



# HIGHGROVE HAPPENINGS



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

**(FREE) Local News for the Highgrove Area**

**November, 2021**

## What's behind these walls and why the name change?



**This wall is on the south side of Spring Street**



**Pads for the houses and streets are currently being graded. Will this be a new street?**



**This is a view of the west end of the property that is the boundary near the Gage Canal.**

**The Spring Brook Estates name has been replaced and instead will be known as three new communities with new names:**

**AVALON at Spring Mountain Ranch, CAMBRIA at Spring Mountain Ranch and SONOMA at Spring Mountain Ranch**



**Center St. and Mt. Vernon Ave. has a high wall so they can level the land for the lots**



**Due to the slope of the land, dirt is being moved from the east side of the properties to the west side to make the lots level..**



**This is Spring St. looking west where the road has been widened and curbs have been added.**



# 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

Leila Santamaria Center Manager  
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](http://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](http://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](http://sbccovid19.com/909-387-3911) SBbdo 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](http://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](http://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](http://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](http://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:** November 12, 2021 and December 10, 2021. Highgrove Residents from 8:00 AM to 10:00 AM drive through pick up.



**November 13th:** Event from 11:00 AM to 2 PM. Under The Sun Friendsgiving Social! (Line Dance Social) A Touch of Motown with some added New Country, Latin and Pop & More. \$10, bring own water & snacks. RSVP: Martha 951-329-7867.

**November 20th:** Annual Thanksgiving Festival 11:00 AM to 2:00 PM. Community Health and Wellness Outreach One Stop Shop for the Whole Family. Hosted By SNT, CIU, and FSA (Collaborative Partner). Complimentary lunch, turkey and grocery distribution while supplies last, and much more!

**November 22nd:** For Highgrove Community Residents. **Toy Reservation** on Monday November 22, 2021. First 40 Families at 9 AM. Parents to Bring proof of Residence and children be present. Ages 0 - 18. Toy Pick on December 18, 2021 during Christmas Toy Giveaway Event—Community Health & Wellness One Stop Shop and much more for The Whole Family at Highgrove Park 11 AM 2 PM. Join us to welcome Santa and his Elves.



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.



**Norton Younglove Community Center**  
459 Center St. Highgrove, CA 92507 (951) 241-7221  
951-779-3099 fax [www.fsaca.org](http://www.fsaca.org)



### Current Open Programs



#### Tuesday Bingo

12:30 PM - 1:30 PM  
4 cards for \$1.00  
Includes refreshments



#### Line Dance

Mon 7:30 PM Intermediate, Wed 7:30 PM Beginner \$2 per class. For more details call 951-329-7867 [underthesunlinedance.com](http://underthesunlinedance.com)

#### Bailando en Fila



#### Polynesian Dance Class

Tues 7 PM - 8PM  
Thurs and Fri 2:00 PM - 7:30 PM \$4 per class



Fitness with Leticia Mon - Thru Fri 8:30 AM to 10 AM



**Voluntary Opportunity!** Call 951-241-7221 for details.



November 11, 25 and 26, 2021

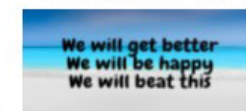
### E-Taekwondo United Martial Arts

For all Ages Todas las edades. For detailed info Call: Master Chavez 909-578-4799. [www.etkdu.com](http://www.etkdu.com) Class on Hold Till Jan 2021



#### Zion Assembly Church of God

Sunday Services 9 AM and 11 AM. For detailed information Call: Pastor Pete Sarry 951-237-233



To Prevent the spread of COVID-19 and to insure the health and safety of everyone:

**\*\*Staff may limit the number of visitors inside at any time to maintain physical distancing**  
**\*\*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.**  
**\*\*All high-contact areas inside are cleaned and disinfected according to guidance provided by the Center for Disease Control.**  
**\*\*Masks are required for everyone on the premises regardless of vaccination status.**



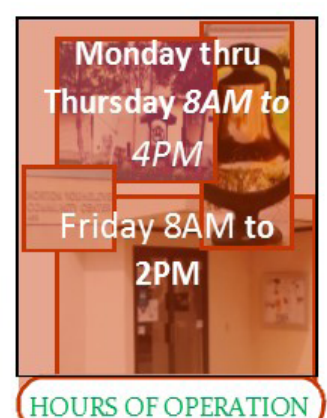
### Let's Celebrate!

