



# HIGHGROVE HAPPENINGS



Dedicated to the improvement of our community through awareness and involvement in local issues  
(FREE) Local News for the Highgrove Area November, 2009

## Great Halloween Party at Highgrove Community Center

It was a great party inside and outside thanks to Sherri Morris-Logan and Lelia Santamaria and their helpers. There were many things for the kids to do inside such as games, costume parade across the stage, food and prizes. And outside there was a jumper and a "Trunk or Treat" in the parking lot where people handed out candy from their vehicles.

Damian Gonzalez, who is a volunteer at the center, is shown checking out the "patient" in the back of a hearse. The 2 license plates shown below were on other hearses that were decorated.



Damian Gonzalez checking "patient"



## Train not involved in fatal accident by Railroad tracks at Citrus and Iowa Avenue



This photo was taken on Oct. 9, 2009 at 7:30 am at Iowa Ave. and the railroad tracks but no trains were involved in this accident.

At approximately 1:00 am, this van was traveling west on Citrus St. at a high rate of speed and instead of following the road at Citrus where it turns south toward Iowa Ave., it went straight, over the curb, across 3 railroad tracks, rolled, and came to rest in the middle of Iowa Avenue. Four people were in the van in this single vehicle accident. The train was not involved nor were any other vehicles involved. The westbound van rolled and ended up facing southeast.

The driver, Roger Rocha, 28 was arrested on suspicion of driving under the influence of alcohol but was not seriously injured. Two other occupants had moderate injuries but Carrlos Delgado, 50, was ejected from the van when it rolled over and was later pronounced dead at the Riverside Community Hospital. One of the rails of the middle track was knocked loose from the railroad ties and the #2 main line was out of service until equipment could be brought out and the rail nailed back down to the ties with spikes. (Another photo on P. 12)

## Transit Coalition Potentially Supports Taking a Fresh Look for Highgrove Metrolink Station

What is the Transit Coalition?

Their definition states: "The Transit Coalition (a project of SEE) is a 501 (c) (3) non-profit public charity whose goal is to increase Transit Options and Mobility in Southern California by educating and mobilizing citizens to press for sensible public policy to grow our transit network."

The Transit Coalition is not affiliated with any public entity or private organization. It is a group of volunteers that works to improve public transit in Southern California to reduce traffic and congestion.

The coalition will recommend to their board a consideration of the following position:

The Transit Coalition would support taking a fresh look at any proposals for a Metrolink Station in the Highgrove area. We would expect some level of current and updated professional evaluation determining the need of investment of such a station and the proposed ridership potential. We note that stations can cost multiple of millions of dollars and we would prefer to see an analysis to determine the potential utility of such a station and would base our support on such a report.

## Supervisor Ashley requests meeting to review RCTC's action regarding Highgrove Metrolink.

Supervisor's letter on P. 9

### NOTICE!

#### November MAC meeting date changed

The regular meeting date for the Highgrove Municipal Advisory Council has been moved up one day for the month of November only due to the Thanksgiving Day Holiday.

This will be our last meeting for the year because we will not have a meeting in December. Please attend this meeting and participate in your community! The next meeting will be on Tuesday Nov. 24, 2009 at 7:00 pm.

## Notice to Grand Terrace Residents

Correction: Information presented at the Grand Terrace City Council meeting on Oct. 13, 2009 indicated that the Environmental Impact Report for the Perris Valley Line has been completed.

The Environmental Impact Report has not been completed. Please turn to P. 9

## RTA surprises one millionth "Go-Pass" rider



L-R: Riverside Mayor Ron Loveridge, Moreno Valley Councilwoman Robin Hastings, Supervisor Marion Ashley, Millionth rider Viridiana Jiminez, RTA Chairman of the Board Karen Spiegel, Riverside City Councilman Andy Melendrez, RCC's Vice President of student services Edward Bush and Riverside Transit Agency CEO, Larry Rubio.

Viridiana Jiminez is shown holding a sign indicating she was the millionth rider. "This program has become an academic lifeline for so many students who would have otherwise struggled to find a ride to class" said RCC's Edward Bush



# HIGHGROVE HAPPENINGS



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






THE NORTON YOUNGLOVE COMMUNITY CENTER

459 Center Street- Highgrove web site: [www.nycchighgrove.com](http://www.nycchighgrove.com)



## Calendar of events: Mark the dates! November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>CLOSED</b>	2	3 Election Day  8AM Direct Assistance Program 8AM Department of Consumer Affairs	4 Cake Decorating 9:30am to 11:00am	5	6 8AM Safety & Prevention Tips 8AM Dental Program 8AM We Connect You to Money 8AM Direct Assistance Program 2PM-5PM Foot Massage 2PM-3PM Chinese Culture Blindness Support East side Health Center "Rolling Cart"	7 <b>CLOSED</b>
8 <b>CLOSED</b>	9	10	11 <b>CLOSED</b>  VETERANS DAY	12	13	14 <b>CLOSED</b>
15 <b>CLOSED</b>	16	17 11AM-12:30PM "Community Pot Luck Day"	18 9:30-11AM Cake Decorating	19 9:30AM Secure Horizons enrollment	20 "Rolling Cart"	21 <b>CLOSED</b>
22 <b>CLOSED</b>	23	24 8AM Direct Assistance Program 8AM Department of Consumer Affairs <b>Commodities</b>	25 New Class Starting Cake Decorating 9:30am to 11:00am	26 <b>CLOSED</b> 	27 <b>CLOSED</b>	28 <b>CLOSED</b>
29 <b>CLOSED</b>	30					

New Cake Decorating Course begins November 25th, for 5 weeks  
9:30am-11am \$5.00 fee  
Here are the winners of the last Cake decorating class.



Left to Right: Diana Caudillo – 2<sup>nd</sup> place; GiGi Bradbury – 1<sup>st</sup> place; Rosa Conjejo; Luz Amador; Maria Amezcua – 3<sup>rd</sup> place



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# HIGHGROVE HAPPENINGS

## HIGHGROVE SHERIFF

### Deputy Dean Colbert Stats :

The following contacts and/or arrests are a direct result of traffic stops, information obtained by local residents, pedestrian checks, business checks, and ongoing investigations.



Felony Arrests	3	Vehicles Towed	2
Misdemeanor Arrests	20	Calls for Service	164
Traffic Citations	3	Business Checks	27

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:

On 10/6/09, a deputy responded to the 1100 Block of Center St. ref a 647 (f) PC (Public Intoxicated) A male subject was contacted and determined he was under the influence of an alcoholic beverage(s). The resident was allowed to go back inside his home and sober up. The male then became belligerent inside his residence breaking a window, then exiting the home and brandishing a knife. The subject was taken into custody without further incident.

On 10/7/09, the same Deputy performed a follow up to the location listed above and spoke with the male who had been released earlier in the morning. The subject agreed to be transported to ETS (Emergency Treatment Services) and was held for a 72 hour mental evaluation.

