



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

(FREE) Local News for the Highgrove Area

September, 2009



On Aug. 20, 2009 at about 6:30am this eastbound vehicle struck a power pole on the north side of Center St and sheared the pole off at its base and left the pole hanging by the overhead wires. We received a call from Don Ritz, owner of Fair Price Carpet and arrived at about the same time as the Highgrove Fire Station # 19 truck. The lone occupant, Patrick Ridge age 31, was sitting on the curb on the south side of the Center street. Tony Cluchey stopped and helped Patrick to the south side of the street to a safe place away from the power lines. Patrick was on his way home from his night shift at the Big Lots Warehouse in Rancho Cucamonga and was only a few blocks from his home in Highgrove. He was transported to Loma Linda Hospital where he was evaluated for his injuries. The vehicle is a 2001 Honda Civic and has extensive front end damage. The cause of the accident was attributed to the driver possibly falling asleep. His shift is from 10:00 pm to 6:00 am and he usually watches their children when he gets home in the morning when his wife goes to work. (cont. on P. 12)

Vehicle fire reported at 1:30am Aug.20th on Palmer Avenue.



Early Friday morning at 1:30 am a pick-up truck parked at a residence on Palmer St. near Iowa Ave. may have been firebobmbed. Two men reported witnessing a black car drive onto Palmer St. who were yelling at the house as they threw a bottle which allledigally contained gasoline, because the truck caught on fire. The neighbors woke up & and put water on the cab of the truck and the house. Shortly thereafter, the fire department arrived and put the blaze out. The occupant of the house thought he may have started the fire himself from his cigar, but the fire dept. reminded him that two witnesses saw the fire start when the occupants of the car threw something at the truck. If you have any information concerning this incident, please call the Highgrove Sheriff Deputy Dean Colbert (951) 955 2611.



The Riverside County Transportation Department under the supervision of "Rob" Morris recently "Chip Sealed" (oil covered with gravel), Spring St. from Mt. Vernon to Transit Ave. and Transit Ave. from the arroyo to Center Street. We thank all of those who helped in this project (more improvements on P. 8)

Costs of Perris Valley Line Metrolink now estimated at \$220Million Dollars

Existing Commuter trains between Riverside and San Bernardino will still not stop in Highgrove, under RCTC's plan.

I received a letter from Riverside County Transportation Commission's Deputy Executive Director, John Standiford dated Aug. 19, 2009 in response to my letter of Aug. 11, 2009 asking about the costs associated with developing the Perris Valley Line.

The previous estimate was \$168 Million Dollars but has now increased to \$220 Million Dollars.

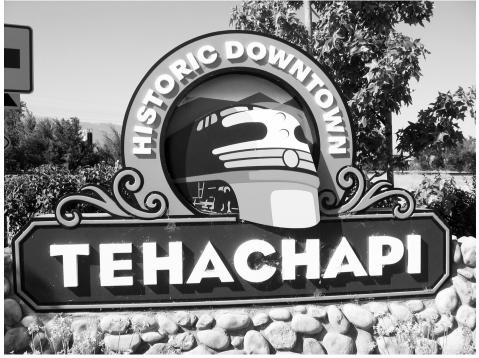
Part of Mr. Standiford's letter states:

"Also included in that cost is work currently being conducted to complete needed environmental analyses, which will be finalized in the later part of 2010."

Many of you already know that the RCTC plan does not include a station stop in Highgrove where existing commuter trains pass by 7 days a week between Riverside and San Bernardino.

RCTC <u>has to have</u> the 19 acre property to connect the 2 railroads and we have advocated building a station stop on the west side of this same property to serve 3 destinations: Riverside, San Bernardino and Perris.

(cont. on P. 10)



See page 4 to see what took us to this historical place.

Highgrove Community Center Hours: Mon-Fri 8:00am-2:00 pm

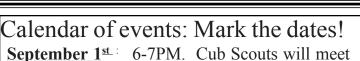
Highgrove Community Park Hours: Dawn to Dusk Contact: Sherry at (951) 341-6634 (951) 786-6912

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

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5





September 1st 8-10AM Brown Bag

RTON YOUNGLOVE

COMMUNITY CENTER

September 3rd Chinese Language Culture Event

September 3rd 5:30-7PM Pony Baseball Sign-ups HG Park

ages 4-12

September 4th 5:30-7PM Pony Baseball Sign-ups HG Park

ages 11-12

September 4th Rolling Cart

September 9th 11AM-1:30PM Cool Center 50's Sock Hop

September 9th: 9:30-11AM Cake Decorating Course September 14th 6:15-7:45PM Young Californians (cheer leading)

September 15th 8-10AM Brown Bag

September 15th: 11:45AM-12:45PM Cool Center "Seniors Fit

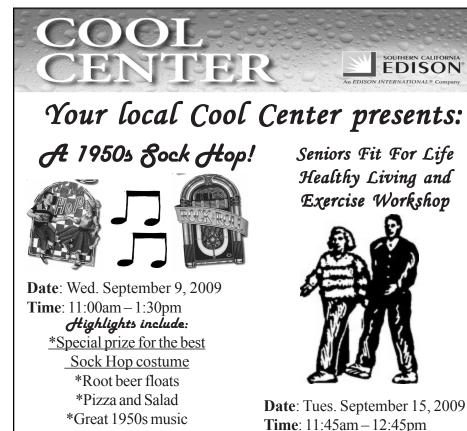
for Life"

September 18th Rolling Cart

September 18th 8-10AM Julie P. from Secure Horizons will

be here to explain Medicare benefits.

September 22nd 10-11am Leave Your Mark



Chinese Language and Culture Event

Thursday September 3, 2009 1:30 - 2:30 PM Norton Younglove Community Center

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

INLAND CHINESE SCHOOL FALL SEMESTER IS HERE!!

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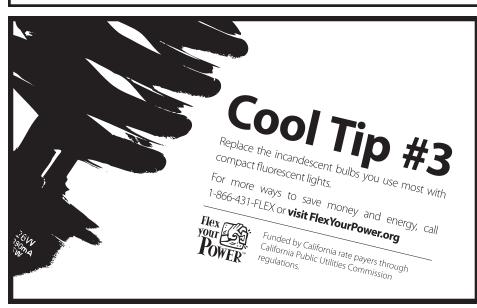
HOW ABOUT: CARNIVAL PARTIES, TALENT SHOWS, SPEECH AND HAND-WRITING COMPETITION, OR TAKE A TRIP WITH US TO CHINA IN MAY, 2010.



WANT TO KNOW MORE? COME FIND OUT!!!! WHAT ARE YOU THINKING ABOUT? COME ON! LEARN WITH US!







Don't Forget!!!

Brown Bag:

1st & 3rd Tues. 8:00am - 10:00am

Commodities: 4th Friday of the month 7am - 10am



Rolling Cart **FOOD GIVE AWAY**

1st and 3rd Friday of the month

Bring a rolling cart to the Center and our volunteers will attempt to fill it with food. Community members are asked to provide their own cart, sturdy enough to carry about 40 pounds of food. However, we can **not** guarantee how much food each family will receive. This program is sponsored by the Second Harvest Food Bank.