Whether you are having a wedding, birthday, anniversary, company or church event; our banquet hall is the place for you. Room capacity is 150 people at a rate of \$100 per hour (Kitchen available for additional flat rate cost). Security needed with all rental event (additional cost). To reserve your party's date a \$200 non-refundable deposit is required. For further details contact center at 951-241-7221-

**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!!

Free or low cost Early Care and Preschool Programs call 951-342-3151.





## HIGHGROVE HAPPENINGS

# Orange Street receives an additional name



Riverside City Mayor Patricia Lock Dawson is shown assisting the city worker to install the Orange St. sign with the new designation under it that includes "Spanishtown Rd" at the bottom of the sign.



The new signs between Columbia Ave. and Center St. will have Spanishtown Rd. added to the bottom of the Orange St. signs but the street will still be known as Orange Street..

Riverside's Spanish Town Heritage Foundation joined with the City and County to add the historic colloquial name of "Spanishtown Road" to a northern section of Orange Street. A celebration was held Oct. 9, 2021 at the Trujillo Adobe ruin site on Center Street near Orange Street.

This area of old "Spanishtown" with a school and cantina at the turn of the century had grown from the original 1844 twin Spanish settlements of La Placita and Agua Mansa to the north that were flooded out in the 1862 Santa Ana river flood. New Mexican people trekked miles without wagons over the "Old Spanish Trail" after 1829 to trade and establish the first settlements in this region of California.

Thank you to Jim Wood for the article and fine pictures.



L-R: Nancy Melendrez, Spanish Town Heritage Foundation; Erin Edwards Riverside City Council Ward 1; Susan Belknap, STHF; Karen Spiegel, Supervisor District 2; Carol Ortega Koelling STHF; Sharon Trujillo Kasner, STHF; Darlene Trujillo Elliott STHF; Arturo Alearaz STHF; Patricia Lock Dawson, Mayor of City of Riverside; Steve Hemenway, Riverside City Council Ward 7.



Speakers from those listed above addressed the gathering from the shade of the canopy while some spectators had to sit in the sun.

### COMMUNITY CLEANUP

Please Join Riverside County Supervisor  
Karen Spiegel for a Community Cleanup  
(Center Street)

**WHEN: SATURDAY, NOVEMBER 6TH, 2021**  
**TIME: 9:00 A.M. - 11:00 A.M.**  
**LOCATION: HIGHGROVE LIBRARY**  
530 Center Street  
Riverside, CA 92507

\*\*\*Bags, Masks and Cleanup Equipment provided  
\*\*\*Please meet inside the community room at the library

Contact Supervisor Spiegel's office at (951) 955-1020 or [District2@rivco.org](mailto:District2@rivco.org) if you  
have questions or wish to volunteer!

[www.District2@rivco.org](http://www.District2@rivco.org)

Tentative MAC meeting Nov 24, 2021 6:30 pm call 951 955 1020

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# HIGHGROVE HAPPENINGS



## What is a Rat Rod?

The two Rat Rods pictured above were built by Highgrove resident Mike Rich and the shiny MOPAR convertible with paint on it below is owned by Mike's brother Jimmy Rich.

## Have you read my book?

It seems that today everyone is writing a book and they strive to be on the best seller list. But do you know that I have written a book?

I know it will never be on the best seller list and I will never make any money as the author of my book. My book has many chapters that are free to anyone who will take time to read it because it is on our web site. For the last 27 years we have printed monthly issues of the Highgrove Happenings Newspaper. Since July 2008 you can go to our web site and read about what has happened in and around Highgrove. Since 1994 my so called "book" has contained many pages that have been printed in the monthly issues. My gift to Highgrove is available free of charge by going to: [www.highgrovehappenings.net](http://www.highgrovehappenings.net) and clicking on "Latest Issue". You can read every page of every issue except the issues that we printed prior to July 2008 but I have a file that includes our first issue in 1994 up to this present issue.