On 10/8/09, a deputy performed a traffic stop on a vehicle for a traffic violation near the intersection of Center St. X Iowa Ave. A records check of one of the four occupants revealed he was wanted for 459 PC (Residential Burglary) out of San Bernardino Sheriff's Office. The bail amount for the warrant was \$ 50,000.00. He was transported to the San Bernardino Jail.

On 10/9/09, A deputy received information that a male subject wanted for a "No Bail" juvenile warrant was staying at a residence in the 400 Block of Electric St. After speaking with the now adult male's girlfriend, the deputy was able to talk the subject into turning himself in. The deputy later in the afternoon received a phone call from the male advising he was back on Electric St. and ready to be taken into custody. The subject was arrested and booked for his warrant without incident.

On 10/13/09, a deputy stopped a vehicle in the 400 Block of Electric St. for various vehicle code violations. While talking with the driver the deputy noticed the passenger displayed several symptoms of being under the influence of a controlled substance such as cocaine and/or methamphetamine. The male subject advised the deputy he was currently on parole for past drug charges and was released from Chino State Prison two days ago.

The male subject was detained and found to be in possession of a concealed weapon, and under the influence of methamphetamine. The male was arrested and booked into RPDC without incident.

On 10/16/09, a deputy contacted a pedestrian in the area of Villa St. & Iowa Ave. Dispatch advised that the male subject had two outstanding misdemeanor warrants for DUI (Driving Under the Influence) out of our county. The subject was cited with new court dates and released.

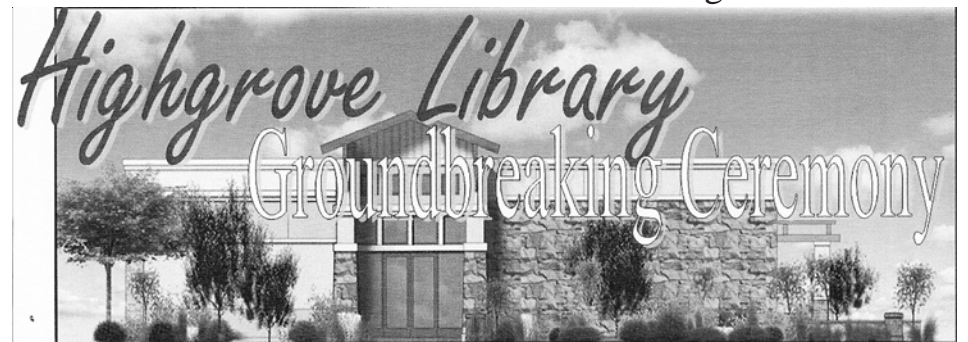
On 10/23/09, a deputy performed a traffic stop for various vehicle code violations in the 300 Block of Transit Ave. During a routine license check via dispatch, a felony warrant for prior narcotic related charges was located on the male driver. The male subject was taken into custody without incident and booked into RPDC.

### Extra Patrol Request:

Several Highgrove citizens have asked for extra patrol Tuesday night due to "Bike Night" held at a local food establishment. Deputies from the Jurupa Valley Station will be patrolling the area more frequently during the weekly events.

## New Library to be built in Highgrove

Groundbreaking Ceremony Nov. 16, 2009 11:00 am  
Southwest corner of Center St. and Michigan Avenue



The Riverside County Library System has expanded our popular on-line tutoring program, Live Homework Help® to include more services for every member of our community. The Student Center, College Center and Career Center from Tutor.com includes live, one-to-one tutoring, a real-time writing center and 24/7 access to work sheets, videos and tutorials in just about any subject. The live, on-line tutoring and resume writing service is available everyday from 1:00pm-10:00pm. The service is completely free for our community. To access Tutor.com you will need a Riverside County Library Card. Please visit our Riverside County Library web page at [www.rivlib.net](http://www.rivlib.net)

### Help for K-12 Students, College Students and Adults

This school year, students of all ages as well as job seekers can find the help they need. Tutor.com has a network of over 2,000 certified tutors as well as career specialists who are ready to help with just about any question you may have. Here's the type of help students and adults can get in each of the new centers.

- **Student Center:** Students can get help with homework, test preparation, skills and concepts they are learning in class and standardized test preparation and college entrance exams. Subjects include math, science, social studies and English.
- **College Center:** Besides subject-specific help, students can prepare for the GED and get resume help or prepare for graduate school entrance exams.
- **Career Center:** Adults going back to school can get subject-specific help, prepare for the GED, get resume help or prepare for the citizenship exam.

For more information contact Highgrove Library at 951-682-1507

Highgrove Library is open on Tuesday 10:00 to 6:00 - Wednesday 10:00 to 2:00 - Thursday 10:00 to 6:00 - Saturday 10:00 to 3:00

## ANR Computer Services

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## We Connect you

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The WE Connect campaign is a pioneering public/private partnership, from the First Lady of California's office, designed to help California's working families become more financially secure by connecting them to important programs and resources online at [www.weconnect.net](http://www.weconnect.net).

**WHAT:** WE Connect Resource Workshop  
**WHEN:** Friday, November 6, 2009 8:00 p.m.  
**WHERE:** Norton Younglove Community Center 459 W Center St., Riverside • (951) 682-1507  
**WHO:** Kristen Bennett, Inland Empire WE Connect Coordinator

Find out how to connect to the following resources:

- **Money**= find savings for your groceries, utilities, insurance, taxes and more
- **Opportunities**= job opportunities, job training, and scholarships for college
- **Programs for Families**= with the help of the following programs to California residents, affordable health care, family resources, and many more are within reach.
- **Dreams**= Maybe its getting a college education, starting your own business, or just having a place to call "home". Learn how WE Connect can turn your dreams into a reality at [www.weconnect.net](http://www.weconnect.net).

It's all about connecting: Connecting real people with real resources—and getting real dollars in the hand of people who are working hard to create a better, brighter future.

WE Connect is available FREE to all Californians and to all community based organizations to help discover how they can put more money in their pockets. By entering data Californians can quickly see an estimate of what they qualify for. Additionally the Web Connector highlights a wide-range of money saving programs designed to help working people.



# HIGHGROVE HAPPENINGS

## Somoa Tsunami experience 1st hand!



This is just 1 of several photos we received from Ardie's cousin in Samoa.

Ardie's cousin, John and his wife, were in American Samoa on Sept. 29, 2009. This is a first hand account of what it was like when the earthquake and tsunami hit the island.

We lived in a cedar house near the golf course that is a COSI company house and has been for 30 years. It is a kit built house from the States and is built on wooden piling. At 06:49 we were eating a bagel when the house started shaking, badly. We looked at each other and said earthquake. The earth quake continued so we left the house ASAP, down a shaking staircase. It was still shaking when we got outside. We don't have many neighbors we can see, but the ones

we could see were outside as well. This is only the 2<sup>nd</sup> time in my short life that I have left a building for an earthquake and the other time was a 7.9 earthquake in Rabaul, New Guinea. Pretty much scared the dickens out of us.

