sq. mile community. Two new roads are needed that will use land that is not being used for any other purposes

1. N/S road: Will use the abandoned UPRR track between Center St. and Palmyrita Ave. that is parallel to the west side of the Highgrove Town Center Property and is only 8 tenths of a mile in length.

2. A ¼ mile E/W road is needed through RCTC's property to connect to a paved road that was built 13 years ago (in 2008) but has been blocked off and never used that will allow access to the Iowa Ave. overpass when freight trains block Center St. and Main Streets

The Highgrove Traffic Plan is a free idea that has been sent to those who can actually make it happen including: Supervisor Spiegel, All 32 RCTC Commissioners, All 7 Riverside City Council members, County Traffic Supervisor and Planning Director, Senator Roth and Congressman Takano.

The North/South UP Railroad property is "For Sale" and the Riverside County Transportation Commission owns the property for the short East/West road needed to get to the base of the overpass.

Both of these properties are owned by transportation related agencies and should be used for transportation purposes!

A new \$215 Billion dollar infrastructure and transportation bill just passed for roads and public transit so if needed, why not ask for a small piece of that pie? To see the Highgrove Trafic Plan go to: www.highgrovehappenings.net and click on October 2021.

Please consider the Highgrove Traffic Plan and build these two new roads.

Thank You, "Barney" Barnett

RCTC already has \$5,347,500.00 invested in vacant land they consider an "Uneconomic Remnant" and to find out how I arrived at that figure please turn to page 4 for an explanation and read:

"Verifying my source of information"



2. A ¼ mile E/W road is needed through RCTC's property to connect to a paved road that has been blocked off for 13 years (see photo below) that would allow access to the Iowa Ave. overpass when freight trains block Center St. and Main Streets



This road has never been used but Spring St. could be extended 1/4 mile westward through RCTC's field to connect to this new un-used paved road at the base of the Iowa Ave. overpass.



Metrolink trains have passed by this location at Highgrove since 1996. This location has had public support for a Metrolink station for 20 years- since 2001, but RCTC still refuses to stop the existing daily 7 day a week Metrolink trains.

And for the last 13 years, these barriers have prevented access to RCTC's property where a Highgrove Metrolink station and parking lot could be located and where a new road is needed.

20 years of support is on: www.highgrovehappenings.net

Just double click on "Supporting Docs" to read the actual letters from Grand Terrace, Loma Linda, former Senators and others, and look at the dates on the letters. (Cont. on P. 3)

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

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Priscilla Burton Office Assistant II

Office Asst Volunteer

Cynthia Kupfer

Hello Community Members,



The City of Riverside and FSA are monitoring county, state and national reports on the impact of COVID-19 and responding appropriately. The Norton Younglove Community Center is closed. Staff is available by telephone at 951-241-7221 during hours of operation should you have questions.



State of California www.covid19.gov During these uncertain times it is important to receive factual information from reliable sources. Below is a list of trusted agencies.

Verify your eligibility or schedule with My Turn: Every California can sign up at myturn.ca.gov or call 833-422-4255 to see if it's your turn to get COVID-19 vaccine. If you're eligible, and live or work in certain counties, you can schedule an appointment through My Turn. Appts. are available in Spanish. **Building a Healthier tomorrow together. Protect your health, prevent spread.** Visit sbccovid19.com/909-387-3911 SBdno County Hotline Mon- Fri 9am to 5pm. Call State COVID-19 Hotline 800-232-0233. <https://www.rivcoph.org/COVID-19-Vaccine>.

****C4Yourself Program** to help our community families to apply for benefits available to them through Riverside County: CalFresh, Medi-Cal and Cash assistance. This secure website will send your application directly to the county for processing: www.c4yourself.com. County financial support programs, nutritional and medical assistance: 877-410-8829

****To Report a scam or for help if you or a loved one has fallen victim,** contact the AARP Fraud Watch Network Helpline: Call 877- 908 -3 360

**** CalFresh:** If you need assistance applying, please visit FeedingAmerica.org/CalFresh or call 951-359-4757 ****HEREO (Homebound Emergency Relief Outreach)** - Once a month emergency food box for those who do not have transportation: Visit FeedingAmerica.org/Find-Pantry or call 951-3594757.

Temperatures at 40 degrees and below officially activates Norton Younglove Community Center as a "Warm Center" from December 1, 2021 thru March 31, 2022 for vulnerable individuals, seniors, the disabled, and others in need of temporary relief from the cold. Visit capriverside.org or call 951-955-4900 for a list of Warm Center sites.