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

HIGHGROVE SHERIFF

Deputy Dean Colbert Stats:

Felony Arrests 1 Vehicles Towed Misdemeanor Arrests 6 Calls for Service Traffic Citations 3



Call 911 for Emergencies only

Phone Number for the Sheriff Dept.: (951) 776-1099 (Non emergency) Hot line tips for Highgrove Deputy Dean Colbert: (951) 955-2611

Highlights:

7/24/09, 9 pm, a deputy in the 400 block of Iowa Ave. observed two males subjects arguing with each other. The deputy stopped his vehicle and contacted both parties. The subjects told the deputy they were friends and were in disagreement regarding personal issues. The deputy advised both subjects to leave the area and an incident file for 415 PC was pulled.

7/29/09, 3 pm, a deputy performed a traffic stop on a vehicle near Center St. & Highland Ave., for loud music. The deputy contacted the 22 year old male driver, and subsequently issued him a traffic citation for 27007 CVC Loud Music.

7/29/09, 3:30 pm, a deputy observed a white GMC Yukon parked with its hood up in a field at the end of Villa St. in the field. As the deputy approached the vehicle he noticed the vehicle was missing all four tires. The vehicle was registered to an individual residing in Porterville CA. The registered owner was not immediately contacted reference the where about of his vehicle. The vehicle was towed and stored pending further investigation. 7/30/09, 1:30 pm hours, a deputy responded to the area of Mt. Vernon & Spring St., to assist Code Enforcement. Upon arrival the deputy was briefed

by Code Enforcement Officer's re-

garding an unruly property owner.

With the assistance of the deputy the

property owner was contacted and sub-

sequently cited for numerous violations.

7/30/09, 3 pm, a deputy made contact

with a resident in the 1000 block of

Center St., reference possible drug

paraphernalia. The resident advised he had located certain items he believed were used in the smoking of methamphetamine. The deputy immediately recognized the two glass pipes as common devices used to smoke methamphetamine. The pipes were taken as found property and will be properly disposed of. Anyone with information or claiming ownership is encouraged to contact the Jurupa Valley Station.

7/31/09, 9 pm, deputies responded to 300 block of Iowa Ave.; reference a 211 PC Robbery Alarm. Deputies arrived within one minute of the call and contacted the owner of the store. The owner advised deputies he had been robbed at gun point. The owner described the suspect as a male black, wearing a brown baseball cap, brown hooded sweatshirt, blue jeans, and brown work boots, armed with a chrome semi auto handgun. The suspect fled in a dark colored four door compact vehicle possibly a Toyota. Anyone with any information is encouraged to contact the Jurupa Valley Station or Deputy Colbert at (951) 955-2611.

7/31/09, 11:30 pm, a deputy parked in the area of the Center St. & East La Cadena Ave. observed several vehicles exit the N/B 215 Frwy. The occupants of all three vehicles exited their vehicle and began arguing over a vehicle cutting off another on the freeway. The deputy spoke with all parties concerned and determined no crime had been committed.

Continued on page 10



"Winterball" 2009 Sign Ups for

Grand Terrace, Riverside & Highgrove Residents:

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Cynthia 951-846-9431

http://www.HighgrovePONY.com

<u>Practice for placement</u>: Ages 7-10, Thurs. Sept 3rd, Ages 11-12 Fri. Sept 4th, 5:30-7PM. Sign-ups: Ages 4-12



CHP WARNS MOTORISTS NOT TO LEAVE KIDS ALONE IN CARS

Purple ribbons to fly from patrol car antennas

(Sacramento) The California Highway Patrol (CHP) reminds motorists the summer heat can quickly create deadly conditions inside a vehicle, especially for children.

"As a driver, you are responsible for the safety of your passengers both while the vehicle is running and when it is parked," said CHP Commissioner Joe Farrow. "Carelessness, can lead to tragedy."

Research by the National Highway Transportation Safety Administration (NHTSA) in 2007 showed that for children hyperthermia (heat-stroke) is the leading cause of non-crash vehicle deaths. Every year in the United States, an average of 27 children die as a result of hyperthermia or excessive heat while in a vehicle.

"If you see a child unattended in a vehicle call 911 immediately," said Commissioner Farrow. "Not only is leaving a child in a vehicle unattended dangerous, under California law it is illegal."

On January 1, 2002, the Unattended Child in Motor Vehicle Safety Act, took effect. The law became known as "Kaitlyn's Law" in memory of 6-month-old Kaitlyn Russell, of Corona, who died August 15, 2000, after being left alone in her babysitter's car for about two hours.

"Kaitlyn's Law" makes it an infraction, punishable by a fine of \$100 for any parent, legal guardian, or other person responsible for a child 6 years of age or younger, to leave that child unattended in a vehicle without the supervision of someone at least 12 years of age or older.

The national, non-profit organization, 4 R Kids Sake, has designated August as "Purple Ribbon Month," to raise awareness and educate the public about the dangers of leaving a child unattended in or around a motor vehicle. In recognition of "Purple Ribbon Month," the CHP will attach a purple ribbon to the antenna of its patrol cars.

"Hopefully by focusing attention on this issue, we can prevent the senseless loss of innocent lives in the future," added Commissioner Farrow.



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Birthday party re-unites 1953 Highgrove Elementary schoolmates



L-R: Ron McHenry, Billy Taylor (deceased), Mr. Glenn Teague, Wayne Walters, Obie Vuchey (deceased), Ron Firestone (deceased), front row: Robert Fakundiny, Richard Barnett, Willy Wilkins and Gary Face (deceased).

The occasion was a surprise birthday party for Willy Wilkins who turned 70 years old but the celebration was not in Highgrove. Willy's daughter from Washington D. C. organized the party and chose Tehachapi, California. We met for dinner at Don Juan's Latin Grill in Tehacapi on Friday night Aug. 14, 2009.



Willy Wilkins and his family at Tehacapi: Back row L-R: Dan Wilkins, Denise Wilkins, Tom Wilkins, Willy Wilkins, Travis Wilkins.

Middle row L-R: Samantha Schulte, Margarett Wilkins, Isaac Schulte, Mike Shulte. front row L-R: Morgan Baly, Emma Baly and Chloe Baly.

56 years later in Tehachapi



L-R: Ron McHenry, Willy Wilkins, Richard Barnett and Pat Timmons in Tehachapi Aug. 14, 2009. Three out of four were teammates on the 1953 Highgrove basketball team are shown in photo on left.

Pat Timmons is not shown in the 1953 basketball photo on the left.

Ron McHenry, and his wife Carol live in Carson City, Nevada, Willy lives in North Edwards, yours truly: R. A. "Barney" Barnett (and my wife, Ardie) live in Highgrove, and Pat Timmons (and his wife Sandy) live in Vacaville, California but want to move to Hawaii.

