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August 1, 2019

www.VillageNews.com

Volume 30, Issue 31

County approves agreement to utilize second SDG&E helicopter for firefighting

Joe Naiman
Village News Correspondent

San Diego Gas and Electric utilizes helicopters for the placement of utility poles, and San Diego County has been able to take advantage of that to augment the county's aerial firefighting fleet. SDG&E recently entered into a long-term lease agreement for a second helicopter, and the county approved a Memorandum of Understanding with SDG&E for use of the second helicopter for firefighting needs, July 23.

The supervisors' 5-0 vote authorized the director of the county's Department of Purchasing and Contracting to enter into a three-year agreement with SDG&E which will expire June 30, 2022, and which will limit the county's annual costs to \$150,000. SDG&E will cover the cost of the first two hours to operate the helicopter in the event it is needed for wildfire suppression while the county will cover the expenses for the next two hours.

"This action will strengthen our aerial assets within the county," Supervisor Jim Desmond said. "I'm very happy to see the county

see *SDG&E*, page A-8

thisweek

Announcements.....	A-2
Business.....	D-4
Business Directory.....	C-8
Calendar.....	A-4
Classifieds.....	C-8
Dining.....	D-5
Education.....	B-8
Entertainment.....	B-4
Health & Fitness.....	D-2
Home & Garden.....	C-2
Legals.....	B-6
Obituaries.....	C-9
Opinion.....	A-5
Real Estate.....	C-2
Sheriffs Log.....	C-9
Sports.....	D-1
Wine.....	D-6

Community comes to the aid of family involved in fatal Rainbow crash



Rainbow residents have set up a memorial to Jorge Vazquez, the 13 year old who died in an accident at the intersection of Old Highway 395 and Rainbow Glen Road in Rainbow. Lucette Moramarco photo

Jeff Pack
Writer

Jorge Vazquez would have been a freshman at Fallbrook High when school commences on Aug. 13 – until a crash involving his mother and sister took his life on Tuesday, July 23 in Rainbow.

According to friends and family, the young man who attended Vallecitos Elementary School in Rainbow, one day hoped to become a mechanic.

Vazquez was killed when a car he was riding in, driven by his mother, collided with a big rig on Old Highway 395 at Rainbow Glen Road in Rainbow.

His mother and 7-year-old sister were injured in the crash, as was the driver of the truck.

According to California Highway Patrol Officer Mark Latulippe, the 62-year-old man behind the wheel of a Peterbilt

truck tractor pulling two trailers was heading northbound on Old Highway 395, while Vazquez' 34-year-old mother in her Honda Passport SUV was heading eastbound on Rainbow Glen Road with the boy in the passenger seat and her daughter in the back seat on the right side.

As the Honda entered the intersection – with the driver apparently attempting to continue eastbound on Rainbow Glen Road – the vehicle was struck on the right side by the big rig, the officer said.

The collision caused both vehicles to veer toward the right shoulder, where they struck an overhead light and came to a stop.

A fire started on right shoulder and spread to the embankment on the north side of the roadway. A Sheriff's Deputy arrived at the scene shortly after the collision and attempted to help everyone

involved in the crash.

As rescue efforts continued, the fire grew in size and began to approach the Honda, until good Samaritans stopped and hooked a chain to the Honda, pulling it out of the path of the fire.

Firefighters arrived on the scene and extinguished the fire a short time later after it had burned a 30-by-40-foot patch of roadside vegetation, North County Fire Protection District Capt. Richard Berry said.

Around 90 gallons of fuel leaked from the big rig's fuel tank following the crash and a Hazmat team was called to the scene to clean up the spill, the officer said. About 75 gallons entered a nearby storm drain while the rest was contained on the right shoulder.

Vazquez was pronounced dead at the scene and his sister was airlifted to Rady Children's Hospital in San Diego for

treatment of moderate injuries, Latulippe said.

Vazquez' mother was taken to Palomar Medical Center with major injuries and the driver of the big rig was also taken to Palomar with minor injuries.

Not long after the crash, a GoFundMe account was created by Elizabeth Navarrete to help the Vazquez family deal with costs associated with the tragedy.

"We were like family and I know many people loved him and his family as much as we did," the post on the GoFundMe page read. "Jorge was a young sweet boy who was only 13 years old when his life was taken away in a tragic car crash and his mother and sister have major injuries and were transported to the nearest hospital.

"Anything will help out the Vazquez family and will be dearly appreciated. We can not leave all the expenses to be dealt with (by) the hurting father."

Within the week, more than 100 donors helped raise \$6,171 of the \$6,000 goal.

"Thank you guys so, so much for each and one of you who donated," Navarrete commented. "I am beyond speechless that we have met our goal. I want to thank you guys from the bottom of my heart because without you guys we wouldn't be able to help our friends in need.