WE HAVE WIFI - Enjoy the "Warm Center Session" while completing your home studies. Community parents, please accompany your children while at the center if under the age of 12.

Commodities Food Distribution Holiday Schedule: December 10, 2021. Highgrove Residents from 8:00 AM to 10:00 AM drive through pick up.



December 18th: Christmas Toy Giveaway Event- Community Health & Wellness One Stop Shop and much more for The Whole Family at Highgrove Park 11 AM to 2 PM. Join us to welcome Santa and his Elves.



December 24 th:



December 31:



Family Service Association's Mission: Building community one family at a time, through compassion, advocacy and comprehensive model services, fostering self-sufficiency and sustainable impacts.

2021



Norton Younglove Community Center

459 Center St. Highgrove, CA 92507

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951-779-3099 fax

www.fsaca.org

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12:30 PM - 1:30 PM
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Line Dance



Mon & Wed 3:30 PM \$5 per class. For more details call Martha 951-329-7867 underthesun-linedance.com

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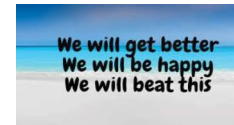
Zion Assembly Church of God

Sunday Services 9 AM and 11 AM. For



detailed information Call: Pastor Pete Sarry 951-237-233

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health and safety of everyone:

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****All visitors and staff must practice physical distancing at all times - keep at least 6 feet away from one another**

****Hand sanitizer, soap/water and disinfectant is available to all.**

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Our Senior Nutrition program is currently offering frozen meals to registered participants age 60 and above only for pick-up on Wednesdays, 11:00 AM To 1:00 PM. We will make all attempts to keep you informed as information becomes available. Stay safe and we look forward to welcoming you back soon!

Child Development Center Has Openings!!

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HOURS OF OPERATION

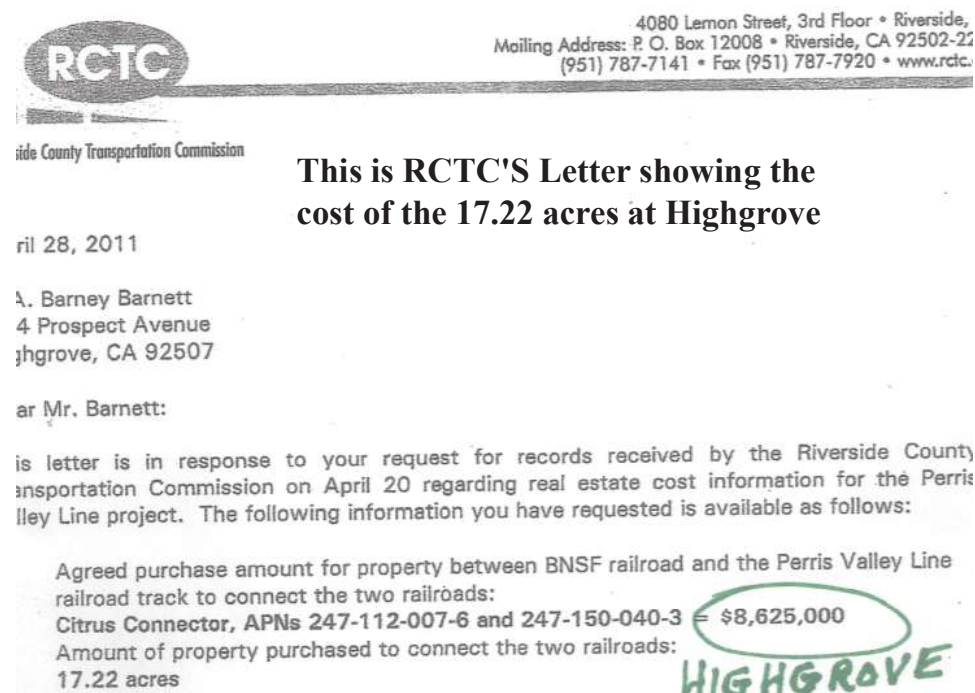
HIGHGROVE HAPPENINGS

Verifying my source of information

Q: How do I know that RCTC has \$5,347,500 invested in property they did not need for the Perris Valley Line curved track? The following two letters are from RCTC.