The week prior, another one of our buddies, Tom Kauffman drove down from Fairfield, Ca. to see Willy because Tom knew he would be in Utah on the day of the surprise party. (Thanks Tom for keeping the secret). While we were at the restaurant, another schoolmate Wayne Walters, (in basketball photo above) called to wish Willy a happy birthday and another schoolmate Art Bernal also called from Highgrove. Art and I are the last 2 of the original group that still live in Highgrove. 1953 was the last 8th grade graduating class in Highgrove. From 1953 on, the elementary school only went to the 6th grade like it does today.

Ardie and I stayed at the Holiday Inn Friday night and on Saturday the whole town was celebrating Tehachapi's Centennial and the 46th Annual Mountain Festival. We watched the parade and festivities, went to the museum and stayed as long as we could, then drove to the famous railroad "Loop" before heading back Saturday afternoon. On our way back we stopped in Boron at the Twenty Mule Team Museum, and Adelanto and Mojave airports to see where old airplanes go to die. We had a full weekend with old friends and seeing the sights!

More photos on next page

Auto Diagnostic Services

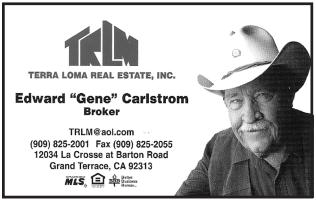
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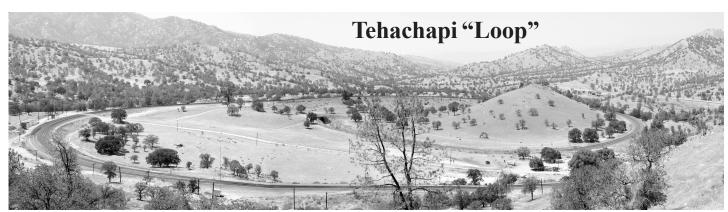
1952 Tehachapi Earthquake



Tehachapi is known for its 7.5 earthquake that shook the area at 4:52 am on July 21, 1952 that resulted in extensive property damage and killed 11 people.



This car was parked next to a brick building. Can you tell what kind it was or what year the car was made?



Tehachapi is also known for it's railroad "Loop" that was built from 1874-1876 that is a track in a circle that makes a train loop back over its self as it goes up the steep grade. (Above 3 Photos by R. A. Barnett were stiched together by Ardie).



This is an aerial view of the "Tehachapi Loop" taken off of the internet.

TEHACHAPI PASS RAILROAD LINE, CONSTRUCTED 1874-1876

Shown above is the world famous Tehachapi Loop which is about halfway achievement of civil engineer William Hood of the Southern Pacific Railroad. The Tehachapi Pass Railroad Line was cut through solid and decomposed of the San Joaquin Valley and through the Tehachapi Mountains had 18 tunnels, 10 bridges and numerous water towers for the old steam locomotives. railroad line connecting San Francisco to Los Angeles. It was a primary factor in the early growth of the City of Los Angeles and the State of California.

Cont. on page 7

(Portions of text taken from monument)

upgrade to the tehachapi Pass. This steep line averages 2.2% in gradient in its 28 miles of length. This feat of civil engineering genius was the crowning granite by up to 3000 Chinese laborers from Canton, China. They used picks, shovels, horse drawn carts and blasting powder. This line, which climbs out It was completed in less than 2 years time and is one of the seven wonders of the railroad world. This line was part of the last and final link of the first



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9 Closed	Happy Hour Half off H/C between 10-2	11 15% off Enjoy	12 Double Punch	13	14 Double Punch	15 10% off entire puchase
16 Closed	17 Happy Hour Half off H/C between 10-2	18	19 Double Punch	20 10% off Paul Mitchell	21 Double Punch	22
23 Closed	24 Happy Hour Half off H/C between 10-2	25	26 Double Punch	27	28 Double Punch 10% off Satin Haircolor	29
30 Closed	31 Happy Hour Half off H/C between 10-2					



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OBITUARY



Linda L. Reid

Born August 17, 1943 to Mary and Lloyd Spiker of Highgrove. Died August 19, 2009 at home, with her family by her side. Linda was born and raised at the family home in Highgrove. She was a graduate of Poly High, Class of 1961.

She is survived by her daughter, Kristyne Starling, her son John Reid, and 3 grandchildren.

Memorial service were held Saturday, August 29 at 10:30 at the Chapel at Montecito Memorial Park.



Linda L. Reid

GRAND TERRACE COMMUNITY DAY

ROLLINS PARK 22735 DE BERRY STREET SATURDAY, SEPTEMBER 12, 2009 10:00 A.M. - 2:00 P.M.

CAR SHOW PRESENTED BY **GRAND TERRACE LIONS CLUB** 10:00 A.M. - 2:00 P.M.

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FOR MORE INFORMATION PLEASE VISIT www.cityofgrandterrace.org/gtcommunityday2009 OR CALL (909) 430-2201

Why is it so?

(Christina Torres)

Tragedy struck without notice. No one was prepared.

Sounds of siren echoed in the night.

Dogs howled.

Cats scattered. The telephone rings

And panic fills the air.

Rustling of keys,

And the door being slammed.

Screeching of the car is heard, And alarms the neighbor.

Adrenaline rises.

Fast and faster you go.

Until you arrive.

Approached you are by crying women.

Denial sets in.

Demanding to see.

You rush in and forget your manners. Everyone in the room is silent. Everyone in the room sniffles. Tears descend from there eyes. You approach and shake your head.



You walk away slowly and stand in the corner.

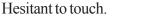
Approached by medical staff. Soon you are faced with difficult choices.

Who, what, where and when,

Are the only repetition that you hear. Sadness sets in.

Tremor in your voice.

Within time all are sadden. But why is it that only when there is happiness of celebration and tragedy of death do we find ourselves in the company of family and friends? In times of new technology and new frontiers we must acknowledge everyone we know on a more frequent occasion instead of waiting for an event to come.





Show our Community Pride! Let's clean up and show we Care! Saturday, September 19, 2009

8:00am to 12 noon (or until dumpsters are full)

• Proof or residency will be required upon arrival • Households with multiple loads and/or oversized items will be given dump passes to the Badlands Landfill. • Limited amount of dump passes will be distributed on a "First-Come, First Serve" basis

These items will NOT be accepted

Tires, pesticides, latex, oil, or water based paint, batteries (lead/acid only), motor parts, solvents/gasoline, transmission/brake fluids, weed killers/herbicides, bleach/tub & tile cleaners, fertilizers, empty drums, anti-freeze, pool chemicals, rodent poisons, engines.

Sorry... no businesses allowed!

