



# HIGHGROVE HAPPENINGS



Dedicated to the improvement of our community through awareness and involvement in local issues  
(FREE) Local News for the Highgrove Area September, 2013

## Ruptured Gas line results in freeway closure!



On Aug. 16, 2013 at approximately 12:35 am, this back hoe was digging on the west side of the freeway near the I-215 freeway on-ramp by West La Cadena Drive when this back hoe ruptured a 6 inch natural gas line.



The southbound entrance to the I-215 freeway was closed by the CHP near the Stephens Street on-ramp toward Riverside due to the gas leak. Helicopters from channel 4, 5, and 7 broadcast the incident on television.



Both directions of the I-215 freeway were closed thru Highgrove which resulted in the early morning commuters being involved in a huge traffic jam on the surface roads on both sides of the freeway. This photo was taken at 6:42 am shortly after the northbound freeway was re-opened for traffic.



The west side of the frontage road was also closed. The fence was knocked over on West La Cadena Drive about 1/4 mile south of the leak. (Maybe this was the escape route for the back hoe operator!) Water was sprayed over the leak by firemen to help prevent the gas from escaping into the air.

## What is happening to our public Utilities?

Water/ Gas/, Electric  
**WATER:**  
If you have been reading our previous issues regarding residents in Highgrove who have to pay a 50% surcharge for water from the city of Riverside and part of our water bill being used for services other than water related issues such as Riverside city police, etc., then you already know about the rising costs

of our water bills for Riverside city water for those water customers who live outside the city limits.  
**GAS:**  
But what about the 6 inch gas line being that was ruptured near the southbound on-ramp of the I-215 on West La Cadena Drive?  
On Aug. 16, 2013 at 12:33 am a back hoe digging between the freeway and West La Cadena Dr.

ruptured a gas line that resulted in both lanes of the freeway being closed. This unfortunate accident could have been a lot worse if a spark had ignited the escaping gas from the ruptured line. I knew something major was happening when I saw 3 helicopters over the area in the early morning so I investigated and took several pictures of the incident. About 4,000 residents and

businesses were without gas service for almost 3 days.  
In another incident, the Press Enterprise reported that on Aug. 14, 2013 (2 days before the Highgrove rupture) heavy equipment ruptured a 2 inch gas line in Yucaipa that resulted in the evacuation of 24 people until it was repaired.  
I couldn't help but notice that the

# HIGHGROVE HAPPENINGS



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

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

**THE NORTON YOUNGLOVE COMMUNITY CENTER**

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



[www.fsaca.org](http://www.fsaca.org)



**September 2013**



**Points of Interest**

Center Hours: Monday thru Thursday  
8 AM - 4 PM, Friday 8 AM - 2 PM

**Aerodance Exercise:** Mon, Tues, Thurs 9-10AM, Wed 9-9:45 \$8 per week or \$2.00 per class

**Evening Class:** Mon, Tues, Wed, Sat Frp, 6:30 PM - 7:30 PM

**Sewing Class:** Wed 10:30 AM - 1:30 PM

Call Sandra 951-616-7787 for project materials info and clothing alteration services.

**Balloon Arrangement Class:**

Wed 8:30 - 10 AM \$15 per class /10 class course/Completion Certificate awarded

**Cake Class Series/4 levels:**

Thurs 10-11:30 \$18 for each 4 week level session/ 4 level course. Completion certificate awarded

**Flower Class :** Wed 11 - 12:30 Noon. \$15 per class/10 class course. Completion Certificate awarded

**3-Dimensional Gelatin Molding Class:** 5 minimum up sign up to schedule class. \$15 per class/10 class course. Completion certificate awarded

**Edible Arrangement Carving Class -10 Class Series:** Wed 12:30 AM - 2 PM. \$15 per class. Completion Certificate awarded

**Child & Me Classes**

Thursdays 11:30 - 12:30. No Cost Program

**E-Taekwondo United (Karate Class)** Mon & Wed 6PM - 7PM call Master Elvis Chavez 909 - 293-8538 for detailed info.

**The Art of Cake Decorating Baking:** Thurs 6PM-9PM intensive course/25 classes. \$15 per class. Completion certificate awarded. Info: Marivel 951-275-6815

**Square & Line Dance:** Tuesday at 6:30 PM \$6 donation. Info: 909-823-0294 or 951-788-4245. [www.riversidesingleswingers.com](http://www.riversidesingleswingers.com)

**Learn It Online: Date & time to Follow**

**September 2nd closed for Labor day**  
**September 6th & 20th at 8AM - 1:00 PM Riverside County Regional Medical Center Mobile Health Clinic** is here to help answer any questions and do blood pressure and blood sugar checks, general medical exams, and health screenings at no cost to you. No appointments needed!

**Sept 6th: 8-10** Learn It Online Resource

**Sept 14th:** Endless Summer Boutique from 9 AM to 1 PM

**September 17th:** Riverside County Office on Aging From 8AM - 10AM. Coupon Distribution for Senior Farmers Market Nutrition Program

**"What's New"**

**Evening Aerodance Class** is back to start Sept 3rd from 6:30-7:30 PM. **Square & Line Dance** Start 6:30 PM on Sept 10th

**Child & Me Classes** previously known as Mommie & Me class has moved to Thursday from 11:30 AM to 12:30 PM

**"Save the Date"**

SCAN health Plan is committed to serving our older adult communities at Norton Younglove Community Center. SCAN employees work with members on a daily basis and see the challenges that aging and limited resources can create. As a way to give back to the communities we serve, SCAN employees have put together "Essentials of Independence" bags to distribute at the Norton Younglove Community Center on **October 1, 2013 from 8 AM to 10 AM.** The SCAN Essentials of Independence bags contain: Body Wash, Shaving Cream, Shampoo, Conditioner, Toothpaste, Mouthwash, Hand Sanitizer, Q-tips. The items in the bags are for men or women and will help supply essentials that can be expensive to buy. **If you would like to receive a SCAN Essentials of Independence bag & of age 60 and older, please come to the Norton Younglove Community Center and sign up. The supplies are limited so make sure you attend/sign up to receive a bag.**

**OCTOBER: "Learn It Online"** program at Norton Younglove Community Center. Learn It Online offers free Tutoring in reading or math to eligible students using a netbook or tablet. Netbook or Tablet and internet connectivity provided. Call today! 909-295-2053 and ask for Laura or Mary.

**November 23rd:** Southern California Witness Project is offering **Free Mammograms.** To Register Please Call: 951-485-9334 ask for Blanca or Deborah

All proceeds go to the Community Center and its daily operations

**459 Center Street, Highgrove, CA. 92507 (951) 341-6634 Fax: (951) 779-3099**

## Endless Summer Boutique

**September 14th**  
**9am-1pm**  
**NORTON YOUNGLOVE COMMUNITY CENTER**  
**459 Center St.**  
**Highgrove, CA 92507**

**FREE TO PUBLIC**

**StepOut Diabetes Fundraiser**

**Special Thanks To:**  
**WhiteRose Photobooths**  
[facebook.com/whiterosephotobooths](http://facebook.com/whiterosephotobooths)

**30+ Vendors**  
**Speciality Items**  
**Crafts & Food**

**Photo Booth**

**Door Prizes Raffles**

**Family Fun**

**Earn an extra raffle-ticket for every \$10 spent with a vendor**

**More Info/Booth Space**  
[louistamayo5291@gmail.com](mailto:louistamayo5291@gmail.com)  
 951-790-2873

Scentsy - Juice Plus - Nerium Intl. - ItWorks - Tastefully Simple - Origami Owl  
 ThirtyOne Gifts - Lucy's Galleria - Moments in Time Designs  
 Jewels by Parklane - Velata - Grace Adele - Avon - Homestyle BBQ  
 Damsel in Defense - Tupperware - Gold Canyon Candles - Mary Kay  
 WhiteRose PhotoBooths - LipSense - Sassy Mom Boutique (Woman's Clothes/Fashion)  
 Your Inspiration at Home - And MANY MORE...