A: The 3rd paragraph of the letter from RCTC to the Federal Transit Administration dated August 24, 2009 states:

"The portion of the property needed for the PVL project is approximately 6.6096 acres or 38% of the full parcel. A partial acquisition of the property is not feasible at this time for the following reasons (a) Condition of approval No. 23 on page 7 indicates that Villa Street may only be used as emergency access. A partial acquisition will leave the remainder of the property an uneconomic remnant. (A copy of Approval of Development Application by the city of Riverside Community Development Department is attached as Exhibit B); and (b) since this is an advanced acquisition for protection, RCTC cannot exercise its power of eminent domain"



This is RCTC'S Letter showing the cost of the 17.22 acres at Highgrove

The cost of the 17.22 acre property at Highgrove was \$8,625,000.00 as shown in the above letter from RCTC to me

So do the Math:	Cost of 17.22 acres	\$8,625,000.00
	38% needed for PVL	\$ 3,277,500.00
	62% not needed	\$ 5,347,500.00

For many years 62% of RCTC's property at Highgrove (\$5,347,500.00) has been sitting vacant and just growing weeds and the road giving access to their property has been blocked off for 13 years since it was built in 2008.

At the end of RCTC's letter to the FRA they state: *"The remaining 62% of the cost to acquire the property will be financed using RCTC Measure A funds (local funds) and held for RCTC's future use"*. Metrolink trains have gone past this same Highgrove location without stopping since 1996. But these "Local Funds" are needed NOW, for transportation purposes due to the increased traffic created by the hundreds of new homes being built in Highgrove!

Both letters can be seen by going to: www.highgrovehappenings.com and clicking on **station costs** and **uneconomic remnant**.

If a new North/South road was built on UP's abandoned railroad property between Center St. and Palmyrita Ave., extending Spring St. would not be needed because the Iowa Ave. overpass is also accessible from Palmyrita Avenue.



The above photo was taken from Center St. looking southward.



This is the south end of the RR property at Palmyrita Avenue.



Thanks to Jamison Cole of Code Enforcement and the property owner, the motorhomes on the N/W corner of Center and Iowa Ave. have been removed and a new chain link fence has been installed!

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Locks cut, thieves steal property from deceased owner of Highgrove Jurassic Park



Several years ago when I asked Shelby if he receives the Highgrove Happenings Newspaper he showed me he already had one with him on his tractor. With his permission in June of 2018, we printed an article titled "Highgrove has a Jurassic Park."

This article can be seen by going to: www.highgrovehappenings.net and clicking on Latest issue-June 2018.

With a heavy heart I am sorry to tell you that not only has my friend Shelby Shinkle passed away but the circumstances that happened after his death is hard to report.

Shelby liked going to garage sales and auctions and bought items he my not need but could maybe use some day or sell to make a profit. Over a period of several years, he collected hundreds of items big and small that was scattered throughout his three acre property. When his truck was parked outside his gate for several days with a long roll of carpet in the back people began to wonder where Shelby was and why his truck had not moved.

We discovered he had been living in his truck but had been taken by ambulance to the Veteran's Hospital due to declining health. While waiting to find out where he was, I was able to talk to Isabel who was present when Shelby was taken to the Hospital. The



paramedics gave her Shelby's keys so she gave me the keys and I moved his truck inside the gate and locked everything up.

Later we found out that he was in a skilled living facility in La Sierra where I went to see him but he was un-responsive when I tried talking to him on the patio.

I found out that he had a brother in Massachusetts and I contacted him to let him know about Shelby. I offered to let his brother stay with us if he needed to come to California because Shelby lived close by on my street. He accepted and I picked up his brother Lance and his wife Maria at the Ontario Airport not knowing who they were or what they looked like.

The next day we went to La Sierra and were only able to talk to Shelby from outside the window of his room but I don't think Shelby ever knew that his brother came to see him.

We went to Shelby's property to access the situation and discovered there was a lot of work that needed to be done to clean up the property.

Since Lance is Shelby's only living relative, Lance and I and two of

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my neighbors started cleaning up the property using Shelby's John Deere tractor.

A company was contacted to bring in dumpsters and the tractor was used to load 8 dumpsters to haul away items that were of little or no value while Maria started working on clearing out the inside of the triple wide mobile home on the property that was also loaded with numerous items.

Lance and Maria were here 9 days before Shelby passed away but after several visits, it was apparent that Shelby never knew they were here to see him.