Location: Highgrove Elementary School Garfield Ave. parking lot For more information please call Chaka Ferrell at (951) 955-5257

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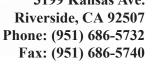
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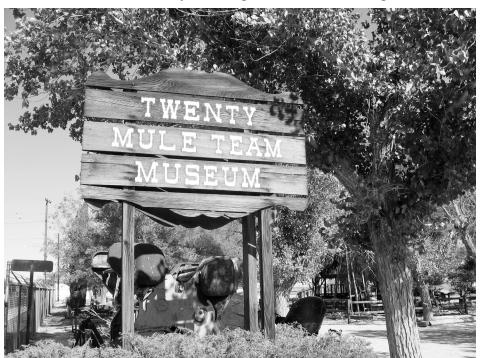








This historical building called the **Errea House** is now located across the street from the museum in Tehachapi. In 1900 it was moved 4 miles on rolling logs when the Southern Pacific Railroad decided to make their station in another location. This house is the only surviving structure from the old part of town.





Twenty Mule Teams hauled 10 ton loads of borax ore 165 miles from Death Valley to Mojave from 1883 to 1889 in heat that reached 130 degrees.



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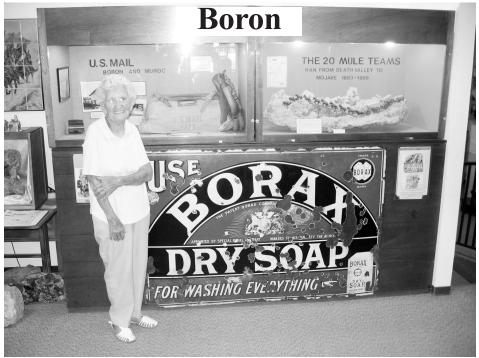
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We watched the parade with this beautiful mural on the building in the background. There are several beautiful murals in this fine city. The "Marshal" drove this Model T with his prisoners in the back and there were 65 entries in the parade. This small desert town of approximately 7,000 people has a lot of spirit!



Barbara Pratt, 89, the curator at the Twenty Mule Team Museum in Boron, is shown standing in front of one of the displays. I bought a copy of her book "Around Boron" and she autographed it for me. She has lived in Boron since 1932 and has been the director of the museum for over 10 years.

Boron is the 5th element on the periodic table and combines with other nonmetallic minerals to form a family of related minerals called borates.

In 1938 a large deposit of borax was discovered and the town name was changed from Amargo to Boron. She gave me a 7 page list of 171 different thing made from borate. Today, I still use Boraxo powdered hand soap which was the first ever to combine borax and soap. Borate is contained in other products such as Anti-freeze, cosmetics, dyes, eyewash, fire extinguishers, glue, ink, matches, paint, shampoo, starch, wallboard, waxes and welding rods.



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DEVILS DEN

by Dennis Wilds

The following story is of Devils Den and its denizens. Mostly true, if not at least based on fact, my accounts of labor camp life in the 1950's come out of my memory of family and friends and acquaintance from that place in time. Devils Den was a former military training camp in the San Joaquin Valley of California. South Lake Farms converted it into a farm labor camp to serve the cotton farming interests which controlled the area. This remote outpost had no public services or schools leaving the residents unsupervised and uncounted by most measures. We had a camp boss to settle disputes and that was the law. The landowners paid the labor contractor and he paid us monthly. We had a small store, but Avenal and Kettleman City had the gas and Smart and Final. I joke now that I was raised by coyotes since most days I saw more of them than people. I was raised also to be not seen and not heard. So, I kept my mouth shut and stayed out of the way in those years and the following chapters are what I saw in Devils Den.

The Puerto Rican

It happened this way. Must have

been winter because it was cold and raining and the steps up into the cook house had a big mudhole on each side. The fight started inside by the juke box and the two men soon tumbled outside and down the four steps into the mud. Initially my point of view was from the top of the steps leading into the dining area of the two story barrack building. Of the ten or so identical two story buildings, our cookhouse was painted green and this side entrance was for the workers who paid for three meals a day. The dining area was separated from our living quarters by the kitchen where I spent most of my day. Around the corner to the back of the barracks there was a stairs to a second level of apartments. Everything was made of wood and of Spartan design. The decor was dirt and dust and bare light bulbs and tonight it just smelled like fresh mud. I don't remember who the combatants were since itinerant men came and went in the camps so often. Some were Korean War vets and some were drunks and some were likely both. But this cool night these two anonymous fighters decided to fight over some private matter never to be revealed to this seven year old. Now I had seen kids fight and dogs fight and some wrestling

matches before but this level of violence beat anything I had seen before or since. This was a fight to the death. In my mind the good guy was an African American who I have never known to cause trouble in the camp. The bad guy was new to me and they said he was a Puerto Rican. They were likely in their late twenties and able bodied and quick and strong as hell. By the time I and the crowd followed them down the steps into the yard they were slugging it out and connecting. The crowd was mostly quiet and non interfering, and like me, keeping a good distance away. Within a few minutes the African American was tiring and went down but the Puerto Rican kept at him and the real beating had begun. I knew I was seeing something really bad happen but no one was moving to stop the fight. Both men were bloody and covered with mud and the bad guy was not letting up. To this day I think the African American would have died if my cousin, Woodward, the camp boss had not pulled up in his truck. At over six feet and two hundred pounds this big Okie waded in and pulled the Puerto Rican off the defenseless victim only to have the Puerto Rican connect a fist to Woodward's head. This led to round two with Woodward having his hands full with the tired yet still strong assailant. This phase of the fight took another two or three minutes with more punches and slips and misses. This is when I got scared for the first time because it looked like even the fresh Woodward might lose to the bad guy. I began to think of what would happen then. The Puerto Rican was murderous and it became a fight for life in my eyes. Both men were down on their knees in mud and still swinging and it was bloody and the crowd was quiet and scared too.

To be continued next month



There is also a new walkway along the east side of Garfield Ave. between Spring St. and the Highgrove Elementary School.

In our last issue we printed photos of the worn out rubber pads on the Center St. RR crossing. We thank the BNSF railroad for making prompt temporary repairs to the crossing. Equipment will be brought in soon to replace the rubber pads on both Center St. and Main St. crossings. The work is planned for night time and could result in closure of both streets during pad replacement.





got bones?

by Cynthia Williams, DC

Did you know that ranch dressing is the number one most popular type of salad dressing sold in America? It has overtaken even the omnipresent Italian dressing. Ranch dressing is probably the most favorite condiment for young people. I do believe it has surpassed ketchup. It is paired up with carrot sticks in little packages, used as a dip for French fries and pizza and poured over salad and vegetables. It is used to bribe kids into eating their vegetables and television advertising campaigns have put the idea into us that ranch dressing is a good thing for us. It is very far from being a good thing for us. Ranch dressing is a nutritional nightmare!