I called the GM at the factory to see if all of the workers were OK and he reported that all of the workers were evacuated and up on the hill side away from any tsunami danger. He told me the water receded and then started to rise. It rose to the top of the seawall where the management parks their cars. The water covered our fish unloading dock, and a bit got into the cold storage, but the factory suffered no damage. We have an outside warehouse toward Pago Pago, just across from the

shipyard that suffered damage, and all of the dry packaging goods- labels, cardboard, etc, are a total loss as the water came into the building thru a broken wall.

Both canneries were OK, but not operating because of a lack of electricity. The tsunami crested the seawall near the Satala power plant, and the power plant got wet- distribution boards, Gensets, alternators, etc. This power plant feeds both canneries and the east side of the island. So not power no electricity for the east side, and no tuna production. FEMA and others are trying to rush in Gensets (Gensets are fossil-fuel powered generators used to run electrical devices or to charge batteries) for the population, but it will be a bit of time before the canneries get full power. COSI has operation Gensets, so we are able to keep our cold storages cold, and do some cleanup, but cannot operate all of the machinery it takes to run a big factory

I tried to go to work about 7:20 but got turned around by the police because of the tsunami warning. Little did I/we know of the destruction on Pago Pago. About 11 am the tsunami warning was lifted, but the road thru Pago Pago was completely blocked with cars, boats and

debris. Amazingly, by 3 pm, the people in Pago Pago had cleared the road and we were able to drive to work. Still lots and lots of cleaning up to do.

We lost all of the fish, and had 3 shifts of fish that we were working - cleaning day shift, cooking night shift, and thawing the final day's fish.

Pago Pago is pretty much destroyed. If you know the downtown area, the destruction extends from the post office in Fagatogo thru to the shipyard near the factories, perhaps 2 miles by road. The tip of Pago Pago harbor is the tip of a large funnel, so the water concentrated in Pago Pago. Spence's store, Kruse's store, Steve and Son's store - gone. The old high court building has a car sticking out of the 2<sup>nd</sup> floor. Plenty of sailboats on land, plenty of buses destroyed, plenty of cars destroyed. I don't know the death toll as yet, but just found out as I was leaving work that we lost 2 Sampac employees. They were in a bus going home from the 3<sup>rd</sup> shift, and got caught in the bus by the wave. I also just found out that another an employee was in a bus that was washed towards a tree, and got lodged in the tree. The survivors were able to walk away, but with wet clothes.

### Thank you Louie Mejia!

Louie Mejia is a former volunteer member of the Highgrove County Service Area (CSA) 126 in Highgrove. He is still active in assisting Joe Morones in the food programs out of the commu-

nity center. Louie recently gave me several old issues of the Highgrove Happenings paper dating back to 1994 (one of our first issues). Thank you Louie for saving these old Highgrove papers.

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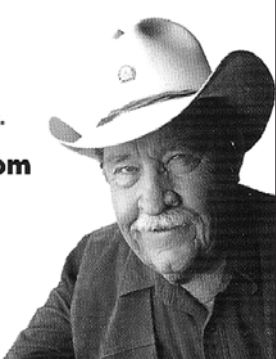
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# HIGHGROVE HAPPENINGS

## Don't Dial 90# on your phone !

PASS ON TO EVERYONE YOU KNOW

I dialed '0', to check this out, asked the operator, who confirmed that this was correct so please pass it on . . .

I also checked out [Snopes.com](http://Snopes.com).

This is true, and also applies to cell phones! I received a telephone call last evening from an individual identifying himself as an AT&T Service Technician (could also be Telus) who was conducting a test on the telephone lines. He stated that to complete the test I should touch nine (9), zero (0), the pound sign (#), and then hang up. Luckily, I was suspicious and refused. Upon contacting the telephone company, I was informed that by pushing 90#, you give the requesting individual full access to your telephone line, which enables them to place long distance calls billed to your home phone



number. I was further informed that this scam has been originating from many local jails/prisons DO NOT press 90# for ANYONE. The GTE Security Department requested that I share this information with EVERYONE I KNOW.

After checking with Verizon they also said it was true, so do not dial 90# for anyone !!!!!

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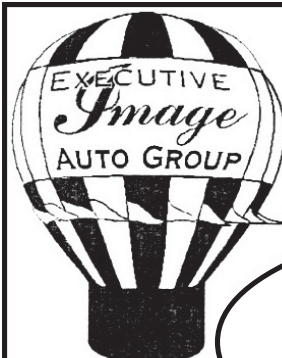
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### NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Double Punch	7
8 Closed	9 Happy Hour Half off H/C from 10 to 2	10	11 Double Punch	12 15% off Joico	13 Double Punch	14 10% off entire purchase
15 Closed	16 Happy Hour Half off H/C from 10 to 2	17 10% off Matrix	18 Double Punch	19 10% off Satin Haircolor	20 Double Punch	21
22 Closed	23 Happy Hour Half off H/C from 10 to 2	24	25 Double Punch	26 Closed Thanksgiving	27 Double Punch	28 10% off entire purchase
29 Closed	30 Happy Hour Half off H/C from 10 to 2					



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# HIGHGROVE HAPPENINGS

## DEVILS DEN

(Cont. from last month)

by Dennis Wilds

My personal strength as a kid was a good imagination. I could imagine my way to other places and times when bored and used this power as a form of quiet entertainment. I was imagining a new bike or something while in line as we crept forward. I had briefly considered breaking out of line and ducking under the rails and running out the door past the nurse but the man with a white shirt and tie standing next to the exit nixed that plan. He probably was the principal and he had powers far beyond polio shots at his disposal. Men with suits and ties were mysteriously powerful to camp kids. No, I decided to follow Irene's advice and take my medicine stoically that morning. I wondered where was she anyway. I figured she had been the first in line and was already outside in the playground on the swings or sporting her bravery medal or new shoes which surely they would honor her with. Some people are naturally gifted with character and inner strength. On the other hand, I was a follower, and happy to be led. I would leave greatness to the chosen few.

The screaming from behind, and around the corner at the start of the line jarred me awake. Someone was yelling, crying, shrieking, screaming and begging all at the same time and the line behind me collapsed into disorder, blocking the view toward the commotion. I could see two or three adults above the kids' heads and they were busy wrestling at something about their knee level. Still under the influence of my imagination my first thought was maybe a coyote and wandered in and had panicked the line, except I heard one of the adults yell "hold her down, grab her legs".

Just like that my courage evaporated and panic gripped my nerves. Maybe I could run out the back door. Where was Irene when we needed her the most?

