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### **Equestrian Center at Glen Helen Park**

From the following press release, it looks as though we may see the rodeo area at Glen Helen Park upgraded to an equestrian center. This will be a great addition for our community.

*Proposals Sought for Equestrian Center at Glen Helen Regional Park*

**SAN BERNARDINO** – On Tuesday, the San Bernardino County Board of Supervisor agreed to seek proposals from companies interested in developing a full-service equestrian center at Glen Helen Regional Park in Devore.

*The County Department of Regional Parks recommended seeking the proposals because of interest that youth groups and other horse enthusiasts have expressed in having an equestrian facility in at the park.*

*The equestrian center would include an outdoor arena with permanent bleachers, boarding stalls, a pasture area, and other features. The County would negotiate a lease agreement with the private company chosen to develop the center. Regional Parks anticipates the center would generate about \$100,000 or more for the County depending on how much the facility is used.*

*“There are a number of equestrian enthusiasts living in the area around the park, but there aren’t many places nearby where those residents can practice their riding skills or board their horses,” San Bernardino County Second District Supervisor Paul Biane said. “By working with a private company to develop an equestrian center at Glen Helen, we can deliver a needed amenity to the community and, at the same time, create revenue stream the County can use to continue enhancing the park.”*

*The deadline for submitting proposals is March 15. Proposals will be evaluated by Regional Parks and the County Administrative Office.*

**Congratulations**

*Congratulations to Bill Klapp for receiving his 20 years of service pin – Station 2 County of San Bernardino.*

### **DRPA Elections**

The annual elections of officers and new board members takes place on May 3, 2010 during the DRPA meeting at Kimbark Elementary School starting at 7pm. There are two expiring terms (Val Henry and Marybeth Navas) and two vacant board positions. In addition, the election of the Chairperson, Vice Chairperson, Secretary, and Treasurer takes place at this meeting. Please attend, nominate, volunteer, and vote for this important organization. You may nominate yourself. We need board members that can help maintain Devore’s rural way-of-life.

**Thank you!**

*A special thank you to the Klapp family and all of their helpers for coordinating and orchestrating another wonderful Devore Community Holiday Parade and Potluck.*

### **Save Cable Canyon / Save Devore**

The City of San Bernardino would like to connect Devore with the City of San Bernardino via the Cable Canyon wash area to provide a traffic solution for the “Spring Trails” development that is proposed on Meyers Road. This is a large development of many hundreds of homes located adjacent to Devore. Many plant and animal species are only found in the Cable Canyon wash area. The Audubon Society, The Center for Biological Diversity, The Spirit of the Sage and The Serrano Indians ( San Manuel) all have been in contact with Val Henry (DRPA President) and Darcee Klapp (DRPA Vice President). The concept is to keep the land “open space” with equestrian access and without development.

It’s a battle we need to win or the city will impact our community with a nightmare of traffic into Devore. Not only could they connect Cable Canyon (Dement-Santa Fe) but also Deercrest and Foothill at the top of town. It will affect and impact everyone if they are successful. We will keep you informed as to the progress.

**DEVORE  
COMMUNITY  
NEWSLETTER**

**Publisher:**

Devore Rural Protection Assn.  
1043 Woodlawn Ave  
Devore, CA 92407  
(909) 880-9030

**D.R.P.A.**

Valerie Henry  
Chairperson

Darcee Klapp  
Vice Chairperson

Amber Claflin  
Treasurer

Steve Helt  
Secretary

Doug Claflin  
Newsletter / Agent-of-Process

MaryBeth Navas  
Trails

Karen Hoag  
Emergency Preparedness

Vacant  
Neighborhood Watch

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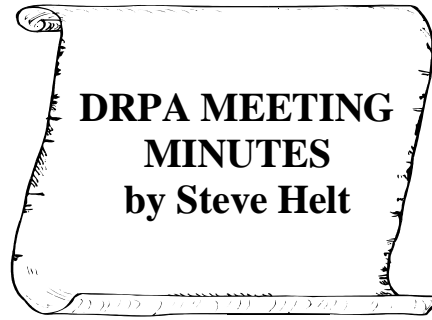
**Advertisement costs per issue (Print ready):**

Business Card Size..... \$12.00  
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Deadline for the Summer issue is May 15, 2010.