The one at the top left has a blown Chevrolet engine and Mike gave me a ride in it to a car show in San Bernardino on October 9, 2021. The one at the top right is a Ford driven by Karen Rich and the MOPAR below it was driven by Jimmy Rich.



Karin Rich drove this Ford Rat Rod to the car show and all three of the cars shown above were from the same household in Highgrove

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## Highgrove Clean Up Day

### Saturday November 6, 2021

### 9:00 M - 11:00 Am

## Highgrove Library

## 530 Center Street

## Highgrove

Bags, Masks and CleanUp Equipment  
provided inside the library



# HIGHGROVE HAPPENINGS

## Public Comments: Is anybody Listening?

1. Do Riverside County leaders ever listen to those who they are leading?
2. Do Public Comments even matter at the meetings?
3. Does opposition from individuals ever influence a leader's decisions?

The leaders, no matter if they are local, City, County, State or Federal have a responsibility to lead those who have elected them to their position. That is what leadership is supposed to do.

But what happens when leaders use their power to support a different agenda from those who they govern? And what if the leader of the group intimidates or dominates the other members of its group so the leader's decision is not questioned? How many decisions have been made by leaders whose members are afraid to speak up if they do not agree with their leader's position?

I became the vice-Chairman of Highgrove's CSA 126 in 1991 when I first volunteered for Highgrove 30 years ago and I have volunteered for five Supervisors including Supervisors Younglove, Mullen, Ashley, Tavaglione and Spiegel. During my past involvement I have seen both good and bad leaders whose decisions have affected Highgrove. Here is one example:

For the last 20 years I have been trying to get a Metrolink Station in Highgrove but even though it has been supported by the public during those 20 years, it has been blocked by the last two Executive Directors of the Riverside County Transportation Commission.

It started with Eric Haley, former Executive Director of RCTC who fought the Highgrove station by making statements such as: **"Highgrove station would be too close to the county line"** and **"The residents of San Bernardino county would be using the Highgrove station"**

(These and other statements are shown on: [www.highgrovehappenings.net](http://www.highgrovehappenings.net) by clicking on: "Metrolink" and "RCTC's inappropriate

ate actions to prevent a Metrolink Station 2004 to 2010.")

Then when Anne Mayer became the Deputy Executive Director of RCTC in May of 2005, we hoped there would be a change in position about opposing the Highgrove Metrolink station. But for 16 more years RCTC's Executive Director is still opposing the Highgrove Metrolink station. Here is another example:

In an effort to show the authorities that Highgrove needs a new road through RCTC's property to the Iowa Overpass and a Metrolink station due to the hundreds of new homes, I have submitted the **Highgrove Traffic Plan** to RCTC and other agencies and leaders who can make this happen.

**The Highgrove Traffic Plan has been sent to:** All 29 RCTC Commissioners, the RCTC Executive Director, all 5 County Supervisors, Mayor and all 7 Riverside City Council members, County Planning Director, County Traffic Supervisor, Riverside Unified School District, Highgrove MAC Chairman, Senator Roth and Congressman Takano.

Here is the statement I made during public comments at the RCTC meeting on Oct. 13, 2021:

**"There is no need to use the Food Machinery Building to expand Riverside's Metrolink Station because only 3 ½ miles away is where Highgrove has had 20 years of support for a Metrolink station on property that is already owned by RCTC. Highgrove has hundreds of new homes that have replaced our orange groves and RCTC currently owns 17 acres right next to the track where the daily 7 day a week Metrolink trains operate. All the trains need to do is stop for passengers. So: **"Why bring the people to the station when you can bring the station to the people where they live?"****

RCTC has \$5,347,500.00 invested in vacant property at Highgrove and the Highgrove Traffic Plan will use land that is not being used for any other purposes.

Cont. on Page 8

## Crime Stats July 20, 2021 to August 17, 2021



## 911 FOR AN EMERGENCY Sheriff's beat car 951-776-1099 Ext. 5

Assaults	(3)	Burglary	(1)
Grand Theft	(5)	Petty theft	(1)
Vehicle	Lieutenant Sean Vickers	Theft	(3)

**Riverside County Sheriffs Department**  
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Desk 951-955-2612 Cell 951-906-9695

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<b>Friday:</b>	7:30am - 4:30pm
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# HIGHGROVE HAPPENINGS



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**November 1 - 19, 2021**

**for the Groceries of Love Food Pantry.**

Donations accepted at the cash registers.