DEVIL'S DEN  
10/2009  
"Grandma  
Hammerhead"

BY Leilani Child Wilds



The crowd parted momentarily and I saw Irene on the cafeteria floor on her back kicking and spinning while keeping the heels of her shoes toward the teachers hovering over her. Now the body has scores of joints and Irene was simultaneously using all of hers to do everything but turning around inside of her skin. This level of resistance and energy might be surprising to you, but you need to know that us camp kids may have just black coffee for breakfast and nothing more to eat til the free lunch at school at noon. Irene was wired for battle and the audience was transfixed. I heard one of the teachers yell "Get her off the ground, she isn't wearing underwear." No surprise there either as camp kids may not even own underwear. But I was asking myself how Irene could go from song and dance to extreme feats of strength in a matter of moments. Right about then a second teacher pounced on Irene, pinning her down on the floor, grabbing her feet and pulling off one of Irene's shoes. The nurse moved right in and got the shot into Irene somewhere and just like that, it was over. Just where the shot went, I

don't know, but the nurse was satisfied enough to order her released. Anticlimactically, Irene settled down to a flaccid whimper and given her shoe back and escorted out onto the playground where she remained uncommunicative to me and the rest of us Devils Den kids the rest of the morning. No more jiving, she was inconsolable so we just left her alone but her actions that winter day had burned a lifelong memory into my brain.

If there was a lesson to be learned that day, I don't know what it was, except that we should thank God for the oral polio vaccine. Looking back, I wonder what ever happened to Irene, or for that matter, the other camp kids I never saw again. When you moved on from camp, it was not customary to say goodbye because you might be coming back or run into the same kids in the next camp or school. So I'll just say "Goodnight Irene, and hello Grandma Hammerhead".

If ever I was ashamed of how I have treated a person, it was Grandma Hammerhead. This story for me is sad with no good ending and I wish I could rewrite this chapter of my life in Devils Den so I could be nice to Grandma Hammerhead, the resident witch of Devils Den. Devils Den camp was sprawled out over about twenty acres of poorly drained and flat land. On one side of the rectangle a dirt road ran in front of about eight army barracks, each two story and only five or so inhabited. Each barrack had an enclosed stairwell on one end, and a fire escape ladder and landing on the other end, leading up to dormitories on the second floor. We lived downstairs in one sharing the first floor with a kitchen and a large dining area with wood picnic style tables and a juke box. This part of the barracks never closed as my mom, Emma cooked breakfast, lunch and dinner for

approximately one hundred Mexican farm laborers contracted to South Lake Farms by Gus Irons labor contractor. The men worked twelve hour shifts and a large portion of their twelve hours off were spent with us dining or hanging around the juke box. Mom would sell soft drinks and canned pineapple drinks on the side. We had two types of pineapple drink. The first was pineapple drink in a can. The second was PINEAPPLE JUICE. The distinction was that one was Regal Pale Beer which was illegal for us to sell without a liquor license. But what did this have to do with Grandma Hammerhead? I'm getting there. The population of Devils Den was maybe two hundred and fifty people, with ninety-five percent being male adults who at any given time may have been under the influence of PINEAPPLE JUICE. Grandma Hammerhead was one of a handful of women in Devils Den but she was probably in her sixties and a widow. If she felt threatened it was understandable but not called for. To keep imaginary suitors away, she took to carrying a claw hammer in the front pocket of her dirty apron. We kids gave her the name of Grandma Hammerhead as a cruel joke, and if she was crazy we shared the blame because her torment was our recreation. Left to my own devices I would have never given her a second thought but harassing Grandma Hammerhead had become a rite of passage for me and my friends in Devils Den. We could either fight each other or turn our energies outward and go visit Grandma Hammerhead's cabin on the far side of the camp. To get to her cabin you went diagonally across the center of the camp and its showers and out-houses through a line of tents and prefabricated army huts to a few of the original cabins built before the arrival

Continued on page 7

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# HIGHGROVE HAPPENINGS

of the barracks. Grandma Hammerhead's cabin was maybe twelve feet by fifteen feet with a small porch and a dirt yard cordoned off from the surrounding area by a makeshift fence. The fence was made of found objects like wheels, and rusty box springs and wooden gate. She had a small garden to which she carried water from the camp spigot. She shared all of this with a small dog. The dog was a feist, in other words, a diminutive nondescript barker. You could not approach the cabin unseen or unheralded by the dog, and I'm sure that is why she kept it. My brother in law, Thomas, aka Candido Herrera, had lived in and around Devils Den for a few years before our arrival so he related to me the following:

Grandma Hammerhead had a real name but he did not remember it, and she had a life with a husband until he died, leaving her widowed and alone in Devils Den some years before our arrival. Thomas recalls conversations with a sensible old woman who was just scared to be so alone and vulner-

able. But she courageously carried on in her isolation and carried the hammer always for

protection. As a practical concern, she needed the hammer to maintain her fragile fence and abode against the winds of Devils Den. Like most of us in Devils Den, when she went to the garbage dump, she returned with perfectly good things with which to further fortify her shack. These things she would hang from nails around her fort until the path leading to her front door looked like a tunnel, hiding the entrance to her cabin. I am sure this was by design to make her more secure and invisible.

On approaching her house, the feist would announce your progress and this in turn would prompt her response which was never friendly or inviting. I know of no one who ever saw the inside of her little kerosene scented castle but my sister Anna Jane told me that some kids had disappeared from the camp and that Grandma Hammerhead was a witch and had abducted them.

To be continued next month.....

## 101 years old and still as sharp as a tack!



Helen Holmes of Highgrove

It was my pleasure to spend some time with Helen Holmes talking to her about all of the changes she has seen over the last 101 years.

Helen was born on Oct. 8, 1908 in Mt. Vernon, Ohio and has lived in Highgrove since 1982. She said that she never drank and never smoked but once in 1939 at the World's Fair in New York, had to hold a cigarette in her hand for a photograph.

Helen has 3 children, (2 daughters and 1 son), and 9 grandchildren. Last year we celebrated her 100th birthday at the community center in Highgrove but this year her children took her to Newport Beach where the 6th grade class sang Happy Birthday to her.

When Helen was 1 year old she was stricken with Infantile Paralysis (polio) and had to learn how to walk a short time later. She remembers things from long ago such as songs from WW I, selling jewelry in a store for \$10.00 a week, and many other interesting stories about her life. She told me how she and her husband once bought an old truck chassis to repair and piece together with another old truck to sell to get \$500 dollars for a down payment on a house in El Paso. Her 1st husband died at age 41 and her 2nd husband died 16 years ago at age 79.

She recently called me about a problem she had at her house and we thank the members of Highgrove Fire Station # 19- Danny Serrano, Don Clark and Mike Arrizaga, for going to her house to resolve the problem.