I am a culinary arts instructor at Valley College. It is a fun thing to be doing and I always seem to be blending the knowledge of the doctor and the talent of the cook together. I recently hosted a culinary demonstration at the college for a group of 6th grade kids and had a chance to share some nutrition information with them and their adult teachers and parents. The adults were stunned to learn the nutritional facts about ranch dressing and you might be

Let's look at the raw nutritional information:

Two fluid ounces which is four table-spoons, contains 175 calories, 134 calories from fat; 15grams of fat of which 2 grams are saturated fat, and 534mg of sodium.* Most restaurant salad bar dressing scoops are two ounces. Many guests will use two and three scoops on their salads. Restaurant servers will deliver a salad swimming in dressing as well. Many more consumers will use two to four ounces of additional dressing to dip their pizza. Kids will use one to two ounces (or more!) to dip their

French fries. In comparison, ketchup is fat free and very low in calories. One ounce has 40 calories, all from sugar; however it does not deliver the calorie knockout or the fat of ranch dressing and other fat-based dressings. Another comparison- a six-inch banana has 70 calories. While a banana or some ketchup is no substitute for salad dressing, it does give you some idea of the calorie load for these foods.

How do you make a change in your family to reduce the fat? I advocate having no French fries, no ranch dressing, and absolutely no dipping pizza into anything! When dining out it is important to be the parent and simply not allow ranch or other fat based dressings. This is not a popular position and my students tell me they and their families love, love, love ranch dressing. We have talked about ways to reduce the fat and increase the nutrition value of this favorite condiment. There is no nutrition in these dressings and they should not be considered part of an adult or child's meal. At home you have more control over the nutrition content.

The traditional method of mixing ranch dressing at home is to use one packet of dressing mix, one cup of whole milk and one cup of mayonnaise. This works out to 125 calories per tablespoon or 250 calories per ounce! Using a packet of ranch dressing seasoning mix and 2 cups of plain yogurt will give you a tangy, smooth dressing that will have the nutritional benefits your family needs. One cup of mayonnaise has 1,440 calories and one cup of plain whole milk yogurt has 149 calories! That is one-tenth the calories and a tiny fraction of the fat of mayonnaise. If you use skim or fat-free yogurt obviously you will further reduce the fat content of the dressing.

The dry dressing mix is loaded with 130mg of sodium, flavorings, seasonings and additives. (Ingredients:

Maltodextrin, Salt, Monosodium Glutamate, Buttermilk Solids, Whey Solids, Garlic, Onion, Lactic Acid, Modified Food Starch, Spices, Citric Acid, Calcium Lactate, Casein, Hydroxypropyl Methylcellulose, Whole Milk Solids, Artificial Flavor, Guargum, Calcium Stearate.)** You can prepare ranch dressing using your own seasonings and reducing the overall sodium content and increase the flavor!

- 2 cups plain yogurt (whole, skim or fatfree)
- 1-1/2 teaspoons lemon juice
- •1/4 teaspoon paprika
- 1/2 teaspoon deli mustard
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2-3 Tablespoons chopped fresh parsley
- 1 Tablespoon chopped fresh chives
- 1 teaspoon of dry dill (or a tablespoon chopped fresh)

Stir together the yogurt and the other ingredients until fully mixed. Adjusting for taste. Makes about 2 cups. Keeps for a week, covered in the fridge.

You will find that once you get used to the fresh taste of homemade ranch dressing, you will not want the bottled kind again.

Some foods pack a lot of calories in a small bite- not just the candies and

cookies. Become familiar with the calorie count of your favorite foods and your favorite portions! An excellent web site for learning what nutritional value your favorite foods have is: http://www.nutritiondata.com/

Getting your family to give up the bottled ranch dressing cold-turkey may be difficult. I advised my students to start with blending the old flavor with the new and gradually over a period of a week or two make the shift to the healthier kind. Oh- and keep it your little secret!

*Newman's Own Ranch Dressing served at McDonald's (http:// www.nutritiondata.com/facts/fastfoods-generic/9376/2)

**Hidden Valley Ranch Salad Dressing and Recipe Mix

(http://www.netgrocer.com/pd/ Netgrocer.com/Hidden_Valley/ Salad_Dressing_and_Recipe_Mix/ 4 oz/00071100200058/2D462)

And of course, the information in this article is not intended to diagnose or treat any illness or condition. Please talk to your personal doctor if you have any questions or concerns.

Wish to reach me personally? email me: WmsChiropractic@aol.com





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Deputy report

Continued from page 3

8/05/09, 8:30 pm, a deputy observed a male seated in a parked truck in the parking lot of Highgrove Plaza Market, located in the 300 block of Iowa Ave. The deputy observed the male eating an ice cream, and then dropping his trash out the driver's window onto the ground. The deputy stopped his patrol vehicle, and contacted the male in regards to littering. While speaking with the male the deputy located a lap top computer. The deputy determined the male subject was involved in fraudulent activity. The male was arrested and charged with four separate felony counts. Additionally the two passengers were also arrested for suspicion of being under the influence of a controlled substance.

8/7/09, 7:20 pm, a deputy made traffic stop on a vehicle for a cracked windshield. The deputy determined the driver and sole occupant was a 15 year old minor from Riverside. The driver responded that his parent(s) had given him permission to drive the vehicle knowing he was unlicensed. The driver was cited for no driver's license and the vehicle was impounded for 30 days.

<u>8/7/09</u>, <u>10 pm</u>, a deputy on patrol observed a male Hispanic lying on the ground near a vehicle in the 400 block of Highland Ave. The deputy concerned, approached the subject and noticed approximately 10-15 empty beer cans next him. After several attempts the deputy was able to wake the heavily intoxicated gentlemen up. The male was cited for drunk in public and booked into the jail for detoxification purposes.

8/11/09, 7:20 pm, a deputy made a traffic stop on a motorcycle riding on only its front wheel. The rider stopped in the parking lot of a restaurant located in the 300-400 block of Iowa Ave. The deputy contacted the male subject and asked him why he was riding his motorcycle in such a dangerous manner. The rider advised the deputy it was a trick and for show. Rider was cited for reckless driving.

8/13/09, 6:20 pm, a deputy observed a female driver toss a lit cigarette out the window of her vehicle at the corner of Iowa Ave. & Center Street. The deputy stopped and contacted the driver, who was the sole occupant of the vehicle. The driver was advised regarding the affects of littering and the fire hazards associated with lit cigarettes thrown from vehicles. The driver was issued a citation.

8/24/09, 3 pm, a deputy responded to a residence on San Remo St., reference a child having difficulty breathing. The deputy arrived along with CDF to find the child having a seizure. The child was stabilized and transported to a local hospital.

Extra Patrol Request:

Deputies form the Jurupa Valley Station will continue extra patrol during Tuesday night's bike night. Several residents have complained about loud music over the weekends in the area of Villa St. & Highland Ave. Deputies will be stepping up enforcing the county's loud music ordinance.

Metrolink (cont. from P. 1)

My letter asked what the estimated cost is for the 19 acres, and estimated cost for purchasing additional property at Palmyrita Ave., Columbia Ave., or Marlborough Ave. and how many acres will be needed.

Mr. Standiford responded: "The actual amount of land and purchase price will be negotiated and we are not in a position to publicly disclose details regarding the negotiations. As requested in your letter, we can and will inform you of all details once a transaction is made" He also stated RCTC would need approximately 10 acres for a station site.