Proceeds from the Food Drive will be used for the Food Distribution Event at the Family Services Association | 459 Center St., Highgrove, CA 92507  
Saturday, November 20<sup>th</sup> | 11 am - 2:30 pm  
While supplies last.

**CIU & SNT 6<sup>th</sup> Annual TOY DRIVE**

**November 1<sup>st</sup> - December 17<sup>th</sup>**

**DONATE A NEW, UNWRAPPED TOY FOR A CHILD 12 & UNDER**

Toys collected will be given out during the Toy Distribution Event at the Family Services Association  
459 Center St., Highgrove, CA 92507  
Saturday, December 18<sup>th</sup> 11 am - 2:30 pm  
While supplies last.

In Partnership with

**DROP OFF LOCATIONS:**  
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Woody's Classic Grill: 22400 Barton Road, Ste. 1, Grand Terrace, CA



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Sat. 9:00 am - 4:00 pm



# HIGHGROVE HAPPENINGS

## Public Comments from P. 5

*Ask yourself what you would do if this location was in your district or city! The property owned by our county transportation agency should be used for transportation purposes that include a new road through it and a Metrolink Station on it. New housing construction has increased the need for a new road and Metrolink Station to accommodate the present and future needs of the residents on both sides of the county line. Please speak up and be a part of this discussion and ask why your supervisors have opposed building a Metrolink Station at this location for over 20 years.*

*This subject needs to be put on a future agenda  
Please check your E- Mail. Thank you"*

Later in the meeting after my public comments, Anne Mayer simply stated: **"The station is not feasible"** so I guess she is the bottom line if no Commisssioners speak up.

Another example of how RCTC wanted to stop the Highgrove Metrolink station was on Feb. 9, 2017 when I received a call from my friend and Riverside City Councilman, Mike Sobirous who told me about a City Transportation Committee meeting that I should attend. During the meeting the Deputy Executive Director of RCTC, John Standiford made a lengthy presentation to the committee in order to keep the Highgrove Metrolink station from going to the Riverside City Council. And during Mr. Standiford's lengthy presentation, "Mr. Barnett's" name was mentioned Twenty five times. I know because I was counting!

The committee was chaired by Paul Davis and consisted of Andy Melendrez and I think the other member was Chris Mac Arthur. There were no other people in the building because I was the only one in the audience and Standiford's comments were all about me.

I felt this was not about RCTC opposing the station because it had no merits, but it was more about stopping Barnett because he made RCTC look bad by making a video and printing information to correct RCTC when they announced that a Metrolink Station would be built at Palmyrita Ave., when in reality a 520,000 sq. ft. building was already under construction at this same exact location.

The video can be seen at: [www.highgrovehappenings.net](http://www.highgrovehappenings.net) and clicking on "Metrolink" and "You Tube Video about location" and the article can be seen in the Feb. 2009 issue of the Highgrove Happenings Newspaper.

Here is another example:

On Dec. 31, 2006, the San Bernardino Sun printed an article that stated:

**"San Bernardino County Supervisor Dennis Hansberger believes there is enough demand for a Metrolink station in the Highgrove area. It is a very worthwhile objective", Hansberger said, "Unfortunately, the people in Riverside county who have jurisdiction have not shown a lot of interest. But we're willing to try to get that discussion going".**

That was 15 years ago!

Cont. on page 9



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# HIGHGROVE HAPPENINGS

It is unfortunate that RCTC has prevented these two transportation agencies from working together for the benefit of all concerned. When we travel on the I-215 freeway and go from one county to the other we never even think about jurisdiction when we cross the county line.

The purpose of the commuter rail system is to provide transportation to those who want to park their car and go to and from their destinations. And with today's price of gas, remember-

**"a parked car uses no gasoline!"**

Highgrove is on an existing Metrolink route that has connections to other cities from the San Bernardino Depot but none of the commuters on the Perris Valley Line trains can get to the San Bernardino Depot because they all go to Riverside.