Today she uses a wheelchair and moves her legs to get around in her house by herself where she and her grandson live. She takes about 3 pills per day and is still as sharp as a tack! Her grandson is in need of an inexpensive transportation car so if you know of one, call me at (951) 683 4994 and I will relay the message. She is really a nice lady and I enjoyed every minute while visiting with her.

*Thank You*

The Stouffer Family would like to Thank you for the kind expressions of sympathy cards, flowers and prayers during the time of our loss!!

If you were a friend of Danny please sign into his website at

[www.dannystouffer.memory-of.com](http://www.dannystouffer.memory-of.com)  
or Google Danny Stouffer

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## Did you ever wonder why?????????

Continued from last month!

12. Doesn't "expecting the unexpected" make the unexpected expected? 13. Why are a "wise man" and a "wise guy" opposites? 14. Why do "overlook" and "oversee" mean opposite things? 15. Why is "phonics" not spelled the way it sounds? 16. If work is so terrific, why do they have to pay you to do it? 17. If all the world is a stage, where is the audience sitting? 18. If love is blind, why is lingerie so popular? 19. If you are cross-eyed and have dyslexia, can you read all right? 20. Why is bra singular and panties plural? 21. Why do you press harder on the buttons of a remote control when you know the batteries are dead? 22. Why do we put suits in garment bags and garments in a suitcase? 23. How come abbreviated is such a long word? 24. Why do we wash bath towels? Aren't we clean when we use them? 25. Why doesn't glue stick to the inside of the bottle? 26. Why do they call it a TV set when you only have one? 27. Christmas - What other time of the year do you sit in front of a dead tree and eat candy out of your socks? 28. Why do we drive on a parkway and park on a driveway? 29. Why is toilet paper tiny squares and tissues big squares? 30. Why do you press harder on the buttons of a remote control when you

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# HIGHGROVE HAPPENINGS

## got bones?

by Cynthia Williams, DC

The holidays are coming and we all are looking forward to the feasts we can enjoy. But with the good food and company you may also receive food-borne illness also called "food poisoning."

The Centers for Disease Control and Prevention (CDC) reports that there are an estimated 76 million incidents of food poisoning per year. That works out to about 2 per second! By following these procedures, you can greatly reduce your risk of food-borne illness from your holiday meals

✓ Foods must be thawed at the proper temperature. All foods should be thawed either in the refrigerator or in cold running water. It is very unsafe to leave food out on the counter to thaw.

✓ Prepare your foods in a safe manner. Bacteria present on poultry can contaminate your preparation areas. Your preparation areas should remain clean to avoid cross-contamination. Do not use the same cutting boards for poultry as other products. Poultry should be dried with paper towels that can be thrown away and not with kitchen towels. After preparing poultry you should sanitize your work area, cutting boards, knives and any other tools used as well as wash your hands.

✓ Stuff your turkey in a safe manner. It is generally recommended that turkeys not be stuffed. However, if you choose to stuff, pack the cavity loosely with stuffing. Over-stuffing the bird will not allow the heat to transfer properly and there is increased risk of bacterial growth. The stuffing should be removed as soon as the bird is done cooking.

✓ Cook your foods at the proper temperature and to the proper temperature. Poultry should be cooked at a temperature no less than 325 de-



grees. Check the internal temperature at the center of the stuffing and meaty portion of the breast, thigh, and wing joint using a food thermometer. Cooking times will vary. The food thermometer must reach a safe minimum internal temperature of 165°F. If your turkey has a "pop-up" temperature indicator, it is recommended that you check the internal temperature with a thermometer.

✓ Cool your foods to the safe temperature and quickest way possible. After serving your food, the leftovers should be cooled to 40 degrees or less in a period of time of one to two hours. Leftovers should not be refrigerated while they are still warm. Foods may be cooled by placing the container in a ice bath, spreading the food out in a thin layer or by adding ice to stocks and broths to reduce the temperatures.

✓ Store your foods safely. If you must put food away that is warm, do not cover the food until it is completely cool. If the food is covered while it is warm, there is a risk that it will sour and spoil under the cover. Keep your leftovers for only three or four days. Leftovers should be reheated only one time. Do not overcrowd your refrigerator. Leave enough room between foods for air to circulate.

Following these safety tips will help prevent food-borne illness and let you and your family and friends enjoy the holiday season!

For more information, please visit the Centers for Disease Control at [www.cdc.gov](http://www.cdc.gov).

Wish to reach me personally? email me: [WmsChiropractic@aol.com](mailto:WmsChiropractic@aol.com)

## City of Riverside Wins Bronze for Bicycling Friendly Plan



**RIVERSIDE, Calif.** – The City of Riverside is one of the prestigious bronze level Bicycle Friendly Communities (BFC), according to the League of American Bicyclists. Riverside is being recognized for its commitment to improving conditions for bicycling and its practice of making focused investment in bicycling programs and facilities.

"The League congratulates Riverside and all of our BFC winners for implementing successful, long-term bicycle plans that provide quality of life improvements for their citizens," said League President Andy Clarke. The League is recognizing 15 new Bicycle Friendly Communities and three BFC renewals in its fall 2009 award cycle.

"This recognition shines a light on the many recent, and coming, improvements that are making Riverside a bicycle friendly community," said City of Riverside Mayor Ron Loveridge. "The Bicycle Advisory Committee which we formed in September will prioritize the programs and projects described in Riverside's Bicycle Master Plan – with an emphasis on implementation."

The BFC judges were particularly impressed with Riverside's commitment to maintaining and connecting the City's existing bicycle infrastructure. Riverside has added over 22.65 miles of class II bicycle lanes since the adoption of their Bicycle Master Plan in May of 2007 and has completed a ½ mile

section of the Santa Ana River Trail between Van Buren Boulevard and Bradford Street creating a continuous trail through the City. Riverside has increased the City's standard on-street bike lane to a minimum width of six feet. The City has allocated one employee to the Santa Ana River Trail to sweep the trail twice per week and address other bicycle facility maintenance issues immediately. To encourage and educate the community about bicycling opportunities in Riverside, the City has added a bicycle page to the Public Works Department website (<http://www.riversideca.gov/traffic/bike.asp>). The web page contains an interactive bicycle map, the Bicycle Master Plan, bicycle safety tips, and links to different bicycle web sites.

The application process to become a BFC is rigorous. The renewal process and four levels of the award – platinum, gold, silver and bronze – provide a clear incentive for communities to continuously improve. Applicants complete a detailed on-line form with numerous questions in five key areas: engineering, education, encouragement, enforcement, and evaluation/planning. To learn more about the League's Bicycle Friendly Community program, visit <http://www.bicyclefriendlyamerica.org>. **Contact:** Brandi Becker 951-826-2306 [bbecker@riversideca.gov](mailto:bbecker@riversideca.gov)

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# HIGHGROVE HAPPENINGS

## Riverside County Supervisor Ashley requests meeting to review Highgrove Metrolink station

Here is a copy of his letter to RCTC:

October 14, 2009

The Honorable Bob Magee

Chairman Riverside County Transportation Commission

Dear Chairman Magee:

I am enclosing recent correspondence which I have received from a number of residents in the Highgrove community regarding RCTC's future Metrolink plans.