Document challenges RCTC's station location choices!

RCTC has decided that a Metrolink station should be located where there are no commuter trains and not 1/2 mile away where there are commuter trains 7 days a week. And RCTC is seeking Federal Tax Money for their biased transportation plan that will only operate trains between Riverside and Perris.

I have prepared a 10 page document with photographs that challenges the 13 reasons given by RCTC and their engineers why they can not build a station in Highgrove.

It is my firm belief that the engineering company that was hired by RCTC was chosen to support what RCTC wants to do and that goal is not in the best interest of the tax paying

This is your and my Federal Tax Money and that money should benefit the entire region. The document I have prepared takes each one of their reasons and examines its validity. In my opinion, most of their reasons have no merit. RCTC is now required to do a complete Environmental Impact Report due to public concerns about this project. They previously were going to proceed over the objections of many of the residents along the Perris Valley Line track. However, their change in policy was not due to public input and the change in direction from going over the Union Pacific Line at Marlborough Ave. was made because the Federal Transit Administration stated that the cost of the PVL was too much money! RCTC found out it was several million dollars cheaper to come to Highgrove instead of turning onto the UPRR track at Marlborough.

Our document will be presented to Senators, Boxer and Feinstein and the Federal Transit Administration when it is ready for distribution. But we need a Civil Engineer to look at RCTC's reasons for denial of the Highgrove station, including costs of purchasing unneeded property, and compare that with common sense, logic and cost, that would put a station in Highgrove where commuter trains already exist.

To assist please call (951) **683 4994**

If you pay taxes you are eligible to sign this petition!



Please go on line and sign the petition to support a Metrolink Stop in Highgrove. Our voices must be heard!

http://www.ipetitions.com/petition/ highgrovemetrolink

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A "LOVING" LOOK AT POLITICS

by Jerry Loving

Obama's Legacy: Cash for Clunkers

If the "Cash for Clunkers" is one of the ways that the Obama Administration is going to make America strong again, he is fooling himself. But, does he really care? All he has done since he has been in office is take his family on several vacations which in one way is snubbing his nose at the voters.

The cash for clunkers is going to not only backfire, but is going to plunge the auto industry even deeper into economic woe. Why? People who own clunkers, that are in pretty good shape and are dependable, are trading them in for new cars because of the clunker money. Now, if they really wanted a new car, they would have traded in their clunkers without the program. But, in reality, because of the overall economy, they couldn't afford the car payment.

I don't know how many people who were jobless traded in their clunkers for new cars but in 90 to 1200 days, these new cars will be on someone's repossession list. But for now, the used car dealers are suffering and the new car dealers are getting a quick fix that in the long run will not help them one bit. It won't be long and they will be laying off workers and these workers will be going on welfare and the unions will be paying their salaries while the auto industry tries to come up with another program they can sell Obama and his socialites.

Sure, the car plants are working overtime building new cars but the clunker program has ended. Now what? Who will buy all of the cars that are being made now? Plus, the junk yards are full of clunkers, and the price of scrap iron is down so what are they going to do with all the junk? It looks like someone in the Obama ad-

ministration got quite a chunk of money from the auto industry for this clunker program.

The media is fast to point out that the popularity Obama enjoyed prior to his election has dropped to the point where if the voters of this country could, they would recall him and send him packing back to where he came from. All he does is smile a lot and packs his family up and travels the world at our expense and is hoping the clunker program will make America great again. It is a shame that he is doing his best to socialize this country and to make us solely dependent on government programs. And if you are a Republican and voice your opinion, you are a troublemaker. We need a lot of troublemakers in this country right

I own a clunker and it runs very well and is quite dependable. Honestly, I couldn't afford a car payment even if they gave me \$10,000 for my "clunker." I will gladly pay for the gasoline and keep it till it falls apart and continue to make the necessary repairs to keep it running. My clunker will be around for a long time.

In closing, prior to the election, our country was divided. The young and the minorities teamed up and voted in a new President. Good for them! However, they are even now seeing that they made a mistake. But the sad thing is that all of us have to put up with him for another 3 plus years and then, hopefully, if we can find someone who can actually save this country, a lot of voters will be driving their old clunkers to the polls and voting for a new president—I hope.

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"

About Dogs and Cats:

By: Jessielee Coley

How To: Travel Stress Free with Your Pet!

Vacations should be relaxing and hassle free! Many vacation goers seem to be rushing to return home in order to tend to their pets. Hiring a sitter or dropping your pet off at the local pet boarding facility are two great ways to care for your pets while leaving for a vacation. However, if you would like to try something new, here are a few helpful steps so that your pet can enjoy the trip with you; because let's be honest, nothing is as comforting then having your pet right by your side.

- 1. **Before you hit the road.** Just in case you and your pet become separated your pet needs to wear an identification tag, or your pet should be microchipped. Microchipping is actually safer because it is embedded in your pet's skin, ensuring that it will not become lost at any point. It is also important to make sure your pet is up to date on all vaccines and other medications. It is vital to protect your pet against heartworms because even if it is not common in your area, your pet maybe exposed to heartworms at your vacation spot.
- 2. **Necessities.** While packing a suitcase for your pet, make sure to include familiar items such as toys, blankets and food. Specific things that your pet sees, smells and feels daily are important to make your pet feel at home wherever you maybe.
- 3. **Food for Thought.** As stated before, bringing your pet's regular doggy kibble and packing snacks are very good ideas. You should bring enough to last the entire duration of the trip, because it may be a hassle to find the specific brand your pet has grown so fond of
- 4. **Pet Friendly Facilities**. Finding a hotel or campsite is easy! Many can be found online, but word of mouth is truly the best. While on vacation with your pet, it is crucial to surround your-



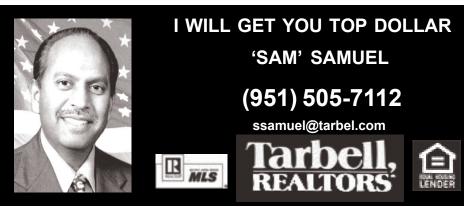
self with a community that loves animals as much as you do.

- 5. Cars, Trains, Planes, Oh My! Your mode of transportation really depends on the distance of your destination. For first time travelers a local vacation spot is recommended. A small road trip will be easier for a pet to handle opposed to a plane or train ride. However, if you will be traveling far a "pet passport" will most likely be needed. This document will be needed if traveling overseas, and it shows that your pet is current in all vaccines.
- 6. **Potty Time.** Cats especially need special attention in this area. Make sure you bring your cat litter box and kitties regular kitty litter. Try to designate one area that is secluded for them, this will provide them with the similar privacy they have when they are in the comfort of their own home.
- 7. **Maintain the routine.** If your dog eats at a specific time every day, keep it up! If you take your pet on a morning stroll do that too! If you brush you pets teeth before bed then do it while on vacation!
- 8. **Safety First.** Don't forget the leash, even for the cat. In a strange environment your pet will not be able to find the way home if fear sends him running. A first aid kit for pets is important in treating a scrape or bee sting. Aportable water bowl will keep them from drinking from streams or standing water while hiking as you need to protect from parasites and heartworm.