After 20 years, RCTC's field is still empty but a station is still needed on it and a road is needed through it now more than ever due to the hundreds of new homes in Highgrove.

To see 20 years of support for a Highgrove Metrolink Station please go to: [www.highgrovehappenings.net](http://www.highgrovehappenings.net), double click on each line of Supporting Docs and look at the dates and other Metrolink information then click on Latest issue (Oct. 2021) to see the Highgrove Traffic Plan with photos.

**Highgrove First:** All of the preceeding information is true and can be verified. I will always stand up for Highgrove even if it exposes improper actions of Riverside County and its leaders.

Ask yourself **WHY** RCTC has opposed the Highgrove station for 20 years then take a look back at the 3 questions on page 5 at the beginning of this article.

## Metrolink still does not stop at Highgrove!

**Currently**, on Monday thru Friday there are Four Metrolink trains in each direction that go through Highgrove without stopping between San Bernardino, Riverside, and Oceanside and on Saturday and Sunday there are two Metrolink trains in each direction between San Bernardino, Riverside. and Oceanside.

From Highgrove it is 7 rail miles to San Bernardino and 3 1/2 rail miles in the other direction to Riverside. A station at Highgrove will not interfere with the Perris Valley Line Metrolink-trains because they have differebnt destinations.

Go to: **[www.highgrovehappenings.net](http://www.highgrovehappenings.net)** Click on Metrolink, Supporting Docs (click on each line), Station costs, 8 years of comments, and the You Tube video about location,



Thank you to Gerold Gaitan our cartoonist from Colton



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## You Can Quote Me

*Cynthia Williams, DC*

“I would rather sit on a pumpkin, and have it all to myself, than be crowded on a velvet cushion.” ~ Henri David Thoreau

People get sentimental about autumn, probably because the miserable heat of summer has passed and the warmth and spices of the lattes and breads are comforting. Fall kicks off the holiday season with Halloween, Thanksgiving, and Christmas to look forward to before the misery of winter settles in. The fond memories of family and friends gathering with the smell of wood burning in the fireplace, the yummy foods served and the mulled wine and other warming beverages combine to sustain us until the first eagerly anticipated spring day.

Recently I drove across Oregon, through northern California to Reno, Nevada. The drive took me across deserts, through mountains and forests, and then more desert. Ruminating on the long drive, I was struck by the wide range of golds, reds, purples, and orange of the fading foliage. The greens, not ready to give up their life, were hanging on. It's amusing to look at a tree in full leaf, one side of the tree will be brilliant golds and reds and the other side still a deep green.

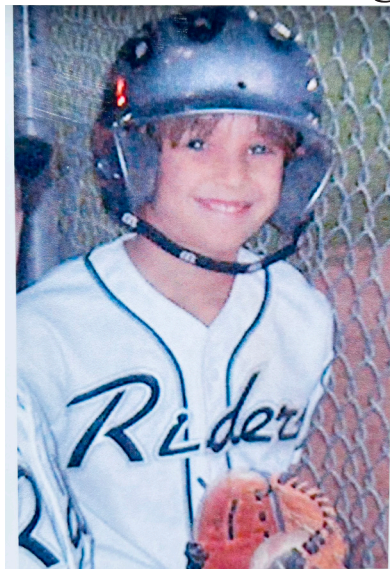
In the leaf numerous cells contain chlorophyll. This amazing substance absorbs from sunlight the energy that is used in transforming the leaves to green. Along with the green pigment are carotene pigments that are yellow to orange which, for example, give the orange color to a carrot. Most of the year these colors are masked by great amounts of green coloring. As the season advances into Fall, changes in the length of daylight and changes in temperature, cause leaves to stop their food-making process. The chlorophyll breaks down, the green color disappears, and the yellow to orange colors become visible and give the leaves part of their fall splendor. As they continue to breakdown the brilliance left is a gift for us to enjoy. An interesting factoid: Aspen trees are actually one very large organism connected together via their root systems. Massive aspen groves are one plant! This creates the unusual effect of the leaves all changing colors at the same time. Many parts of the country, especially in the Colorado mountains, have splendid groves that go on for miles and miles. They are a favorite place for “leaf peepers” to visit along with the northeast coast. There are websites dedicated to reporting where the greatest leaf changes are, the best schedule to see them, and accommodations and other details to encourage the out of town visitors. “Leaf peeping” is big business in the Fall. We on the west coast can enjoy the colors too. Our neighborhood liquid amber and fruitless mulberry aren't terribly inspirational but with a little research you can find some lovely colors in the area.