Over the course of more than a decade, the Riverside County Transportation Commission has considered and repeatedly rejected the request of Highgrove residents for Metrolink service... Most recently, the Commission spent considerable amounts of time and money to identify potential hurdles to constructing a station in the area.

My goal is to ensure that the residents of Highgrove's receive a fair hearing and careful consideration of their desire for infrastructure investment in their community and the provision of public transit service.

I am requesting that the Perris Valley Line Ad Hoc Committee schedule a meeting within the next few months to review the history of the Commission's actions regarding Highgrove from the day it was first mentioned. During the past few years we have seen new members join RCTC and some of the decisions predate my tenure as a County Supervisor.

As we embark on the investment of the Perris Valley Line, I want to ensure that we are making prudent investments with Measure A and federal dollars. While I believe that the Commission has made wise decisions up to this point, we need to continue to challenge ourselves to accomplish more and improve. With that thinking in mind, I hope that we can revisit Highgrove's issues once again. If we can't provide a station and direct rail service to the community, I want our Commissioners to clearly understand the reasons which will only make our project better. On the other hand, if there is way to provide additional transit (either bus or rail) service to Highgrove, this could be an important opportunity to consider it.

Most importantly, I want to come away from this effort with a cooperative relationship with the Highgrove community. I would hope that Mr. Barnett could attend the ad hoc meeting with a few of his neighbors so they can interact with our committee members and staff, express their interests and concerns, and then accurately report on the matter with the rest of the community. Thank you for your consideration of this request.

Very truly yours,

Marion Ashley

Riverside County Supervisor, 5<sup>th</sup> District

Cc: Bob Buster, Vice Chair Riverside County Transportation Commission  
Barney Barnett, Chairman, Highgrove Community Council

## Environmental Impact Report correction

cont. from P. 1

It was my understanding that the Highgrove Metrolink discussion would not be on the Grand Terrace City Council agenda until a new city manager was appointed so I did not attend the meeting on Oct. 13, 2009.

Later, I requested and received a DVD copy of the meeting to review and no action was taken, but I discovered an error that needs to be corrected.

On Oct. 22, 2009, I sent the following e-mail to John Standiford, Deputy Executive Director of the Riverside County Transportation Commission:

**Mr. Standiford, Has the Environmental Impact Report for the Perris Valley Line been completed? If not, when do you expect it to be completed? "Barney"**

I received a prompt reply from him that same day that stated:

*"Both the state and federal documents are to be completed later next year. The public comment period for the state document -which includes a public hearing is scheduled to take place in February".*

I forwarded Mr. Standiford's response to the Grand Terrace city council members and to their Attorney who made the statement.

The Environmental Impact Report is important because there has been considerable opposition to some of RCTC's plans not only from our area but from the area around UCR namely the University Neighborhood Association.

Input from these areas is one of the reasons why there has to be an updated EIR.

Input from the public and surrounding communities may have been part of the reason this process went from a negative declaration to a full blown Environmental Impact Report.

Our Federal Tax Money is being sought for this \$220 million dollar project so it is important that public input is given to the Federal Transit Administration and our Federal Senators Boxer and Feinstein.

We would like to have your comments to include in our files to present to the authorities at the federal level.

Please sign the Public Notice petition below or send you comments to:

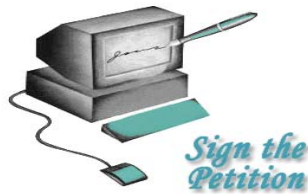
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highgrovenews@roadrunner.com

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# HIGHGROVE HAPPENINGS

## Nervous

by Cristina Torres (aka Lived Torres)

The sun was illuminating a glorious glow over the city as dawn was breaking in. The laughter of children could be heard in one particular house that morning. Jasmine and Alex were awoken by their parents Erik and Maria with tickles and giggles. Jasmine being of school age, was nervous about attending school that morning. She had to memorize her spelling words for the big test that week. Jasmine had spent her week reciting her vocabulary words out loud to her brother Alex. When Alex wasn't around she found herself spelling the vocabulary words to her pets.

Nana, her faithful companion who was always by her side would do what any dog would do just listen and wag her tail. Her black and white kitten Noodles, would purr and lick her paws. Her father and mother kept reassuring her that everything would be fine, but Jasmine felt funny that morning and told her dad that her tummy was hurting.

"Your just nervous" he said has he opened the truck door for Jasmine to get in. Jasmine looked at her mommy and her brother Alex gave a sad look and shook her head no. The closer

and closer Jasmine got the sicker she felt, and deeper and deeper into the car seat she sank. "We're here" called out her father. "Ugh" sighed Jasmine "Do you want me to go with you?" He asked "No!" said Jasmine looking down has she started to walk to class. "I can do this" Said Jasmine to her self has she continued reciting her vocabulary words. When she got to class she saw her teacher and took her seat. The teacher passed out the test. Jasmine looked around took a deep breath and began the test.....Later that day "How did you do on your test?" asked Jasmine's father. Jasmine face lit up with a big smile has she handed her father her test. "You got an A. I'm so proud of you!" said Erik has he helped Jasmine in the truck.

When Jasmine got home she showed her mother, her brother and her pets and thanked them all for believing in her. "I did it" she said to herself as she posted the test on the refrigerator. Sometimes we may find ourselves in difficult situations where were not sure of ourselves, but hard work and dedication can lead us to accomplishing any goal. Never give up on any task and you too can succeed.

By Lived Torres

## Heartworms: Don't let this deadly disease break your heart

By: Jessielee Coley

Heartworms are a dangerous parasite that can be extremely harmful to your pets. Heartworms are spread by blood thirsty mosquitoes that are contaminated with heartworm larvae. Once your pet is bitten, immature heartworms begin to mate and reproduce in the bloodstream. The transformation of the larvae into the 14 inch full grown heartworm completes the life cycle, and this is what starts affecting your pet. These deadly worms actually flourish in the pulmonary artery (in the lungs), not in the heart as the name of the disease would suggest. Unfortunately, some pets show no physical or emotional changes once infected. However, if symptoms due occur the most common is difficulty breathing and lethargy. When a deceased heartworm flows freely through the blood stream it can become wedged into a major blood vessel; blocking blood flow to the heart, lungs and the rest of the body. This is an extreme case but it is recommended to take action before for pet has a pulmonary embolism.

Taking the proper precautions is a much cheaper and easier way to keep



your pet safe compared to treatment. Early detection is found through a simple blood test; yearly tests are recommended. A monthly oral or topical medication is given for prevention. These medications are beneficial in other ways because they normally aid in fighting off other parasites such as ticks and fleas.