## Meet new friends, laugh, relax

### Square & Line Dance Classes Start 6:30 pm

# TUESDAY, SEPT. 10

**Norton Younglove Community Center**  
**459 Center Street, HIGHGROVE**

**COUPLES & SINGLES**

*Dance to Exercise*

**FIRST LESSON FREE** Then \$6 donation  
 Enrollment open 3 weeks - Brush-ups welcome

**FUN WON'T BE EXPENSIVE!!**

Info: (909) 823-0294 or (951) 788-4245  
[www.riversidesingleswingers.com](http://www.riversidesingleswingers.com)

**LINE DANCE LESSONS INCLUDED**  
 Sponsored by Riverside Single Swingers Square Dance Club

## INTRODUCING...

# ALL NEW

## CHILD & ME CLASSES

### Thursdays

## 11:30am - 12:30pm

Beginning September 5th

**AGES: 18 MONTHS - 3 YEARS (WITH PARENT)**

**Norton Younglove Community Center Highgrove**

Reading - Cognitive, Social, Gross Motor Skills - Friends - Learning - Fun

The RE Center  
 Resources, Education & Community

### Riverside County Office on Aging

#### Senior Farmers Market Nutrition Program

#### Coupon Distribution

Available for Low Income Seniors 60 Years of Age and Older  
 Coupons May Only be Received Once Per Year  
 Senior Must Sign for Certification and Verification of Age, Income & Receiving Coupons  
 Distribution on a First Come, First Serve Basis and on Availability  
 Coupons for use at Certified Farmers Markets Only & Only for the Purchase of Fresh, Nutritious, Unprepared, Locally Grown Fruits, Vegetables, Honey & Edible Herbs  
 Low Income Guidelines per Household: 1 person=\$20,665 per year, 2 persons=\$27,991 per year effective July 1, 2012-June 30, 2013; 1 person=\$21,257 per year, 2 persons=\$28,694 per year effective July 1, 2013- June 30, 2014

### Library Card Sign-up Month 2013

A free library card is your ticket to back-to-school savings  
 September is Library Card Sign-up Month, a time when the Highgrove Library joins with the American Library Association and public libraries nationwide to make sure that our students have the most important school supply of all - a free library card.  
 Resources at the Highgrove Library are available to anyone who has a library card. Students can turn to the library for materials, programs and services that support academic achievement.  
 Students can use their library cards from home, too. Our library web page [WWW.rivlib.net](http://WWW.rivlib.net) offers access to important educational resources, World Book Encyclopedia online resources Center, students can find articles and encyclopedic information dealing with Geography, Animals, States, flags, maps, dictionaries, science project, important people, biographies, Life Science, Mathematics, places, plants, History, games and Brainfuse Homework help which is a live online help from expert Tutors, Students can access Brainfuse from home with a library card.

# HIGHGROVE HAPPENINGS

## MAC meetings will be monthly!

The Highgrove community meetings known as the Municipal Advisory Council will meet each month except December. The meetings will be on the 4th Wednesday at 7:00 pm at the Highgrove Library located at 530 Center Street in Highgrove. The public is invited.

Due to financial constraints, representatives from Supervisor Tavaglione's office will come to every other meeting starting on March 27, 2013 but our MAC meetings will be monthly at the library on the 4th Wednesday of the month. You are encouraged to attend and invite a neighbor to come with you.



**Graffiti Hot line**  
**951-955-3333**  
<http://www.rcgraffitibusters.com>

**Street Lights Out in Highgrove**  
 Report Street Light outage: call (951) 955-3224  
 or email Hazel Rodriguez  
[hrodriguez@rivcoeda.org](mailto:hrodriguez@rivcoeda.org). Provide address and cross street and pole # if possible.



**Report Illegal Trash Dumping!**



Call Riverside County Waste Management  
**951-955-5650**  
 To Report illegal dumping in Riverside County online:  
<http://user.govoutreach.com/riversideco/>

## Riverside County Administration Building now open on Fridays!

For many months the whole 14 story building at 4080 Lemon St. in Riverside was closed on Fridays. But as of July 26, 2013 the offices of Riverside County are once again open five days a week including Friday. Sometimes when we delivered the Highgrove Happenings Newspaper to the county we only could deliver on Monday thru Thursday and if it fell on Friday we would have to make another trip to Riverside on the following Monday. For many years we have been hand delivering the Highgrove Happenings to each Riverside County Supervisor, RCTC (Riverside County Transportation Commission), RCTLMA (Riverside County Transportation Land Management Agency) the Riverside County Transportation Department and to other agencies in the building. We also deliver papers to the Mayor of Riverside and the Riverside city council at city hall and to Lawrence Tai whose office is on 14th St. across from the old Press Enterprise building.

**New Colors of Highgrove T-Shirts available!**

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

**"Highgrove Song" & Music Video**



**Highgrove T-Shirts**



1916 citrus label

<b>CD</b>	<b>\$3.00</b>	<b>\$10.00</b> Adult S,M,L
<b>DVD</b>	<b>\$10.00</b>	<b>\$12.00</b> Adult XL, 2XL

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

Give us a call!  
**(951) 683 4994**

## HIGHGROVE SHERIFF REPORT

### Highgrove Crime Activity



Crimes increased from 5 to 8 over the past two weeks in Highgrove. The total of violent crimes stayed the same at 0. Robbery stayed the same at 0. Aggravated Assault stayed the same at 0. Property Crimes increased from 5 to 8. Burglary decreased by 50% from 2 to 1. Auto Theft increased from 0 to 6. Larceny Theft decreased by 50% from 2 to 1. Arson decreased by 100% from 1 to 0. Vehicle Burglary stayed the same at 0.

Call **911** for Emergencies only

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

**Capt. Danny Feltenberger (951) 955 2600**

**Lieutenant. Dave Knudson (951) 955 2628**

**Lieutenant Eric Hernandez**

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

## CHP CLOSING OUT THE SUMMER WITH AN ANTI-DUI CAMPAIGN

SACRAMENTO, Calif. – As motorists prepare for the final holiday weekend of summer, the California Highway Patrol (CHP) is gearing up to save lives by joining with law enforcement agencies throughout the country and the National Highway Traffic Safety Administration in an ongoing nationwide drunk driving crackdown. The two-week-long "Drive Sober or Get Pulled Over" campaign, which began August 16, coincides with the CHP's annual Labor Day Maximum Enforcement Period (MEP).



During the CHP's holiday enforcement effort, which begins Friday, August 30, at 6 p.m. and continues through Monday, September 2, at 11:59 p.m., all available CHP officers will be on patrol throughout California to help ensure everyone has a safe journey. An additional emphasis will be placed on removing impaired drivers from the roadway before they destroy their life or the lives of their fellow motorists.