These tips will help you get through another relaxing vacation, but this time with your pet!

Cited Sources: Cat Fancy, August 2009 issue







VIRGINIA'S VIEWPOINT

by Virginia Harford

WHEN IS SOMEONE GOING TO FIX IT?

Did you ever see it to fail: Just when you think something is just about perfect you discover a flaw that no one expected, one that seems insurmountable and is a very, very disgusting puzzle.

What am I talking about? Our new Senior Center. This is a beautiful building with very classy appointments, artistic designs and decorations, lots of space for activities, lunch, etc. And one of the best additions that the old center only dreamed of a kitchen with every device and appliance known to modern kitchenry.

But that is where we draw the line for compliments to the builders. They blew their reputation and did it with a bang. They forgot to put drains in the kitchen so that everything would work. For example, the two beautiful dishwashers are totally inoperable because there is nowhere the waste water can go. No drains. Can you imagine what in the name of common sense was the contractor doing when he left these drains out?

This discovery was not made until the center was completed and the Health Department was called upon to make an inspection and discovered no drains and thereby closed the kitchen to operation. Yes, that is correct. No cooking can be done in the kitchen. The food must be delivered to the office next to the kitchen and then distributed to the diners, but no work can be done and certainly no cooking can be done in the kitchen. It is a beautiful kitchen with what looks like state of the art accoutrements and is a spacious room that most anyone would enjoy working in but alas no one can work in it.

I called the health department and talked to an employee who knew about the situation but refused to let me identify her. She said that until drains are built and operable and able to pass health department inspection, the kitchen can not be used.

I talked to JoAnn Johnson, president of the Grand Terrace Seniors group. She knows nothing and has no comment to make about what she thinks must be done. She is lackadaisical about the whole problem and discusses it as though it is not a problem worthy of her concern.

I am not a contractor and I do not know how once a structure has been completed how drains could be installed? Would the room need to be partially destroyed? You would have to build a drain, a pipeline that would reach to the sewer for disposal. How could that be accomplished? No one at the City of Grand Terrace is willing to talk to me about this problem. Why? Because they don't know what must be done, who is responsible and what the cost would be and who would bear that cost. It is a dilemma that seems insurmountable but a contractor friend of mine has said that it would be a major overhaul of the existing kitchen. You can't just go inside the kitchen, chop a hole in the floor and put a drainpipe in it and expect it to reach the sewer. This is a major overhaul.

My question about this problem is: Who is responsible for this, when is someone going to place the responsibility on the responsible person's shoulders and when is someone or a group of someones, such as the city council going to insist that the contractor has not fulfilled his obligation to build a working senior center and encourage them to fix the situation by installing proper drains?

CJUSB CHANGES ITS MIND

Remember when the Colton Joint Unified School Board decided that the Grand Terrace High School would not be named after the city? There was a huge outpouring of objections to that decision and we threatened to fire all of them and replace them with people we believe would listen to our wishes. In an effort to hang onto their positions they decided to postpone the next election date to see if we would forget about our plans and save their seats. Well, they are claiming that to postpone the election would be too costly, somewhere in the neighborhood of \$110,000 that they do not have and will take their chances at the next election. Don't forget your resolve when that election comes up.

Let's try to be diligent about replacing them. They did not listen and ultimately did not do as we asked and they don't deserve to continue to occupy their spots on the school board.

FINIS

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"

Good News!

The driver, Patrick Ridge, was alone in the vehicle at the time of the accident. Patrick did not have any broken bones and was fortunate to only suffer bruises possibly caused by the airbag. We are happy to report that he was treated and released and returned home that same evening. A nice ending to a bad situation!



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Dan Damon, male vocalist Is sure to please

And as an added attraction we are bringing back our "Good Stuf' Day"

Bring that stuf' you've been saving and plan to buy someone else's stuf'!

Good Stuf' Day from 8:30 until 3:00 (closed during program) FRIDAY, SEPTEMBER 11, 2009 Social at 9:30 Program at 10:00

22627 GRAND TERRACE ROAD The public is always invited!

(on the North end of the City, just off Mt. Vernon)

Not ... for Seniors Only

by JoAnn Johnson

Things are going a little more smoothly at the Senior Center! In August we had a very good program on Fall Prevention by Sally McGuire. Few of us at the center have not fallen ... it seems to be a fact of life if you live long enough. We also had Operation Medicine Cabinet which allowed many people to dispose of outdated or unused medications without adding to contamination of our water supply. We will try to get this again next year. All in all, a really very good day.

Coming on September 11th we will have another male vocalist, Dan Damon. He is also appearing in a play on December 5th and 6th in Calimesa. We will have flyers at his performance in September.

Also, on September 11th we are going to try a "Good Stuf Day" since we don't have our Good Stuf Table. So, if you have items you wish to contribute, please bring them on Thursday afternoon before 3 or Friday morning. The

sale will be from 8:30 until 3:00 except that we will close the sale for our program from 10 to 11. We are going to see if this works or if a different day would be better. It has to be on a day when we have nothing scheduled for our Card Room.

We are also trying a nurse provided by Family Services Association. A nurse will be in the Card Room on the second Monday each month from 8:30 to 11:30. If you wish to know more about this, call 951-369-8036. Flyers will be available at the Senior Center.

Don't forget: Our monthly programs are always on the SECOND Friday each month and always at 9:30 for social and 10 o'clock for the program.

Lunch is served at 11:30 each day. The requested donation for those 60 and over is \$3.00 and the charge is \$5.00 for those under 60. We always celebrate birthdays on the third Wednesday with Birthday Cakes courtesy Emeritus Assisted Living.

The Grand Terrace Senior Center is located at 22627 Grand Terrace Road, just off Mt. Vernon at the north end of the city.

Some of our regular activities are:

GAMES	WEDNESDAYS	6:PM
PENNY BINGO	THURSDAYS	1:00PM
BUNCO	THURSDAYS	6:45PM
Wii EXERCISE	FRIDAYS	10AM
Wii GAMES	MON, THURS, FRI	10AM
EXERCISES	MON, WED, FRI	8:30AM
CRAFTS	TUESDAYS	9AM
ALL CARDS	TUESDAYS	12:45PM
ART	WEDNESDAYS	9AM
GUITAR	WEDNESDAYS	12:30PM
GENERAL MEETING	2 ND FRIDAY	9:30AM

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Thousands of people are attracted to the Eagles by our social events. We are fun-loving individuals who enjoy spending time with family, friends and neighbors. It is not uncommon to hear a longtime member say that a dance was the first Eagles function he or she attended. We also offer many social opportunities at our regional and national conventions. Call today to join or if you know someone who is a member come along as a guest and check it out!