Another prevention method is providing your pet and family with a pest free environment. Mosquitoes need water to complete their reproductive cycle, and when the cycle becomes interrupted your pet is given a chance to be bite free. When making your home and yard heartworm free you should look for places where water has been stationary for too long. Pour out old containers and invest in a cover if you own a pool. Every safety measure, even if small, can possibly be saving your pets life. Don't wait until your pet contracts this disease; visit your local veterinarian today for other preventative information.

## Center St. Railroad Grade Crossing completed

The grade crossing is smooth again at Center Street. The # 1 main line was raised up and the work was completed on Oct. 29th. The Center St. rehabilitation cost close to \$400,000 and the new concrete surface will last longer than the rubber pads. It is a portion of work being done on 14.1 miles of track where 37,224 new concrete ties and 5.9 miles of new rail have been placed. We would like to thank the BNSF Railroad for repairing the Center St. crossing. **Please remember to slow down when you cross the tracks!**

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# HIGHGROVE HAPPENINGS

## VIRGINIA'S VIEWPOINT

by Virginia Harford

### Catholic church expansion!

Perhaps the most exciting event, at least for the Catholic population in Grand Terrace, was the dedication of the new building that was recently completed. On Sunday October 17, 2009 the church invited several dignitaries from the Bishopry of San Bernardino and Grand Terrace Mayor Marietta Ferre to preside over the festivities. Several hundred parishioners turned out some in fancy dress and some not. The Christ the Redeemer Roman Catholic Church has been a mainstay in Grand Terrace for several years as has the monastery where the nuns live behind the church. The new building will house offices and other rooms for services and handling of the business affairs of the church.

Natalie Garcia of Grand Terrace who is a longtime member of the church said that it was a wonderful celebration dedicating the new building. She said there were several hundred people who attended the activities including two members of the San Bernardino Bishopry. Natalie is also a member of the Grand Terrace Seniors Group and volunteers at the center on a regular basis.

The monastery is located behind the church and is easy to find, just drive east on Pico St. and past the church to

the next street and you will see the building. Several years ago the nuns built a labyrinth in their backyard. This structure is a beautiful addition to the monastery and is open to anyone who feels the need to walk it and contemplate just about anything. I go and walk it at times when I feel blue or sad for some reason. It is good exercise and anyone is welcome to come and walk it. I always feel better after completing the walk which in total is about a mile. It is clear where you are supposed to go, easily marked so that one cannot go wrong. I like it because you can almost never find anyone else there to interrupt your thoughts or prayers. If you do encounter another walker, they usually ignore you.

The labyrinth was built several years ago for a large sum, if memory serves me it was in the neighborhood of \$250,000. The accumulation of funds to build the structure was acquired totally from donations, large and small and took several years to accomplish.

### BLUE MOUNTAIN SENIOR VILLAS

The apartments at the Blue Mountain Senior Villas just next to the new Senior Center where daily lunches are served, is filling up fast mostly due to the efforts of Judy Wilson and her crew. Judy is the manager of the Villas. The

recent offer of three months free rent has been a successful incentive for several new residents. These apartments are small but quite adequate for one or even two people. The rent will depend on your income and assets.

Marnie Burkett has lived in Grand Terrace for many years. I wrote about her when I was writing for the Press Enterprise particularly when her son purchased a trip for her 75<sup>th</sup> birthday a few years ago for a ride in an airplane and a parachute jump out of it. She loved the jump. She was the first person to rent an apartment at the Blue Mountain Villas several months ago. She says it suits her just fine and she is happy living there.

Ima Davis, who will celebrate her 90<sup>th</sup> birthday this month moved into the Villas recently. She, too, is happy there. I highly recommend the Blue Mountain Villas for anyone who wants to live independently but needs some minor help. The complex is not an assisted living facility as some believe it to be. It is merely an apartment complex with amenities and very reasonable costs. Some services can be obtained.

The gardens that have been built around the entire complex including the apartments and the senior center where lunch is served M-F are almost completed. They boast a walking trail, many beautiful flowers and plants and places where one can sit and enjoy the beauty of the gardens and the view of the

mountains when the weather permits.

If you are interested in looking at the apartments they are located at 22627 Grand Terrace Road, Grand Terrace, Grand Terrace. Tele: 909-422-1557 Contact: Judy Wilson or Monica Garb. Walk-ins are welcome 8am-5pm - Monday-Friday. You should not delay because the Villas are almost sold out.

### FRIENDS OF BLUE

#### MOUNTAIN

On October 20, 2009 a meeting was held by the group called Friends of Blue Mountain which was held at the Grand Terrace Senior Center. Attending were: Denis Kidd, Ralph Salisbury, Jane Lawrence-Gunn and JoAnn Johnson, Edward DeMuth, Joe Nerio, Beatrice Etchison and Sally Hally.

The purpose of the meeting was a hope to raise awareness and support for a wilderness area on Blue Mountain. The fact that Loma Linda has possession of a very large portion of the mountain has become an issue that Denis dislikes. He feels that the City of Grand Terrace should approve and help accomplish a wilderness area there. The Foundation of Grand Terrace has generously voted to donate \$5,000 to the effort.

#### 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"*

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# HIGHGROVE HAPPENINGS

## Grand Terrace Senior Center Not . . . for Seniors Only

by JoAnn Johnson

In October we had another great program. Mark Barnett and the Southern Star Band. This group performs all over Southern California and in Las Vegas and does a tribute to Roy Orbison. They were very well received! Remember, always the second Friday at 10:00.

Elvis is in the House for our November program! This just has to be a fun program with an Elvis impersonator that goes by the name Silver G. This will be on November 13<sup>th</sup> with performance at 10 o'clock. We are going to have a "Good Stuf Day" again on the day of our program. Sales were up over our September sale so, if you have items you wish to contribute, please bring them on Thursday before 3 or Friday morning. The sale will be from 8:30 until 3:00 except that it will close during our program.

The new Garden Club will meet on the 3<sup>rd</sup> Friday each month at 10. Our new Senior Coordinator, Dana Carson, is conducting this meeting. Also, we have added a Needlework Club on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays at 9 and a Book Club on the 1<sup>st</sup> Friday at 12:30.