"May God bless all of you guys and may Jorge watch us from up above."

According to Latulippe, drugs or alcohol do not appear to be a factor in the crash and the incident remains under investigation.

There was no further information available regarding the condition of the other people involved in the crash.

City News Service contributed to this report.

Jeff Pack can be reached by email at jpack@redermedia.com.

Vandalism and graffiti on the rise

Christine Eastman
Special to the Village News

Busted up flower pots on Main Street. Rocks hurled through windows at Starbucks, Pedro's Tacos and the Angel Shop. Trash strewn about town that takes hundreds of volunteer hours to clean up.

Over a 50% increase in graffiti over the past year.* Eagle Scout projects being defaced. Concerns over open-flame cooking at homeless encampments. Parks being vandalized daily. This is not "fake news."

Some argue that crime, vandalism and litter aren't very big problems given Fallbrook's small-town population. The rest say it's too much. Some want to help, some just want to sit back and complain about it. Fortunately, locals are finding their voices and acting out. So, what's going on?

According to a recent report released by Lieutenant Ricardo Lopez at Fallbrook's Sheriff Substation, the number of violent crimes has actually decreased so far for 2019, with a total of 24 compared to 30 for the same reporting period in 2018. Property crime is also slightly down with 182 reported in 2018 compared to 184 last year.

Lopez said, "Since the beginning of this year we have had 85 vandalism incidents, and the same time period last year it was 71 incidents. For larceny (theft), we are at 96 incidents compared to 83 for the same time period last year."



Recent vandalism in downtown Fallbrook includes damage to potted plants on Main Avenue.

Courtesy photo

(Reporting periods being January through end of July).

In general, one of the most disturbing problems on the rise is vandalism and graffiti. According to Marta Donovan, Fallbrook

Beautification Alliance Board Member, graffiti has more than doubled from 2018 to 2019 (from January to June). Last year FBA

see *VANDALISM*, page A-10

FUHSD explains elimination of classified staff

Kathryn Adams
Special to Village News

In the July 18 issue, the Village News addressed issues regarding the elimination of classified staff positions, as well as the reduction of hours for classified staff at Fallbrook Union High School District. Most of the concerns resulted from the elimination of the positions of paraprofessionals who provide support for special education students.

FUHSD Chapter President (representing classified staff) and paraprofessional, Rose Peralta expressed her concern that the needs of the most vulnerable students would not be met, and FUHSD parent and PTSA historian Julie Trafford echoed these same concerns. At press time that week, the Village News had not received a response from FUHSD in time for publication.

The new FUHSD superintendent, Ilsa Garza-Gonzalez, has since responded and explained the district's reasoning behind the recent layoffs and reduction of hours for classified staff.

Garza-Gonzalez explained the district's position via email, stating that, "The reduction in staff was due to a number of reasons including being overstaffed in some areas, restructuring of programs, the elimination of the House System at Fallbrook High School, a lower number of retirements than expected,

see *FUHSD*, page A-8

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VILLAGE NEWS



ANNOUNCEMENTS

Fallbrook Women’s Connection welcomes Designs by Linda

FALLBROOK – The Fallbrook Women’s Connection will welcome Designs by Linda Furry and recording artist Rick Founds to their meeting Friday, Aug. 16. Brunch will be served at the Grand Tradition Estate and Gardens at the remodeled Beverly Mansion, from 10 a.m. until noon.

The Fallbrook Women’s Connection invites all ladies to come and enjoy a presentation by Linda Furry, a Riverside resident for 27 years who creates handcrafted necklaces, earrings and bracelets utilizing multimedia materials such as Swarovski crystals, semi-precious gemstones, metallics, shells, pearls and wood. She also reconstructs, redesigns and repairs pieces.

Special music will be offered by Rick Founds, who wrote and composed the worship song “Lord I Lift Your Name on High.” Founds

is a resident of Fallbrook and a recipient of a Gospel Music Award presented in Nashville, Tennessee.

Guest speaker Heather Roth, a busy wife and mother, shares how her, “Life’s Trash was turned into Treasure.” She has a passion for repurposing curbside finds, otherwise known as trash. She served in the U.S. Army Reserve as a field medic in the Persian Gulf.

Music will be performed by pianist Jean Dixon.

Tickets are \$25, cash or check, which includes brunch prepared by The Grand Tradition. The Grand Tradition is located at 220 Grand Tradition Way, at the corner of Mission Road and Grand Tradition Way near the Econo Lodge. Free childcare will be provided for younger children with reservations. To make a reservation, call Ginny at (760) 723-3633 or Marilyn at (760) 728-



Linda Furry creates handcrafted jewelry using multimedia materials. Courtesy photos

2866 or email Fallbrookwomen@roadrunner.com. Sponsored by Stonecroft.