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BR BA YR
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3 2 1956 SQ.FT 1,031 **PRICE** <u>DATE</u> \$80,000 3045 Galaxie Heights Road 1481 Allendale Road 8/3 8/4 2008 \$265,000 \$240,000 2001 1,862 \$226,500 \$220,500 8/5 8/5 610 Massachusetts Avenue 1957 1531 Macintosh Drive 2000 2,085 435 Murphy Avenue 1301 Kirkmichael Circle 2,553 2,995 \$315,000 \$300,000 8/5 8/6 600 Central Avenue #360 786 Daffodil Drive 1,076 1,551 \$119,000 \$140,000 1980 8/10 \$190,000 \$190,000 \$42,000 4640 Kansas Avenue 3367 Kansas Avenue 2.422 1964 2560 Rancho Drive 3529 Douglass Avenue 1,842 700 1948 \$187,000 \$90,000 1410 Stonehaven Court 2000 \$260,000 1945 Marlborough Avenue 1301 Massachusetts Avenue #101 1986 604 \$60,000 5790 Allendale Drive 5985 Applecross Drive 1892 Taormina Court 2000 \$240,000 8/16 2389 Vermont Avenue 1,033 \$75,000 8/18 \$200,000 2541 Flanders Road gatha Lane 2001 2007 5828 Perthshire Lane 2,623 1,709 8/19 \$437,000 \$163,000 1731 Catania 8/20 \$169,000 \$169,000 1789 Palermo Drive 2007 2.012 8/20 3,000 2378 University Avenue 8/21 1,764 1,073 \$450,000 \$53,500 8/21 8/25 5542 Via Dos Cerros 1969 2024 Down Street 542 Transit Avenue 2283 Kentwood Drive 1,329 2,197 \$142,000 2006 8/25 \$198,900 8/25 1964 1726 Prince Albert Drive 2,094 \$330,000 8/26 2324 9th Street

MONTHLY TRENDS: Properties SOLD in HIGHGROVE in JUNE: 57 Properties SOLD in HIGHGROVE in MAY: 40 Properties SOLD in HIGHGROVE in APRIL: 34 Properties SOLD in HIGHGROVE in MARCH: 13 Properties SOLD in HIGHGROVE in FEBRUARY: 6 Properties SOLD in HIGHGROVE in JANUARY: 19

As of 08/27/2009 # of Hom Total properties available for sale: 107 Total properties pending a sale in escrow: 99 Total Properties sold YTD: 316

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KIDS WORD SEARCH

C T Q D Z Q S B F F G S S S G S Y S U F D S S M T N R D T O Z E R I M A R Y N N A M O R L I I G Q O G A Y O D I Q O W P B O M Q D F R D E D Z E W R S X B Z O Q B T R N F B I B E W E O D B E L S B B O L M O G B H R X B J E L T A W R E Y I A G P O S R E K A L L D A S T S N K B A S K E T B A L B C E I S R A N G E R S M Q O G L U A W Y S Z K N S H A Q A O O C L O C L O C L S L S L S C U X X Z M D C F A L B

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The first child 12 or under to turn in the correct answer to the above puzzle will win a prize and get their picture in next months paper. (You can only win once) Take your completed puzzle to the Norton Younglove Community Center 459 Center Street during their regular business hours. Good Luck!

NAME:	
AGE:	
PHONE:	
PARENTS:	
CITY:	·
SCHOOL:	GRADE:
TEACHER:	

Word Search Winner of the Month

Kayla Martin was our winner for this past months "Kids Word Search Puzzle". Kayla is 11 years old and is attending Highgrove Elementary. She is going into the 6th grade. Her parents are Amanda & Ross. Thank you Kayla for your prompt response in completing the puzzle. Good luck to the next winner. Don't forget to give us 30 words of your choice for the next puzzle. Looks like Kayla likes sports as these words were given by her for this months puzzle.





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The "Highgrove Happenings" advertising rates are the lowest rates in town. If you have already trained your dog to bring in the paper (like the one on the right) you can be assured that he won't be lifting anything too heavy by bringing in our little newspaper. Some of the other larger newspapers are wasting just too many trees, especially in their Sunday edition.



No one should ever ask their dog to lift something that heavy! Our little paper may not have much news in it, but we take pride in providing you with something free that you can put in the bottom of your birdcage! Give us a call (951) 683 4994 or check out our web site for the pricing and sizes of our ads or go to http://www.highgrovehappenings.net and click on the contact page.

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:

www.highgrovehappenings.net

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:

highgrovenews@roadrunner.com

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 Ass'n Highgrove. Call (951) 683 4994

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Pastor John Pettit

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Bible Study: 7:00 pm Wednesdays

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Open minds



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Sunday Worship:

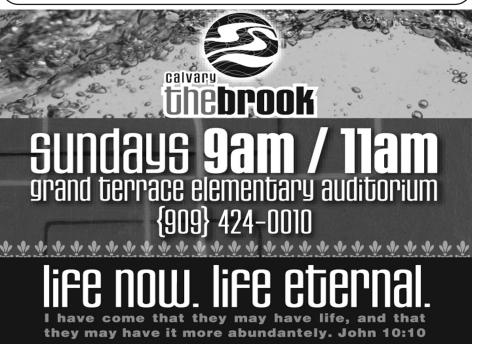
10:00 a.m.

Pastor: Rev. Dr. Paul Kim

Church Office: (951) 684-1395



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Good News Missionary Baptist Church

Rev. Levonzo Gray. Sr. Pastor Worship Service 11:30 am

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178 Iowa Ave. Highgrove, CA 92507

Christ the Redeemer Catholic Community

12745 Oriole Avenue at Pico Street, Grand Terrace, CA 92313

MASS SCHEDULE

Saturday Evening 5:00 PM Weekly Mon-Fri 8:00 AM Sunday 7:30 AM & 10:30 AM (English) and 9:00 AM: (Korean) 12PM: (Spanish) E-Mail: <u>CRGT@URS2.NET</u>

> Sister Deanna O'Neill, OSB, Pastoral Coordinator Parish Office 909-783-3811 fax 909-783-4689

Heritage Bible Church

(Meets at the United Methodist Church)



Pastor Kris Stephens Sunday School meets at 10:15 am in the house behind the church building. Morning Worship Service is at 11:20 am. Wednesday evening Prayer Meeting is at 7 pm Phone (951) 870-0771

email: info@hbcriverside.com web: www.hbcriverside.com

FREE Wireless Internet Access at Highgrove Library

Come Visit your local Library 690 W Center St, Highgrove, CA 92507

Highgrove library is now offering free wireless internet access, bring your laptops to the library during our opening hours, Highgrove Library is open on the following days Monday CLOSED Tuesday 10:00 am to 6:00 p.m Wednesday 10:00 am to 2:00 pm, Thursdays 10:00 am to 6:00 pm Friday CLOSED and Saturdays 10:00 am to 3:00 pm. For more information please call 951-682-1507



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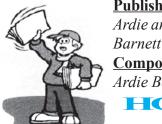
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