We are still without Cable television and internet connection but

hope to get it even before you read this! The move into our beautiful new building has not been without problems. But we are getting things worked out. Most activities/classes are going very well and we are adding some new ones. **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:  
**Wii GAMES AND POOL EVERY DAY**  
**EXERCISES MON, WED, FRI 8:30 AM**  
**CRAFTS TUESDAYS 9:00 AM**  
**ALL CARDS TUESDAYS 12:45 PM**  
**ART WEDNESDAYS 9:00 AM**  
**GUITAR WEDNESDAYS 12:30 PM**  
**GAMES WEDNESDAYS 6:00 PM**  
**PENNY BINGO THURSDAYS 1:00 PM**  
**BUNCO THURSDAYS 6:45 PM**  
**GARDEN CLUB 3rd FRIDAY 10:00 AM**  
**NEEDLEWORK 1<sup>st</sup>/3<sup>rd</sup> FRIDAY 9:00 AM**  
**BOOK CLUB 1<sup>st</sup> FRIDAY 12:30 PM**  
**GENERAL MEEET 2<sup>ND</sup> FRIDAY 9:30 AM**  
**GAME NIGHT 2<sup>ND</sup> SATURDAY 6:30 PM**

## Rough Ride!



The verticle marks on the rail (arrow) show where the van crossed the 3 railroad tracks where there is no grade crossing. Thank you Linda Olchawa for the tip about this incident. Linda is the crossing guard at the RR tracks on Center Street.

## All Aboard the live steamers!



A. J. Benson

All you kids out there, (young and old), that love trains of any size, you will love this! On every 2nd and 4th Sunday of every month, the Riverside Live Steamers gives FREE rides to the public. The trains run from 10:00 am to 3:00 pm. The Riverside Live Steamer rides are located at Hunter Park. The new entrance is off Marlborough St. just west of Iowa Avenue. For more information please call (951) 233-6372



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40 oz Budweiser Bud Light  2 for \$5.00 + tax CRV	12 pk bottles Heiken Beer  \$12.99 + tax CRV	Tecate  18 pk cans \$12.99 + tax CRV	Budweiser 18 pk Bud Light  \$13.79 + tax CRV
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Several trees have been removed on the United Methodist Church property that were infested with termites. The Church will be tented and fumigated and there will be no Weight Watchers meeting on Monday Nov. 2, 2009. Weight Watchers will resume their meetings the following Monday on Nov. 9th at 6:00 pm.

## "Highgrove Song" Highgrove

Music Video



CD \$3.00  
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1916 citrus label

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 Zorba's Burgers: 450 Iowa Ave.  
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# HIGHGROVE HAPPENINGS

## Prevent Swine Flu Good Advice

Dr. Vinay Goyal is an MBBS,DRM,DNB (Intensivist and Thyroid specialist) having clinical experience of over 20 years. He has worked in institutions like Hinduja Hospital, Bombay Hospital, Saifee Hospital, Tata Memorial etc. Presently, he is heading our Nuclear Medicine Department and Thyroid clinic at Riddhivinayak Cardiac and Critical Centre, Malad (W). The following message given by him, I feel makes a lot of sense and is important for all to know

The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

1. \*Frequent hand-washing (well highlighted in all official communications). 2. "Hands-off-the-face" ap-

proach. Resist all temptations to touch any part of face (unless you want to eat, bathe or slap). 3. \*Gargle twice a day with warm salt water (use Listerine if you don't trust salt). \*H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method. 4. \*Similar to 3 above, \*clean your nostrils at least once every day with warm salt water. (Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but \*blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.) Neti pots and sinus rinse kits are available at the drug store and relatively inexpensive...under \$15.

5. \*Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). \*If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.

6. \*Drink as much of warm liquids (tea, coffee, etc) as you can. \*Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

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## See what's happening in the Highgrove Area Real Estate Market



Source (Multiple Listing Service)

Courtesy of: Margie Miller of Miller Associates Real Estate and Loans

(909) 888-9000

Real Estate statistics for OCTOBER 2009

New Properties Sold in HIGHGROVE & SURROUNDING AREAS in OCTOBER:

ADDRESS	BR	BA	YR	SQ.FT	PRICE	DATE
213 Starling Lane	3	3	1988	1,646	\$230,000	10/6
96 Carlin Lane	4	3	2005	1,877	\$250,000	10/8
12771 Fremontia Avenue	4	2	1972	1,378	\$156,000	10/9
189 Oriole Avenue	5	3	2005	2,553	\$315,000	10/22
810 Arliss Street	3	1	1953	1,180	\$65,000	10/22
22603 Robin Way	3	2	1976	1,136	\$175,000	10/27
22090 Tanager Street	4	2	1978	1,435	\$175,000	10/28

### MONTHLY TRENDS:

Properties SOLD in HIGHGROVE in SEPTEMBER: 4  
Properties SOLD in HIGHGROVE in AUGUST: 4  
Properties SOLD in HIGHGROVE in JULY: 1  
Properties SOLD in HIGHGROVE in JUNE: 5  
Properties SOLD in HIGHGROVE in MAY: 2  
Properties SOLD in HIGHGROVE in APRIL: 6  
Properties SOLD in HIGHGROVE in MARCH: 4  
Properties SOLD in HIGHGROVE in FEBRUARY: 2  
Properties SOLD in HIGHGROVE in JANUARY: 3

As of 10/28/2009

	# of Homes
Total properties available for sale:	17
Total properties pending a sale in escrow:	13
Total Properties sold YTD:	38

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# HIGHGROVE HAPPENINGS

## KIDS WORD SEARCH

ANIMALS

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

- |           |              |            |           |
|-----------|--------------|------------|-----------|
| BELUGA    | HORSE        | PANTHER    | SHARK     |
| BUNNY     | HUMMING BIRD | PENGUIN    | STAR FISH |
| BUTTERFLY | KANGAROO     | PETS       | TABBY     |
| CHEETAH   | KITTEN       | POLAR BEAR | TIGER     |
| DOLPHIN   | KOALA        | PUPPY      | TURTLE    |
| ELEPHANT  | LABRADOR     | SEA HORSE  | WHALE     |
| FLAMINGO  | MONKEY       | SEA LION   | ZEBRA     |
| GIRAFFE   | PANDA        |            |           |

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

Briana Hernandez age 12 is the daughter of Manny & Vivian Hernandez. Briana is home-schooled by her mother and is in the 7th grade. They are residents of Highgrove. Congratulations Briana for being our winner.



Briana Hernandez

Editor's note: There were 3 words missing in last months puzzle. We apologize for this mistake and hope we don't do it again in the future.

## Advertising rates

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.



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

[highgrovenews@roadrunner.com](mailto:highgrovenews@roadrunner.com)

**Highgrove T-Shirt prices reduced! (See P. 5)**

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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# HIGHGROVE HAPPENINGS



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**The vision of Highgrove UMC is to be a vital, open, inclusive and vibrant Christian presence providing a welcome to all, hospitality to all, and service to our community.**

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(Meets at the United Methodist Church)



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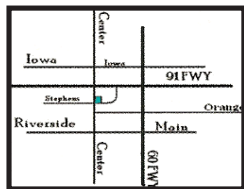
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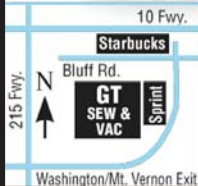
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Ardie and R.A. "Barney"  
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