Lance and Maria stayed with me for the entire month of August and I let them use my pick up truck while they were here but they had to go back to Massasuchettes in September. Security cameras were installed and valuables including Shelby's ashes were locked up in a trailer on the property before they returned to Cape Cod, Massachusetts.

But with no one around, thieves cut the locks on the gate and the trailer and took everything they could take.

They took the Tractor, an expensive generator, a car trailer, a golf cart and items that were locked inside the trailer including Shelby's ashes.

After the locks were cut, we looked inside the trailer as I talked to Lance on the phone he told me where to look for Shelby's ashes but Shelby's ashes were gone and Lance was devastated. Why would anyone want to take the ashes of a deceased person?

Many other small items were taken but it would mean a lot if Lance could get his brother's ashes back.

Lance is requesting that if anyone has the ashes that they just throw the box over the fence so they can be returned to him. and no questions will be asked.

After it was discovered that the locks had been cut, the gate and the trailer were secured with new locks and welded shut and cameras were checked to see who had been on the property. The Sheriff had previously been notified and are watching out for suspicious activity or anyone on the property.



Have you seen this tractor? If so, call the Sheriff at (951) 955 2600 or the non-emergency Beat Car at: (951) 776 1099 extension 5



This car trailer was also stolen from the property. (Cont. on P. 8)
Crime Stats Sept.18, 2021 to October 17, 2021

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Lieutenant Sean Vickers

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HIGHGROVE HAPPENINGS



Wanted: Casio keyboard player for oldies and country jam sessions. I have a programable Casio keyboard and a place to play. Call "Barney" (951) 683 4994

The tractor on the left was an invaluable tool that Lance learned how to operate and was used to clean up the property, including one dumpster that was only for scrap metal. It was hot during this time period and the trash had to be loaded into the bucket on the tractor so it could be dumped into the dumpsters. We worked in the morning and evening and took a lunch break during the hot part of the day. When one dumpster was full, an empty one was brought onto the property and the full one was taken to the landfill. We loaded a total of 8 of these dumpsters with items too numerous to mention. Now the trash is gone and so is the tractor and other pieces of equipment that the thieves took. If anyone knows anything about some of these items call the Sheriff or call me at (951) 683 4994.

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This man has a mustache.
Do you know who he is?



This was taken by the security camera showing a woman on the property at night. Do you know someone who wears their hair with a knot in the back?

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You Can Quote Me

Cynthia Williams, DC

"We can all make a difference in the lives of others in need, because it is the most simple of gestures that make the most significant of differences." ~ Miya Yamanouchi

We are in the midst of the season when food has a prominent place in our lives. Holiday parties, Christmas dinners, and New Year's Eve parties are food-laden occasions. We search out the best recipes for cookies and pies, roasts and turkeys, and candy, candy, candy. We string popcorn for the tree, give our dogs special Christmas cookies, and gather nuts and oranges for the kiddie's stockings. Unfortunately there are millions of fellow American citizens who are what's termed "food insecure".

It's estimated that in 2020 over 38 million Americans were "food insecure" including 12 million children. The USDA defines "food insecurity" as "lack of consistent access to enough food for an active, healthy life." This is different from hunger. It refers to a lack of financial resources for food at the household level.

For the most part, it's an avoidable situation. There are resources and funds available but the logistics of getting them to people is an issue. Those affected by food insecurity may not realize the various resources available to them. Millions of seniors (age 60+) qualify for SNAP monthly benefits, but it's estimated that only 42% of seniors received SNAP benefits.

In 2019 1 in 14 seniors, about 7.1% of all seniors faced hunger. 63% of seniors visiting food banks say they have to choose between food and medical care. Poor nutrition takes a severe toll on the health and nutrition of seniors which can create or exacerbate health conditions such as heart disease, arthritis, depression, asthma, and diabetes. Poor nutrition also makes a person more vulnerable to illness such as cold, flu, pneumonia, and of course, COVID. Good nutrition is more than just having a full belly, it's critical for the overall health and well-being of each individual. For some seniors, it's simply a logistics issue- not having transportation to a grocery store or not being physically able to carry those groceries into their home. Think about it- food bags are

heavy.