"Through our education and enforcement efforts over the holiday, we are hoping to save lives and reduce the number of people injured and killed on California's roadways," said CHP Commissioner Joe Farrow. "Do not let your guard down just because summer is coming to an end; drive defensively and always wear your seat belt." During last year's Labor Day MEP, 35 people were killed in collisions on California's roadways.

Within CHP jurisdiction nearly half of the 16 vehicle occupants killed were not wearing a seat belt at the time of the collision. CHP officers throughout the state made more than 1,300 arrests for driving under the influence (DUI), which represents an 11 percent decrease from the same period the previous year.

The public is encouraged to be a part of the "Drive Sober or Get Pulled Over" campaign by dialing 9-1-1 to report suspected drunk drivers.

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[www.highgrovehappenings.net](http://www.highgrovehappenings.net)  
 click on the contact tab and open up the PDF file

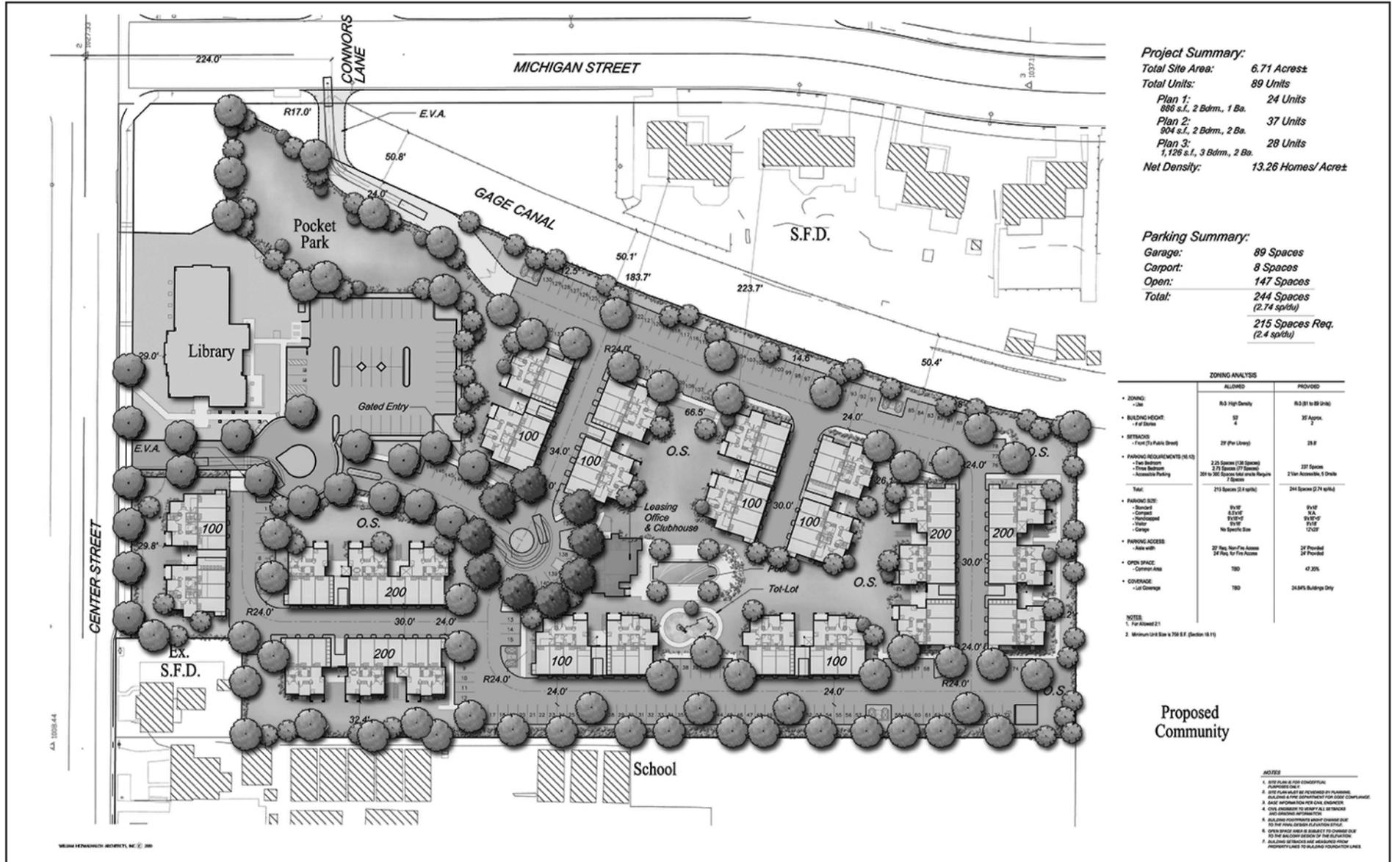
Monthly newspapers are delivered to each Highgrove resident along with Public Offices and businesses in Highgrove, Grand Terrace, Colton, Riverside County and Riverside City.



(A minimal transaction fees will be applied)

# HIGHGROVE HAPPENINGS

## Construction begins on Highgrove Workforce Apartments



On Monday, September 16, 2013 at 10:00 am Workforce Homebuilders LLC will host a ground breaking ceremony to commemorate the start of construction on the 89 unit affordable housing development Highgrove Blossom Apartments

which are located at 550 Center St. in Highgrove. Two and Three bedroom apartments will bring well managed and maintained quality housing to families earning 30%-60% of the Area Median Income for Riverside County, which is currently

\$65,000.00 for a family of four. It is the second development Workforce Homebuilders has built in partnership with the County of Riverside. Workforce Homebuilders has worked closely the last four years with the Highgrove Municipal

Advisory Council, Supervisors Tavaglione and Ashley and other County agencies. The \$20.4 million development will be certified under the Green Communities program according to Workforce Homebuilders President, Tony Mize.

**J.W.'S GUNS AND ACCESSORIES**



**HOURS:**  
 MON-FRI 8:30-5:00  
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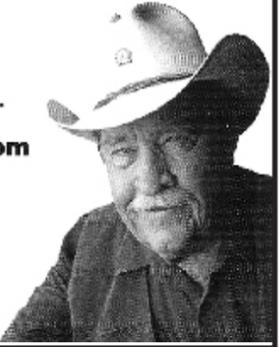
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# HIGHGROVE HAPPENINGS

## The History of Labor Day Labor Day: How it Came About; What it Means

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

### Labor Day Legislation

Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances passed during 1885 and 1886. From these, a movement developed the movement to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During the year four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.



### The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a “workingmen’s holiday” on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.



### Utilities cont. from P.1

flyer sent along with my Southern California Gas Company gas bill that read:

**“Safety...YOUR SUMMERTIME PLANS SHOULD INCLUDE CALLING 811. Striking an underground utility line while digging can cause harm to you or those around you, disrupt service to an entire neighborhood and potentially result in fines and repair costs”.**

Maybe this information should be re-sent to all of the contractors who do the digging with their heavy equipment and back hoes!

### ELECTRIC:

And what about losing the electrical power on Aug. 12, 2013?

At 6:43pm the power went out that affected 1,423 Edison customers in Highgrove, Grand Terrace and parts of Colton and Riverside. The Lake Cadena Trailer Park on West La Cadena Dr. still had power, but just south of the trailer park behind All Star Glass on West La Cadena Dr., a local church service was interrupted and people were sitting outside waiting for the power to come back on. The Highgrove Fire station still had electrical power but many other customers were without power until 8:24 pm.