I want to mention: another COVID Thanksgiving is upon us. While the rules about gathering have loosened up, evidently appropriate caution is still necessary. As a doctor I have never seen such a fickle, arbitrary, and at the same time, deadly disease. It has fast changes and no reliable predictions on who or why someone gets it or not, has a mild case or severe symptoms, and why a person with no preexisting conditions, young and healthy, will get the virus and die swiftly. That just isn't normal. This virus breaks all the rules and it's running the medical providers in circles. Here in central Oregon, we have ONE major hospital for a territory about 3/4ths of the whole state. Since Memorial Day it has been totally slammed with COVID patients (98% unvaccinated); the ICU rooms have doubled beds, patients are bedded in the Emergency Room and in the halls and meeting rooms. Surgery except for dire emergencies are all cancelled. Respirators are in demand with doctors having to make painful triage decisions about who will have the best chance of surviving. If a patient isn't expected to live he is taken off the respirator so a patient with a greater chance of survival can utilize it. Emergency patients are being flown to Portland, Idaho, and northern California because of the lack of bed space. Nurses are on mandatory overtime, mandatory weekends, and no vacations. They are absolutely exhausted, demoralized, and very angry. The population in central Oregon is just as influenced by political rhetoric as any other part of the country and it's had a hard impact on the high rate of cases. This pandemic will eventually wind down; people will either get vaccinated, get the virus and survive, get the virus and die, or just get lucky.

Have a blessed and enjoyable Thanksgiving. Give thanks for what you have now. For we have learned the past two years, it is precious and can be taken away in a heartbeat.

Page 10 November 2021

## From Highgrove PONY to Washington Nationals



**RobertAnthony Cruz,**  
is now 23 and is playing for  
the Washington Nationals

## Grateful to Grow Up in Highgrove!

Our children enjoyed growing up in Highgrove☺. My husband, Ron, and I started and ran Highgrove PONY here at Highgrove Park for a few years. Our children, Sabrina and RobertAnthony lived here until they moved away to college. We created special memories with our children here as they:

- Played baseball and coached the Little Squirts Shetland (4-6yr olds) baseball team, Dad coached RobertAnthony on a Mustang (8-10yr olds) baseball team when we started up and ran Highgrove PONY
- Watched amazed as donkeys popped up in different areas – sometimes our own yard!
- Attended MAC & County Supervisor meetings to try to make sure our representatives represented us
- Walked our dog at the park
- Developed friendships we treasure to this day
- Danced at the community center
- Supported the firefighter's pancake breakfast
- Raised money to help Hurricane Katrina victims
- Helped with and had fun together at Highgrove Days and the Car Show

Today our daughter is married and teaches 4<sup>th</sup> grade in Illinois. Our son plays pro baseball for the Washington Nationals and is home for the off season coaching young players who want to bat better!

We have many special family memories here in Highgrove and would love to see them continue for the next generation, so when Barney asked for help with the paper, my husband and I prayerfully considered it. For now we plan to volunteer our help. We would love to hear your ideas!

What would you like to see in Highgrove?

What would you like to see in your local newspaper?  
Do you have ideas for how we can connect with other neighbors?

Do you know how we can support local businesses or get the word out about yours?

Cynthia Cruz

Grateful Highgrove Resident

**RobertAnthony Cruz**

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# HIGHGROVE HAPPENINGS



**Dr. Zak Bissani**

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 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

Dr. Zak Bissani, a local Grand Terrace chiropractor, has helped several patients with their aches and pains. He has actively used manipulation and ultra sound therapy to minimize his patient's pain. However, with the integration of laser technology into his office, Dr Zak now helps patients with various

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.



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