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[Doug@drpaonline.org](mailto:Doug@drpaonline.org)



**DRPA MEETING  
MINUTES  
by Steve Helt**

**Regular Quarterly Meeting  
Minutes**

Kimbark Elementary School  
February 1, 2009

**Meeting Called to Order at 7:02 PM**

**Board Members Present:** Valerie Henry, Amber Claflin, Karen Hoag Marybeth Navas and Steve Helt.

**Guests;** Sheriff's Specialists Kathy Gray and Lupe Gonzales, Alice Hall, Rossanna Arana, Stephanie Vanesch, Craig Braun, Darcee and Robert Klapp.

**Purchase requisition of Not to Exceed \$250 signed and approved for Spring 2010 newsletter.**

**Purchase requisition and check signed for \$59.40 toward web hosting reimbursement.**

**Checks signed for reimbursement of Winter 2009 newsletter printing costs.**

**Check request approved and check signed for USPS postage for spring newsletter.**

**Treasure's Report:** Balance of Checking Acct: \$3,171.87, Savings: \$1772.34 for a total of \$4,944.21

**Unfinished Business:** Community Emergency Response Team: Capt. Flesher at Devore Fire Station collecting sign-ups for 3<sup>rd</sup> class. Training trailer is stationed at Devore Fire Station.

Emergency Preparedness Supplies: Purchased emergency supplies stored and ready for use. Preparing maintenance list.

Neighborhood Watch: Sheriff Service Specialists Kathy Gray and Lupe Gonzales spoke on crime statistics within Devore from November, 2009 through January, 2010.

Trails: Devore Trail representatives collecting memorabilia (pictures & artifacts) of pre-1970 equestrian trails.

Board of Supervisors accepting proposals for Equestrian Center at Glen Helen Regional Park.

**Meeting adjourned at 8:01 PM.**

**Devore Weather Report**

By Doug Claflin & Bob Kinne

All records are for the weather year started on July 1, 2009

High Temperature to Date (08/28).... 107°  
Low Temperature to Date (12/08) ..... 28°  
Wind Chill Low to Date (01/22)..... 14°  
09-10 Rain Total.....41.79"  
High Wind Speed (01/05)..... 42 mph

08-09 Rain Total.....18.38"  
07-08 Rain Total.....21.12"  
06-07 Rain Total..... 7.81"  
05-06 Rain Total.....37.56"  
04-05 Rain Total..... approx 93.00"  
03-04 Rain Total.....16.59"  
02-03 Rain Total..... 28.08"  
01-02 Rain Total..... 6.99"  
00-01 Rain Total..... 28.82"  
99-00 Rain Total..... 28.3"  
98-99 Rain Total ..... 16.6"  
97-98 Rain Total..... 60.1"

**DON'T FORGET OUR WEBSITE AT  
[WWW.DRPAONLINE.ORG](http://WWW.DRPAONLINE.ORG)**

# CROSSROADS PIZZA

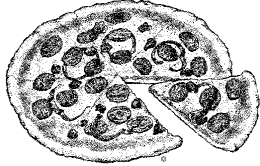
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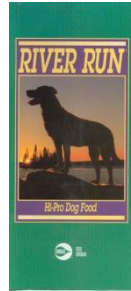
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# From the Nurse's Corner

By A. Mitchell RN

Welcome to the spring edition of the Nurse's Corner.

Question of the day? What is the most complex and most used joint in our body? The **Knee** actually looks like a simple joint but in fact, is one of the most complex joint in the human body. The knee is also more likely to be injured than any other joint in our body and we tend to ignore the knees until something happens to them that causes us pain.

The knee is made up of 4 bones. There is the *femur*, which is the large bone in your thigh attached by ligaments and a capsule to your *tibia*. Just below and next to the tibia is your *fibula* and then the *patella*, also known as the knee cap.

When our knee moves, it does not just bend and straighten like most joints but also has a slight rotation with movement. The muscles that go across the knee are the quadriceps that are on the front of the knee and the hamstrings that are one the back of the knee. There are ligaments that hold the knee joint together. In review, the bones support the knee and provide the rigid structure of the joint; the muscles move the joint and the ligaments stabilize the joint.

The knee joint also has a structure made of cartilage, which is called the meniscus. The meniscus is a C-shaped piece of tissue that fits into the joint between the tibia and the femur. The meniscus helps protect the joint and allows the bones to slide freely on each other. There is also a little fluid sac called the bursa that helps the muscles and the tendons slide freely when the knee moves.