Also in the Press Enterprise on Aug. 12, 2013 on page A 12, there was a full page article from Southern

California Edison and it was addressed To the Customers of Southern California Edison. The article contained information about closing SONGS (the San Onofre Nuclear Generating Station) and “pursuing recoveries from Mitsubishi Heavy Industries, the company responsible for designing and manufacturing the faulty components that caused the shutdown”.

Sometimes we take our utilities for granted. When we go to the stove we expect gas to be available to warm up the oven and cook dinner. And when we turn on the faucet we expect water to be there for our instant use. But when the lights go out and we are suddenly in the dark, there is actually something you can do before this emergency happens. Do you have a flashlight with good batteries that you keep near the bed or where you can find it without stumbling and falling over something? During the daylight is a good time to prepare for a power outage. Check your flashlight and batteries. Other utilities, such as no water from the faucet is probably not as dangerous unless there is a fire. And a gas leak can sometimes be detected by its smell.

Whenever we have problems with our utilities it might be another good idea to keep the emergency contact numbers by the phone where you can find them with a flashlight if several utilities go out at the same time.

# Cool for School.



## Ride OmniGo to school and all around town.

Count on OmniGo to get to school, work or wherever you need to go in Grand Terrace. OmniGo Route 325 connects you to Grand Terrace High School, to community locations like Loma Linda University Medical Center, Grand Terrace Senior Center and Pettis Veterans Hospital, and provides direct access to service throughout the San Bernardino Valley with transfers to Omnitrans Routes 2, 9, and 19, and RTA Route 14. Safe, reliable, and affordable, go with OmniGo.



Scan this code to see a detailed map and schedule of OmniGo Route 325 for Grand Terrace, or go to [www.omnitrans.org/schedules/route325](http://www.omnitrans.org/schedules/route325)

[f](https://www.facebook.com/omnitrans) [t](https://www.twitter.com/omnitrans) [OMNITRANS.ORG](http://OMNITRANS.ORG) 1-800-9-OMNIBUS



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# HIGHGROVE HAPPENINGS

## I-215 Freeway widening continues and will add HOV lanes



This giant pile of gravel is across from the Yum Yum Restaurant by the I-215 on-ramp and will be used for base when the freeway is re-paved.



The northbound entrance to the I-215 at La Cadena Dr. is being widened and a decorative wall added on the east side. Extensive grading is underway!

As you already know, The I-215 freeway is lined with K rails on both sides and sometimes it is hard to see where you are supposed to drive during the addition of the HOV (High Occupation Vehicles) lanes between the I-10 freeway interchange in San Bernardino and the I-60/91/215 interchange in Riverside. There will be one lane added in each direction and motorists are encouraged to: **“Slow for the cone zone!”**

Major changes are underway in this construction zone that includes the removal of the Newport Ave. overpass that has already been removed and the Union Pacific railroad bridge that had to be removed because it was also too short for the wider freeway underneath. In honor of the Labor Day weekend there will be no I-215 widening Project road closures between

Friday, Aug. 30, 2013 at 6:00 am through Tuesday Sept. 3, 2013 at 6:00 pm. For the safety of all drivers and construction crews, please remain alert to changing traffic conditions throughout the project area and travel at the posted speed limit of 55 mph.

For more information on the I-215 widening that may affect your commuting times or locations, here is some contact information that you can use to reference local freeway conditions before you get in your car and end up in a traffic jam.

Phone number: 1-877 215news

Web site: [www.215news.com](http://www.215news.com)

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SQUARE DANCE TO MEET NEW FRIENDS, LAUGH & RELAX  
 Classes start 6:30 pm Tuesday, Sept. 10. Enrollment remains open 3 weeks.

LINE DANCE LESSONS INCLUDED

**Norton Younglove Community Center**  
**459 Center Street, HIGHGROVE**

Info: 909) 823-0294 or 951-788-4245  
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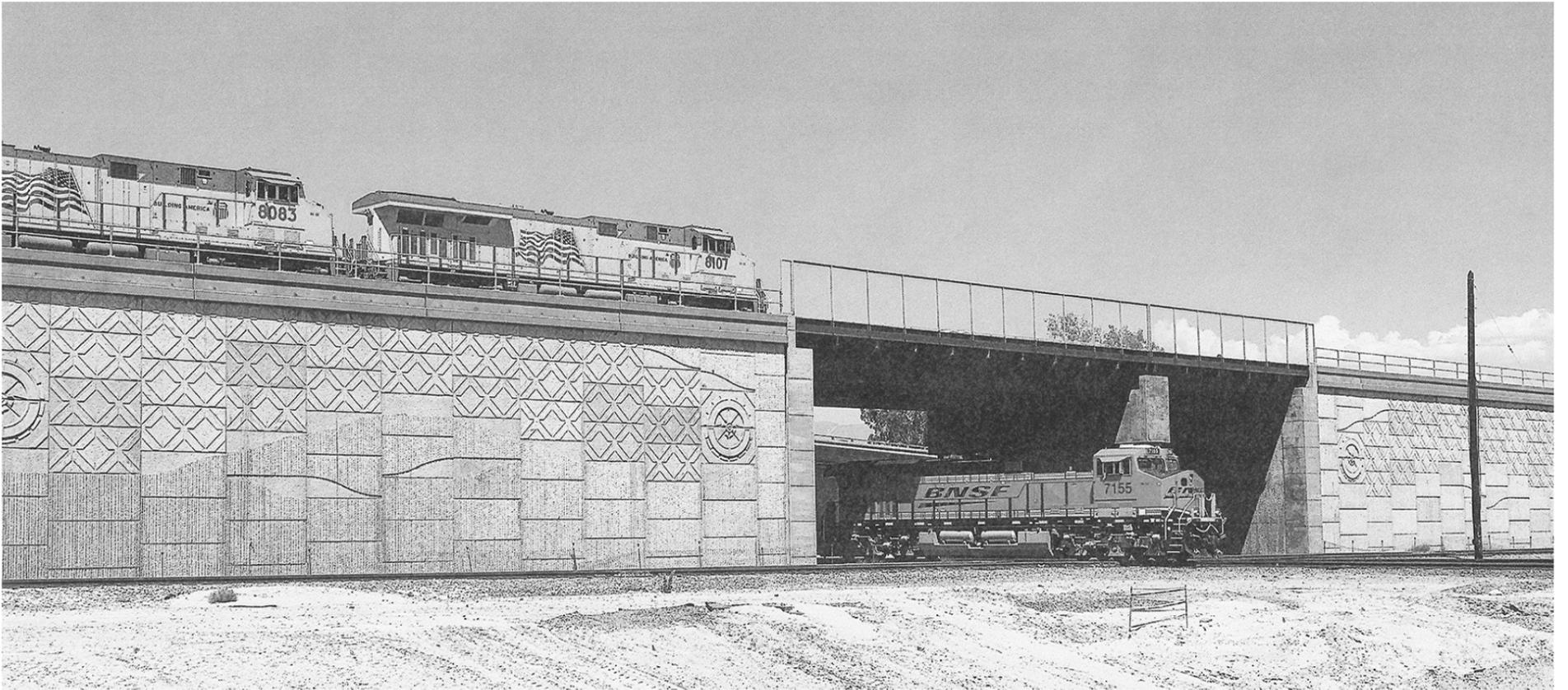
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# HIGHGROVE HAPPENINGS

## Colton Flyover elevates Union Pacific tracks over BNSF tracks



L-R: San Bernardino County Supervisor Josie Gonzales, Jack Koraleski President and CEO of Union Pacific Railroad, Juan Acosta Regional Vice President BNSF Railroad, ? , Joe Tavaglione Commissioner California Transportation Commission, Sarah Zamora Mayor of Colton and Karen Spiegel RCTC and Mayor of Corona plus other dignitaries are shown during the ribbon cutting ceremony dedication of the Colton Flyover on Aug. 28, 2013. The ceremony was hosted by Ray Wolfe from SANBAG.