Submitted by Fallbrook Women’s Connection.



Special music at the Fallbrook Women’s Connection event Aug. 16 will be offered by Rick Founds who wrote and composed the worship song “Lord I Lift Your Name on High.”

Evening of Revelry set for Aug. 17

FALLBROOK – Fallbrook Child Development Center is holding its annual fundraiser “Evening of Revelry” Aug. 17 at Fallbrook Winery.

For details of the event, which includes a silent auction, or for FCDC, go to www.fallbrookchilddevelopmentcenter.org.

Tickets are on sale now, contact FCDC at (760) 728-5402 or email fcdcfundraising@yahoo.com.

Fallbrook Child Development Center is a 501(c) (3) corporation.

Submitted by Fallbrook Child Development Center.

Ladies are invited to ‘Get Acquainted Tea’

FALLBROOK – The Fallbrook Woman’s Club will host a “Get Acquainted Tea Party” Tuesday, Aug. 13, from 1-3 p.m. at their historic clubhouse located at 238 W. Mission Road, Fallbrook.

Attendess are welcome to wear their favorite hat for fun as they come see how the club works together to support the Fallbrook community, make new friends, learn new skills and have fun.

To attend the “Get Acquainted Tea Party,” contact Barbara Judd at (760) 212-9995 or by email at bebra2@att.net by Friday, Aug. 9. For more information about the club, visit www.fallbrookwomansclub.org.

Submitted by Fallbrook Woman’s Club.

Foundation for Senior Care Host Veteran Appreciation Ceremony

FALLBROOK – Foundation for Senior Care and The Elizabeth Hospice will host a veteran pinning ceremony to recognize and thank veterans from all eras for their military service Wednesday, Aug. 14, at 10:30 a.m. at the Foundation for Senior Care, 135 S. Mission Road, in Fallbrook.

The 74th anniversary of the end of World War II is Aug. 14. A vocalist and trumpet player will perform and lead the veterans and attendees in patriotic songs. Veterans will be presented with an American flag lapel pin by a fellow veteran.

To RSVP, contact Kay Gomez at Foundation for Senior Care at (760) 723-7570.

Submitted by Foundation for Senior Care.

North County Aviculturists to hold fundraiser

VISTA – North County Aviculturists, a club for pet bird owners and breeders, presents Everybody’s Bird Supplies Swap Meet. The meet was created as a fundraiser to help raise money to cover expenses due to the death of a member in July.

Everybody’s Bird Supplies Swap Meet will take place Saturday, Aug. 3, at 5:30 p.m. and will be held at the Vista Masonic Center, 761 Eucalyptus Ave., in Vista.

North County Aviculturists encourages anyone interested to bring any items in good condition and offer them for sale at a good price. A donation jar will be set out for Rusty, the club member who died. Refreshments to be announced.

NCA is a nonprofit social and recreation club. For more information, visit www.ncabirdclub.com.

Submitted by North County Aviculturists.



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FUHSD
from page A-1

reported 879 graffiti tags that required 254 volunteer hours to clean up. This year a whopping 1,729 tags were cleaned up in 425 volunteer hours.

Jackie Heyneman of Save Our Forest said they were “so tired of the costs associated with repairing and replacing the beautiful handmade white oak benches in town that the ‘Pedestrian Friendly Bench Project’ was born. That’s why you see recycled plastic benches in town now – sadly, easy graffiti removal was the primary reason for it.”

With regard to the broken flower pots on Main Street, luckily the Prohibition Brewery owners caught and reported activity related to the flower pot vandal(s) on their surveillance camera and are actively working with the Sheriff’s department to identify and hold the criminal(s) responsible. This is a great example of someone seeing something and saying something. It’s an old adage and a good adage.

As far as the amount of litter in town goes, the Fallbrook Beautification Alliance kicked off a new ‘Keeping Fallbrook Litter Free’ program on Jan. 12 to answer the growing need for litter abatement in the Village and surrounding areas. “Our program covers 48 square miles and 20 zones,” said Marta Donovan. “From January to June this year, we’ve collected 1,882.50 (5-gallon) buckets of trash. This includes countless Starbucks’ cups, cigarette butts, fast food trash, straws, and plastic waste.

“We’ve also started clearing illegal dumping sites where you see mattresses, construction debris, car accident remnants, air conditioning units, washers, dryers, tables, car and truck tires, paint, motor oil and those kinds of things,” but, she noted, “We also feel very good cleaning litter from our Santa Margarita and San Luis Rey watersheds to divert litter from our beautiful San



Fallbrook Beautification Alliance volunteers work hard to remove graffiti from a sidewalk. [NOTE: Marta at FBA asked us to somehow mask/blur the graffiti tag in this photo so it wouldn't pose harm to anyone.]