To have the knee function properly, a person has to have strong and flexible muscles. The cartilages and ligaments also need to be kept smooth and strong. Problems with the knees start occurring when any parts of the knee become damaged or irritated. If the ligaments of the knee are stretched or damaged, the knee will become unstable and this causes the knee to buckle and give way.

What are the causes of most knee injuries? Excess body weight is one of the major stress factors on any joint but especially the knees. Sports that have a lot of stopping and starting such as tennis and racquetball can cause damage to the knees. Also sports that have direct physical contact to the body, such as football can cause damage to the knees. Anytime the knee joint is facing a certain direction and then something causes that direction to change saddening, harm can be done. Age also has a lot to do with knee health. Our joints seem to wear out with age and the knees are no exception.

So what are some of the things we can do to help our knees stay healthy? Losing weight reduces the amount of

load the knee has to carry daily. Exercising the muscles that are attached to the knee but also taking time do stretch those same muscles after working out. When playing sports such as tennis and racquetball be aware of where your knees are at all times.

When a knee injury does occur, see your doctor. If the injury is caught early, there are many more options for treatment than if you let the injury go too far. Sometimes just stabilizing the knee will cure the injury where other times steroid shots to the joint or surgery may be needed. Lots of older people have knee replacement surgery and the results are fantastic.

And as the old saying goes, "an ounce of prevention is worth a pound of cure!"

**Suggestion of the month**..... remember to restock your emergency supplies. Look at your first aid kit and get rid of any outdated medications. Check your food supply and also get rid of any outdated food. Check smoke detector batteries!!!

And remember, walking to the store to get chocolate is good for your knees!!!



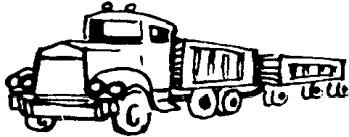
## Community News

By Darcee Klapp

- Kudos to Alice Hall: Here publication about the Cajon Pass is now being sold at Sam's Club- Wow Alice, terrific!
- Birthday Wishes:
  - HAPPY BIRTHDAY –Gabriella Bell, March 11<sup>th</sup>- 15 years old
  - HAPPY BIRTHDAY- Sasha Bell- March 23<sup>rd</sup>- 14 years old
  - LOVE YOU, MOM, SHEILA BELL
- Once again the Devore Parade and Potluck was a huge success...Without the community participating we would not have it! Thank you to" The Girl Scouts, The Campbell Family, Millette Construction, Paul Cunan, Luke Bell, Jim Bell, Mark Slobam and Family, The Spellman Family, The Deputy Family, The Simms Family, The Rodgers Family, The Arner Family, The Lockwood Family, The Van Esch Family, The Larson Family, John and Sandy Wiles, The Claflin Family, Monica Durac, and The Parker/Britton Families- GREAT ENTRIES!!! A Special thanks to: The Devore PCF Fire Fighters (St.#2) for volunteering, the servers, cooks and to Mrs. Hoag, the Kimbark Principal
- Any utensils that were left from the pot-luck have been donated to the fire station in Lytle Creek- FYI- they are in need of pots and pans, dishes and glass ware- any donations please call Darcee at (909) 215-8057- we will pick them up
- A Knoll Street home was burglarized on 03-05 around 2:00 pm. The home was locked and the alarm system activated, but the thieves still got away with several major and minor electronic items and a firearm. On the more positive side, the sheriff's deputy had a response time of about 10 minutes. There has been a newer white Ford van seen cruising town, so be aware.

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## CALENDAR OF EVENTS

- April 2010**  
Tuesday 13<sup>th</sup> - Water Board Meeting 7:00pm at the Devore Water Company
- May 2010**  
Monday 3<sup>rd</sup> - Devore Rural Protection Assn. Meeting 7:00pm at Kimbark Elementary School  
Tuesday 11<sup>th</sup> - Water Board Meeting 7:00pm at the Devore Water Company
- June 2010**  
Tuesday 8<sup>th</sup> - Water Board Meeting 7:00pm at the Devore Water Company
- July 2010**  
Tuesday 9<sup>th</sup> - Water Board Meeting 7:00pm at the Devore Water Company