The two railroads no longer have to stop and wait for the other railroad to pass thru Colton because now the Union Pacific track has been elevated over the BNSF track and they are no longer on the same grade level.

This historic event was made possible by the cooperation of agencies in both counties and at the State and Federal levels as well. The project will enable as many as 100 trains per day to proceed without stopping at the former railroad crossing known as a "diamond".

This cooperation did not exist in 1882 when Colton Sheriff Virgil Earp was trying to keep the California Southern Railroad from crossing the Southern Pacific Railroad at this location. Virgil Earp finally was ordered to move the Southern Pacific engine that blocked the track so the California Southern could proceed with construction of their north/south track over the Southern Pacific's east/west track. Governor Waterman read the court order that allowed the California Southern Railroad to pass over the Southern Pacific track. The first train over the old railroad "diamond" was on Sept. 13, 1883. This new project was finished under the estimated budget and will alleviate congestion at the historic Colton Crossing which was one of the busiest at-grade rail-to-rail crossings in the nation. The new crossing will result in more reliable service for freight rail customers and passenger trains, reduce delays for trains and automobiles in the region and improve air quality for southern California.

Even after additional Metrolink trains are added in the future there is no plan to stop any of the current or future commuter trains between San Bernardino and Riverside at Highgrove next to the property owned by the Riverside County Transportation Commission.

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# HIGHGROVE HAPPENINGS

## IT IS ALMOST 11 YEARS SINCE 9/11 AND HERE IS A WONDERFUL STORY ABOUT THAT TERRIBLE DAY

*Jerry Brown Delta Flight 15... (true story)*

Here is an amazing story from a flight attendant on Delta Flight 15, written following 9-11:

On the morning of Tuesday, September 11, we were about 5 hours out of Frankfurt, flying over the North Atlantic.

All of a sudden the curtains parted and I was told to go to the cockpit, immediately, to see the captain. As soon as I got there I noticed that the crew had that "All Business" look on their faces. The captain handed me a printed message. It was from Delta's main office in Atlanta and simply read, "All airways over the Continental United States are closed to commercial air traffic. Land ASAP at the nearest airport. Advise your destination."

No one said a word about what this could mean. We knew it was a serious situation and we needed to find terra firma quickly. The captain determined that the nearest airport was 400 miles behind us in Gander, New Foundland.

He requested approval for a route change from the Canadian traffic controller and approval was granted immediately -- no questions asked. We found out later, of course, why there was no hesitation in approving our request.

While the flight crew prepared the airplane for landing, another message arrived from Atlanta telling us about some terrorist activity in the New York area. A few minutes later word came in about the hijackings.

We decided to LIE to the passen-



gers while we were still in the air. We told them the plane had a simple instrument problem and that we needed to land at the nearest airport in Gander, New Foundland, to have it checked out.

We promised to give more information after landing in Gander. There was much grumbling among the passengers, but that's nothing new! Forty minutes later, we landed in Gander. Local time at Gander was 12:30 PM! .... that's 11:00 AM EST.

There were already about 20 other airplanes on the ground from all over the world that had taken this detour on their way to the U.S.

After we parked on the ramp, the captain made the following announcement: "Ladies and gentlemen, you must be wondering if all these airplanes around us have the same instrument problem as we have. The reality is that we are here for another reason." Then he went on to explain the little bit we knew about the situation in the U.S. There were loud gasps and stares of disbelief. The captain informed passengers that Ground control in Gander told us to

stay put. The Canadian Government was in charge of our situation and no one was allowed to get off the aircraft. No one on the ground was allowed to come near any of the aircraft. Only airport police would come around periodically, look us over and go on to the next airplane. In the next hour or so more planes landed and Gander ended up with 53 airplanes from all over the world, 27 of which were U.S. commercial jets.

Meanwhile, bits of news started to come in over the aircraft radio and for the first time we learned that airplanes were flown into the World Trade Center in New York and into the Pentagon in DC. People were trying to use their cell phones, but were unable to connect due to a different cell system in Canada. Some did get through, but were only able to get to the Canadian operator who would tell them that the lines to the U.S. were either blocked or jammed.

Sometime in the evening the news filtered to us that the World Trade Center buildings had collapsed and that a fourth hijacking had resulted in a crash. By now the passengers were emotionally and physically exhausted, not to mention frightened, but everyone stayed amazingly calm. We had only to look out the window at the 52 other stranded aircraft to realize that we were not the only ones in this predicament.

We had been told earlier that they would be allowing people off the planes one plane at a time. At 6 PM, Gander airport told us that

our turn to deplane would be 11 am the next morning. Passengers were not happy, but they simply resigned themselves to this news without much noise and started to prepare themselves to spend the night on the airplane.

Gander had promised us medical attention, if needed, water, and lavatory servicing. And they were true to their word. Fortunately we had no medical situations to worry about. We did have a young lady who was 33 weeks into her pregnancy. We took REALLY good care of her. The night passed without incident despite the uncomfortable sleeping arrangements.

About 10:30 on the morning of the 12th a convoy of school buses showed up. We got off the plane and were taken to the terminal where we went through Immigration and Customs and then had to register with the Red Cross.

After that we (the crew) were separated from the passengers and were taken in vans to a small hotel. We had no idea where our passengers were going. We learned from the Red Cross that the town of Gander has a population of 10,400 people and they had about 10,500 passengers to take care of from all the airplanes that were forced into Gander! We were told to just relax at the hotel and we would be contacted when the U.S. airports opened again, but not to expect that call for a while.

We found out the total scope of the terror back home only after getting to our hotel and turning on the TV, 24 hours after it all started.

Meanwhile, we had lots of time on our hands and found that the people of Gander were extremely

*cont. on P 9*

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# HIGHGROVE HAPPENINGS

cont. from P. 8

friendly. They started calling us the "plane people." We enjoyed their hospitality, explored the town of Gander and ended up having a pretty good time.

Two days later, we got that call and were taken back to the Gander airport. Back on the plane, we were reunited with the passengers and found out what they had been doing for the past two days. What we found out was incredible.

Gander and all the surrounding communities (within MATCH about a 75 Kilometer radius) had closed all high schools, meeting halls, lodges, and any other large gathering places. They converted all these facilities to mass lodging areas for all the stranded travelers. Some had cots set up, some had mats with sleeping bags and pillows set up. ALL the high school students were required to volunteer their time to take care of the "guests." Our 218 passengers ended up in a town called Lewisporte, about 45 kilometers from Gander where they were put up in a high school. If any women wanted to be in a women-only facility, that was arranged. Families were kept together. All the elderly passengers were taken to private homes.