Other groups of people, ones you wouldn't be aware of are our service men and women. A recent NPR program estimated that about 160,000 military service members have trouble feeding their families, that's about 14% of the U.S. military; roughly one-third of junior enlisted ranks, so it's the privates and corporals, the young men and women who are just starting their families. Not all service people live in base housing. Many have to live in the towns around their base where rent levels have gone through the roof off-post during this summer, which is forcing people into some short term food insecurity situations. Commissaries are subject to the same inflated food prices as the rest of us.

I live in a 55+ apartment building. I recently became aware of the fact that a full 25% of my neighbors are "food insecure". What can we do to help our neighbors, friends, family, and those we are unaware who need help? There are food banks around our communities but not everyone is able to access them. Especially seniors. Here- I am developing a small food pantry in my apartment building. Residents can "take a can- leave a can." No paperwork. No judgement.

You can help by doing the same thing- in your building, church, clubhouse, etc. You can take a senior grocery shopping or shop and return groceries for them. You can donate grocery gift cards or give the gift a grocery box to a senior you know. The seniors I know are too proud to admit they need help and ask. Don't ask. Just give. Also you can donate food or money to any of the food banks around you.

Highgrove residents can access the Nutrition Services Branch and Health Promotion Branch of the County of Riverside Department of Public Health. "The branch serves more than 100,000 people each month through ten programs, each designed to promote good nutrition and physical activity. Additionally, staff work on coalitions and task forces to ensure extensive reach to all county residents." Some programs include WIC, SNAP, Lactation consultants, and Harvest of the Month aimed at students to experience and become educated about physical activity, food nutrition, healthy choices, and increasing access to better foods and nutrition. I am computer and internet savvy. I know my way around websites and pages but honestly, when I visited the website for the Nutrition Services Branch and Health Promotion Branch of the County of Riverside Department of Public Health I saw a dizzying array of the available programs and was a bit flummoxed. This could be a significant deterrent for people trying to get help. Without doing a deep-dive into each program, it's difficult to know where to look. I would suggest talking to a social worker to get pointed in the most helpful direction.

The best way to help is to be aware of the need. Then act on it. Even a small thing can mean so much.

Merry Christmas and a Happy
Healthy, Prosperous New Year!



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HIGHGROVE HAPPENINGS



Dr. Zak Bissani

Dr. Zak Bissani, a local Grand Terrace chiropractor, has helped several patients with their aches and pains. He has actively used manipulation and ultrasound therapy to minimize his patients' pain. However, with the integration of laser technology into his office, Dr. Zak now helps patients with various ailments that were otherwise not able to be addressed by adjustments. Physical complaints such as plantar fasciitis, tennis elbow, arthritis, neuropathy, tendinitis, head ache/migraine, edema, ligament sprains,

fractures, and a multitude of other conditions are being entirely alleviated with laser therapy

Dr. Zak was familiar with the effects of laser therapy in 2012, but has evolved into an expert regarding laser and its many uses. Dr. Zak used the laser to treat his own cervical disc injury in 2015. Feeling the positive effects from the treatment shortly after receiving it, he decided to begin researching the concept of laser treatment and everything that it had to offer.

Learning that laser treatment actually gets into the tissue and motivates its regeneration rather than offering temporary pain relief shows the long term benefits that the treatment can offer. Combining that fact with the lack of any associated side effects is really what brings the notion of laser therapy to a bright light.

Since the 1970s, laser treatment has been used in Europe, and has been actively used within the United States since the Food and

Drug Administration approved it in 2002.

The laser treatment process uses specific wavelengths of light, red and near infrared, to create therapeutic effects for improved healing time, pain reduction, decrease swelling and increased circulation. This specific type of laser, Class IV laser, means that instead of the 1/5 inch that a Class III laser can penetrate, this laser can treat anywhere from 6 to 9 inches into the tissue. The laser's added depth potential allows healing that could

not take place from a Class III laser treatment.

With average treatment duration of three to five minutes, an astounding reduction in pain results as the healing process takes place. A pain free and quick procedure can result in unprecedented results beyond other methods of treatment.

If you would like more information on this amazingly helpful and innovative technology, please call Dr. Zak's office, Grand Terrace Chiropractic and Laser, at:

(909) 783-4950.



Supervisor Spiegel with Highgrove MAC Chmn. Jeff Girod on the left and V-Chmn. Mussa Khair on the right at clean up day on Nov. 6, 2021. Thanks to all of you who helped clean up Highgrove!.



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Technical Support

Adrien Reyes
Cynthia Cruz
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Writers

R.A. "Barney" Barnett
Dr. Cynthia Williams

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