Remember that young pregnant lady? She was put up in a private home right across the street from a 24-hour Urgent Care facility. There was a dentist on call and both male and female nurses remained with the crowd for the duration. Phone calls and e-mails to the U.S. and around the world were available to everyone once a day. During the day, passengers were offered "Excursion" trips. Some people went on boat cruises of the lakes and harbors. Some went

for hikes in the local forests. Local bakeries stayed open to make fresh bread for the guests.

Food was prepared by all the residents and brought to the schools. People were driven to restaurants of their choice and offered wonderful meals. Everyone was given tokens for local laundry mats to wash their clothes, since luggage was still on the aircraft. In other words, every single need was met for those stranded travelers.

Passengers were crying while telling us these stories. Finally, when they were told that U.S. airports had reopened, they were delivered to the airport right on time and without a single passenger missing or late. The local Red Cross had all the information about the whereabouts of each and every passenger and knew which plane they needed to be on and when all the planes were leaving. They coordinated everything beautifully. It was absolutely incredible.

When passengers came on board, it was like they had been on a cruise. Everyone knew each other by name. They were swapping stories of their stay, impressing each other with who had the better time. Our flight back to Atlanta looked like a chartered party flight. The crew just stayed out of their way. It was mind-boggling.

Passengers had totally bonded and were calling each other by their first names, exchanging phone numbers, addresses, and e-mail addresses.

And then a very unusual thing happened. One of our passengers approached me and asked if he could make an announcement over the PA system. We never, ever allow that

cont. on P. 11

## September Open House !



### How many times have you passed by here and never stopped?

I must admit that I went by this old building for many years before I stopped to see what it was all about. The Eagles Aerie # 997 is a fraternal organization that has the motto of "People helping people" and they raise money for many worthwhile charities and causes.

The building has been located at 466 East La Cadena Dr. for many years and is next to the freeway on the frontage road just before the Center St. exit/Highgrove for northbound traffic on the I-215 freeway.

The Aerie is referred to as the Riverside Eagles but is actually located in Highgrove. The dividing line between the city of Riverside and Highgrove, which is in Riverside County, is only a few hundred feet south of the building. The sign above on the building is relatively new and the entire parking lot has been recently re-paved. Many members and their guests come for Dinner and

beverages at the bar and to enjoy an evening of Karaoke or live entertainment. On Friday Sept. 6, 2013 non-members can come as guests of the Eagles Board of Trustees. Tell them "Barney" asked you to come, have dinner, and enjoy the live music of the "Highway 18" band which is one of the best country bands in Southern California. Dinner starts at 5:30 pm and is N. Y. strip steak or hamburgers. The band starts at 7:00 pm.

The entire month of September is open house so here is your chance to stop and enjoy the evening and learn about the Eagles.

Sept. 13th will be Karaoke, Sept. 20 will be live music by the "Yard Dogs" Band, and Karaoke again on Sept. 27th.

Happy hour at the Eagles is from 4:00 pm to 7:00 pm. Mon.-Thurs. Stop in and see what this worthwhile organization is all about!

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# HIGHGROVE HAPPENINGS

## DEVILS DEN

by *Dennis Wilds*

"Where did that old man go?" Danny asked Slaybaugh referring to Booger.

"Don't know. Lost sight of him. Might be burned up for all I know. That's who I'm looking for now."

Five miles away, fate had come looking for Booger too. It dropped from the dark green gray sky just after sundown a quarter mile uphill from his still and churned and twisted across his parched cornfield and cotton patch, ripping plants and soil up into its vortex. By the time the cyclone consumed Booger's still, it had grown in power and swallowed the still and the cottonwood trees concealing it too. Down the path to the vacant farmhouse the swirling winds angrily howled and then the barn, outhouse and Booger's home lifted into the air, board by board. Everything pertaining to Booger had been erased from the firmament in less than sixty seconds. Across Buzzard Creek, Brother Roy and the Zundappers stood next to the storm cellar, prepared to duck underground if the twister in the distance came their way, but it veered off toward Valliant, leaving only an inch of large hail on their compound grounds. Geraldine and her kids watched from the distance in the flimsy shelter of a vacant cabin a mile away. Huddled together her family saw every little memento, trinket, and material possession they owned disappear, along with all the family's dirty little secrets.

Geraldine only hoped her husband was in the house at the time. Her thoughts shifted to the whereabouts of Delphia as she watched the cyclone snake toward Valliant.

Delphia's only thoughts at this time were fear and desperation as Caesar pulled her along by the hand through the rain which was turning to a battering cold hail as they approached the truck parked off the road next to a four foot deep bar ditch. When the lightning flashed the thunder peals were instantaneous and deafening. The storm had parked directly above Valliant and the hail intensified. Myrtle, David, Caesar and Delphia slid under the raised wooden bed of the truck for shelter and watched the hail bounce up from the ground and the road bed. Off in the distance Delphia caught sight of a lone figure staggering up the road toward them about a hundred yards away and then disappear in the darkness. In about thirty seconds, the lightning back lit the figure of a man much closer now and Delphia grabbed Caesar's shoulder and said "It's Daddy! Look! He's got a gun in his hand!"

Booger had passed the "X" truck on the way into town less than an hour before and he knew just where to go looking for Caesar when he crawled out from under the collapsed tent. He could feel the ache of the stab wound with each stride, reminding him of the score he had to settle with the little Mexican "X" man and his curly headed friend. Ahead, he could make out the forms

of three or four people under the back of the truck. Standing there in the rain and hail with singed and smoking hair and clothes, Booger yelled "Come on out! I kin see you hiding there!"

In an instant, Caesar was out from under the truck with his sling shot in his hands. Booger was within twenty feet of Caesar at this point and he raised the 45 and aimed it at the small figure in front of him. At about the same time he pulled the trigger lightning seared through the atmosphere illuminating the sky in a jagged pitchfork form and explosive thunder drowned out the gun shot. Booger felt Caesar's lead shot smack him between his eyes on his forehead and his head snapped back, not seeing Caesar spin off into the ditch dropping the slingshot from his numb left hand. The 45 slug had penetrated Caesar's upper arm and passed through the muscle of his shoulder, luckily missing bone. Booger dropped to his knees and felt blood trickle down his face into his mouth and his nose bled profusely from the shot which had imbedded in his sinuses. He had not seen a gun in the Mexican's hands so he was confused at how he had been shot. Delphia ran over to the ditch and saw Caesar's shoulder bleeding. By now Caesar had pulled the knife from his satchel and had it open in front of him as he struggled in the muddy ditch to regain his footing. Before he could right himself Booger stumbled forward into the ditch on top the Delphia and Caesar, causing Caesar to drop the knife. Booger still had the pistol in his hand and raised it to

hit Caesar. "Thump went a sound in Boogers brain as David let loose with a close range shot with a rock from his slingshot. Seeing the knife in the mud next to Caesar, Delphia grabbed it as Booger collapsed on top of her and Caesar. What happened next was a blur to Delphia and for the rest of her life she would wonder about the exact order of events for the few seconds of the struggle in the ditch.

She remembered facing fear with loathing and hate as she knelt between Caesar and Booger, knife in her left hand looking into the crazed eyes of Booger with his pistol raised, poised to bludgeon Caesar. Plunging the knife toward Booger's right side, under his raised gun wielding arm, Delphia watched in shock and horror as Booger jerked up and hovered dream like above her. She could not hear above a deafening wind as her ears popped, and then she felt herself pelted with debris and gravel. Horrified, she began to float upwards with him! Caesar must have grabbed her arm with his good left hand and pulled her back toward the ditch as they both watched the figure of Booger being yanked up into the evil funnel in the sky and disappear into the dark storm. Next the truck flipped over onto the ditch trapping the two under the truck bed and falling limbs and flying debris. That was the extent of Delphia's memory of the events of that night. The next thing she heard was the words "They're under the truck. I think they're dead!" as David and Myrtle slid down under the truck into the ditch looking for them.....

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# HIGHGROVE HAPPENINGS

cont. From P. 9

but this time was different. I said “of course” and handed him the mike. He picked up the PA and reminded everyone about what they had just gone through in the last few days. He reminded them of the hospitality they had received at the hands of total strangers. He continued by saying that he would like to do something in return for the good folks of Lewisporte.

“He said he was going to set up a Trust Fund under the name of DELTA 15 (our flight number). The purpose of the trust fund is to provide college scholarships for the high school students of Lewisporte. He asked for donations of any amount from his fellow travelers. When the paper with donations got back to us with the amounts, names, phone numbers and addresses, the total was for more than \$14,000! “The gentleman, a MD from Virginia, promised to match the dona-

tions and to start the administrative work on the scholarship. He also said that he would forward this proposal to Delta Corporate and ask them to donate as well.

As I write this account, the trust fund is at more than \$1.5 million and has assisted 134 students in college education.

“I just wanted to share this story because we need good stories right now. It gives me a little bit of hope to know that some people in a faraway place were kind to some strangers who literally dropped in on them. It reminds me how much good there is in the world.”

“In spite of all the rotten things we see going on in todays world this story confirms that there are still a lot of good and Godly people in the world and when things get bad, they will come forward.

“God Bless America...And God Bless the Canadians!”

## FINANCIAL FOCUS

### What’s Your Retirement “Contingency Plan”?

You probably have thought about what you’d like to do during your retirement years. But all your plans probably depend, to at least some extent, on your financial situation. What happens if you reach the age at which you wish to retire and you just don’t have the money you thought you’d have?

If this occurs, it’s time for “Plan B.” What does that look like? Here are a couple of possibilities:

- Continue working. If you like your job, you may not mind working an extra year or so. You’ll be bringing in more income and contributing more to your 401(k) or other retirement account — and, perhaps almost as importantly, you may be able to avoid tapping into these retirement accounts, thus giving them more time to potentially grow. (However, once you turn 70½, you’ll need to begin taking withdrawals from your 401(k) and a traditional IRA.) But if you are really not enamored with the idea of working any longer, you might find that even the ability to “beef up” your retirement plans for another couple of years isn’t much consolation.

- Adjust your retirement lifestyle. It’s pretty simple: If you don’t save as much as you had planned for retirement, you probably can’t do all the things you wanted to do as a retiree. For example, you may not be able to travel as much, or pursue your hobbies to the extent you’d like.

Clearly, you’d like to avoid these “retirement contingency plans.” To do so, though, you’ll need to take steps well before you retire. And the most important move you can make may be to contribute as much as you can possibly afford to your IRA and your 401(k) or other employer-sponsored retirement plan.

During the last several years before you wish to retire, you may be in a strong position to “max out” on these plans because, at this stage of your life, your income may be at its highest point, your children may be grown and you may even have “retired” your mortgage. If you still have money left with which to invest, you may want to look at other tax-advantaged vehicles that can be used for retirement.

But while it’s important to put in as much as possible to your retirement accounts, you need to do more than that — you also must put the money in the right investments within these accounts. Your exact investment mix should be based on your individual risk tolerance and time horizon, but, as a general rule, these investments must provide you with the growth potential you’ll need to accumulate sufficient resources for retirement.

Of course, as you know, investments move up and down. You can’t prevent this, but you’ll certainly want to reduce the effects of volatility as much as possible when you enter retirement. Consequently, during your final working years, you may need to adjust your retirement accounts by shifting some of your assets (though certainly not all) from growth-oriented vehicles to income-producing ones.

It’s a good idea to have contingency plans in place for virtually every endeavor in life — and paying for your retirement years is no different. But if you can make the right moves to avoid the contingency plans in the first place, then so much the better.

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

## Obituaries

**Willidean Cormier 87**  
Longtime Highgrove resident Willidean Cormier passes away on Aug. 6, 2013. She is survived by 2 daughters, 4 grandchildren and 2 great grand daughters who live in various locations such as Yuba City and Phoenix Arizona. She was preceded in death by her husband Leroy Cormier and their eldest daughter Susan Leroy and Willidean lived on Prospect Ave. in Highgrove for many years and they were both really nice people who used to walk by our house and stop and visit. Donations on her behalf can be made to the Cystic Fibrosis Foundation.



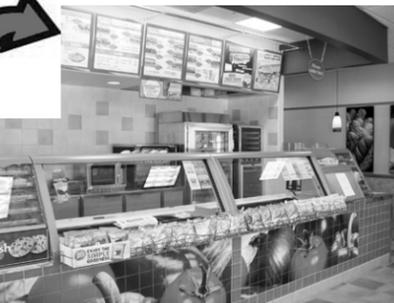
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# HIGHGROVE HAPPENINGS

## California Dreaming by Dr. Cynthia Williams

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

DUCKS! Bend is swimming in ducks in one form or another. With the river running through town and other little bodies of water, there are ducks flying in and out all year long. Mallards, Woods, Gadwalls, Wigeons, Teals, and Harlequins are in abundance. There is also an abundance of very confident (aggressive) geese and swans are found in special areas.

Another duck big deal is the GREAT DRAKE PARK DUCK RACE! Every September the Rotary Club organizes the sale of little yellow rubber ducks for \$5.00 each as a fundraiser for Bend children and families in need. The ducks are gathered in a huge net and dropped into the river. They start floating down the river and the first one across the finish line wins. First prize isn't shabby- a \$20,000 voucher towards a purchase from the Ford dealer in town. [http://www.theduckrace.com/]

Feathered and rubber ducks don't begin to hold the attention of the people in this area. University of Oregon football is an insanely huge deal here. All year long but of course right now it is seriously ramping up. Every store, shop, and vendor has U of O Ducks stuff. The green and yellow is all over from window stickers to flags. There is the usual

stuff- sweatshirts, hats, t-shirts, windbreakers, and scarves. The excitement goes further- cups, mugs, thumb drives, computer keyboards, desk lamps, and Frisbees. Duck love is for the whole family too. Infants are included with sleepers, booties, blankets, hats and bottles. And all the other kids too. There are a lot of Duck nuts here. [http://uoduckstore.com/]

The Ducks are God and their place of worship is at the University of Oregon campus in Eugene. This last year the university unveiled its new Football Performance Center. With the humongous donation from Nike founder and U of O graduate Phil Knight, the Ducks players can train and relax in opulence. No one will say exactly how much this 145,000 square foot center costs (early building estimates were \$68 MILLION) but there needs to be a lot of zeros. Also dubbed the "University of Nike", it has hand woven rugs from Nepal, chairs in Ferrari upholstery, Nike football leather on the walls, black toilets and urinals, and custom green PlayStation consoles and over 250 televisions in various areas including the mirrors in the bathrooms. The biometric locker access with individual ventilation systems and magic shelves to charge phones and tablets are an extraordinary amenity for each player. This new center is the envy of every college team and nearly any NFL team. I don't see the motivation for any player to graduate.

For the record- I am not a football fan. I think the amount spent- whatever it was, is excessive and could have been put to better use in educating the students. Maybe Phil Knight will make a donation for education next time.

## Phil's Philosophy

by Phil Turner

### Needed: New Ideas for Grand Terrace and Highgrove

A few men got together in the early sixties and put the idea forward to turn a rundown downtown San Antonio, Texas into a "River Walk". The San Antonio River Walk is now a destination tourist and visitor mecca.

In 1905 one man decided to turn a marshy area west of Los Angeles into a resort and residential area reminiscent of Venice, Italy. It is now, and has been for a century, one of the most unique neighborhoods of the city for residents and tourists alike.

In 1933 Bobby Jones and a friend began to build a golf course outside Augusta, Georgia. Today Augusta National is the venue for the most prestigious tournament in the sport.

I personally think Grand Terrace and Highgrove are exceptional, and very under-appreciated. They're islands of tranquility, surrounded by freeway jam, and industrial strength warehouses. But alas maybe they both need your "New Idea".

I envision seeing a downtown area such as in Grand Terrace where a closed TV/video store, becomes a high-end restaurant or maybe a new ice cream parlor frequented by local middle and high school students or where an old Stater Bros. Market becomes a showroom for antique and hand restored cars and motorcycles.

Not long ago I understand that there was a proposal to build a lake surrounded by commercial enterprise buildings catering to outdoors activities. What a wonderful idea. Where did that idea go? Did it disappear just because of the economic slump?

What would happen if any of these ideas became reality? Businesses would compete to be located there. Tax revenue would fund all needed city improvements and enhance-

ments. Property values would rise, and growth would be something planned and managed.

Should we just wait for the economy to improve or should we also be aware of what we can do personally to seek improvements to our communities to make them more attractive by suggesting some fresh new ideas?

Do any of your or my ideas make sense? I think so and I know they are out there. I'm also very sure that there are residents/readers out there that have better ideas with much more wisdom and forethought than I'm capable of.

Who is responsible for promoting these new ideas to investors, developers, and corporate entities? Is it only the responsibility of the community leaders or does the responsibility also lie with you and me as well. If you believe, as I do, that our area is special, then the responsibility for improvement should be shared with its leaders and members of the community. Taking time to share your new ideas with your neighbors should also be directed at community leaders by participating in local community meetings or city council meetings and having your say during public comments.

Let's begin a conversation. What is your vision for the future? Some of your ideas may be good for both communities.

Why not send your ideas to "Highgrove Happenings" and state what you think is so special about our little spot on the planet and what you would like to see for our collective future on both sides of the county line.

Send your new ideas to:  
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*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

*Live Better*  
HEALTH TIP

## National Cholesterol Month

Cholesterol, everyone has heard of it, everyone knows not to get too much of it, and everyone knows exactly what it does right? For those still a tad confused about how to view cholesterol in the grand scheme of things, we will look at what it does and how to make sure we do not get too much in our diets. For those that are dealing with elevated cholesterol issues, we will suggest some tried and true modifications that can be easily put into effect to help maintain healthy levels.

Heart disease is the number one killer in America and elevated cholesterol is a red flag for doctors when assisting patients but this does not mean one will automatically get heart disease because of elevated cholesterol. There are many factors that contribute to heart disease and we will look at the factors that we can control and do the best with the information we have. Firstly, cholesterol is found in animal products only so it would seem avoiding all animal products would be the best approach to reducing our levels; in reality, this is not the full picture. Our bodies make all the cholesterol we need so any excess cholesterol coming in from the diet has to be dealt with by the body. If the amount of cholesterol coming in is modest, then our bodies will produce a little less to accommodate but when the amounts are high and accompanied by saturated fat and simple sugars, then there tends to be an overload. As we get older, our chances of having high cholesterol levels increase, this also occurs in individuals with a family history of heart disease and hypercholesterolemia (high blood levels of cholesterol).

While avoiding certain high fat dairy products, fried foods and desserts, excessive red meat consumption, and limiting eggs in the diet (note: limit not avoid for most people) is a good place to start, incorporating whole grains and good fats is just as important. It would seem that the more one reduces their foods that contain cholesterol the healthier they would become; this is the hope

of health care professionals and the general public. REMEMBER; EATING PROPORTIONATELY SOUND SERVINGS OF DAIRY, MEAT AND EGGS SURROUNDED BY A HEALTHY DIET IS DIFFERENT THAN EATING THESE SAME FOODS SURROUNDED BY AN UNHEALTHY DIET.

Here is a sample cholesterol lowering regimen;

- Eat plenty of whole grains and fruits and vegetables (these contain minerals, B vitamins, and plenty of fiber that can help the body deal with excess cholesterol).

- Eat fish such as salmon, herring, mackerel, tuna, and sardines 3 times a week (choose reputable brands and stores when buying fish)

- Use herbs such as garlic (the stinking rose), ginger (anti-inflammatory), and turmeric

- Try supplements such as Red Yeast Rice, Omega 3s & 6s, and Policosanol, a waxy substance that reduces liver output of cholesterol

- Exercise, exercise, exercise! Caution: Do not over do it if you are new but exercise is one of the best contributors to heart health and balanced cholesterol levels

The following are the functions of cholesterol in the body;

- Provides the basis for the sex hormones testosterone in men and estrogen and progesterone in women (very important)

- Provides the body's' basis for internal vitamin D production (activated by the sun)

- Important component of our cell's outer protective layer

- Important component of bile in the body which is needed to absorb fats and vitamins like A, D, E, & K

Get your cholesterol levels checked and use that number as a guideline toward your quest for health and fitness. Eating healthy, exercising, drinking plenty of water, and avoiding drinking and smoking are the best ways to ensure that we have done everything we can to help our bodies avoid high cholesterol levels and cholesterol related heart disease.

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# HIGHGROVE HAPPENINGS

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

- |             |               |             |
|-------------|---------------|-------------|
| ANARCHY     | FAIRNESS      | RESPECT     |
| AWARD       | FRIENDLY      | RESPONSIBLE |
| BULLYING    | FRIENDS       | REWARD      |
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| CITIZENSHIP | HONEST        | SAFETY      |
| COLLEGE     | HUSKY         | SMART       |
| CONFORMITY  | LEARNING      | SMILE       |
| DEMOCRATIC  | OBEDIENCE     | STUDENTS    |
| ELEMENTARY  | RECESS        | SUCCESS     |
|             |               | TRUSTWORTHY |

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 or fax your completed puzzle to the Norton Younglove Community Center 459 Center Street (951-779-3099 fax) during their regular business hours. Good Luck!

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 SCHOOL: \_\_\_\_\_  
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### THE WINNER THIS MONTH!

Kayzee Arcaina, 9 years old and is the daughter of Fiona Arcaina. She attends Highgrove Elementary School and is in the 5th grade. Her teacher is Ms. Phillips  
 Thank you Kayzee for providing us with the words for this months puzzle!  
 Good luck to the next winner!



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

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

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

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# HIGHGROVE HAPPENINGS



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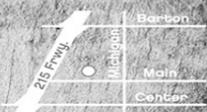
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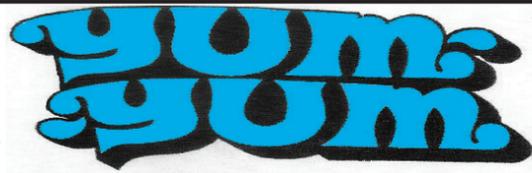


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