Diego beaches.” Also newsworthy is the fact that Lopez and his team at the San Diego Sheriff Department’s Fallbrook Substation have added two dedicated sworn officers to head a new Homeless Assistance Resource Team to provide resources to those experiencing homelessness. These officers interact with the county public works department and the community to clean up encampments and redirect homeless residents to appropriate regional resources, as Fallbrook doesn’t have access to many social services.

At the end of the day, if residents don’t like what they’re seeing

around town, they can:

- Take an hour out of their weekend and volunteer with the Fallbrook Beautification Alliance to (literally) clean up downtown, <https://fallbrookbeautification.org>.
- Volunteer at the Fallbrook Substation, <https://www.sdsheriff.net/recruitment/volunteers.html>
- Help out at the Fallbrook Homeless Advocacy’s monthly outreach events and learn what their community’s needs are: <https://www.facebook.com/bradfox1949/>
- Call (760) 451-3144 to report graffiti sightings.

*FBA counts one word as one piece of graffiti, as opposed to the police who consider one entire tag (regardless of the amount of words) one case of graffiti.

Fallbrook Beautification Alliance conducts a cleanup, February 20, at Ingold Sports Park and the surrounding area.



A kiosk at Los Jilgueros Preserve, an Eagle Scout project, is shattered after being vandalized.

Courtesy photos



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LOCAL

De Luz firefighter dies after training hike

Village News Staff

Cal Fire State Director Chief Thom Porter announced Monday, July 29, that a firefighter stationed at Cal Fire San Diego Fire Station 16 in De Luz died after suffering a medical emergency while on a training hike with his engine crew. Yaroslav Katkov, 29, was

airlifted by the Cal Fire San Diego County Sheriff’s Department helicopter and air ambulance to Temecula Valley Hospital in critical condition. “(He) passed away this morning despite the diligent efforts of medical staff,” Cal Fire San Diego County Fire Chief Tony Mecham said.

He is survived by his mother, father, and brother. “Please join me in keeping Yaro and his loved ones in your thoughts,” Porter said. Porter ordered the lowering of flags at all Cal Fire facilities to half-staff and directed all uniform personnel to shroud their badges.

One seat open on FPUD board

FALLBROOK – One seat is open for the Fallbrook Public Utility District board of directors. Local residents interested in serving on the FPUD board can apply by writing a statement of

qualifications that includes name, physical address, contact information and a brief background of education. The deadline to apply is Aug. 16 at 5 p.m. The statement must be delivered

to the FPUD office’s board secretary, at 990 E. Mission Road in Fallbrook. The term expires Dec. 4, 2020 and is available due to the retirement of Al Gebhart in July. Candidates must live within the boundaries of FPUD’s sub-district #1. Boundary maps can be found on FPUD’s website, www.fpud.com, under the “governing our district” tab. Candidates must also be at least 18 years old, a citizen of the state of California, and a registered voter in San Diego County. Interviews will be at a special board meeting Aug. 20 at 1:30 p.m. Each of FPUD’s board members live in separate sub-districts of the agency’s service area. Further information may be obtained by calling Mary Lou West, board secretary, at (760) 999-2704 or by emailing maryloub@fpud.com.

EVENTS CALENDAR

Aug. 2 – 5 p.m. to sunset – Fallbrook Summer Nights holds “National Night Out” at Main and Alvarado, a Downtown Fallbrook Block Party with live music, kids zone, food, classic cars, beer & wine garden. Free admission. Sponsored by Fallbrook Village Association.

Aug. 13 – 10-11 a.m. – Foundation for Senior Care hosts Alzheimer’s Association’s Alzheimer’s Disease Education Series, continuing with “Effective Communication Strategies.” The workshop will be held at 135 S. Mission Rd. To register, call (760) 723-7570.

Aug. 13 – 12-1:30 p.m. – Foundation for Senior Care so-hosts Senior Concern Seminar, “The 5 Essential Documents” at Christ the King Lutheran Church, 1620 S Stage Coach Lane. Free of charge and lunch will be provided. Register at www.SCInstitute.org/FSC or call (760) 723-7570.

Aug. 16 – 5 p.m. to sunset – Fallbrook Summer Nights holds “Military Appreciation Night” at Main and Alvarado, a Downtown Fallbrook Block Party with live music, kids zone, food, classic cars, beer & wine garden. Free admission. Sponsored by Fallbrook Village Association.

Aug. 24 – 9-11 a.m. – Keeping Fallbrook Litter Free Group Cleanup will be held at Ingold Sports Park, 2551 Olive Hill. All ages welcome.

Sept. 10 – 10-11 a.m. – Foundation for Senior Care hosts Alzheimer’s Association’s Alzheimer’s Disease Education Series, continuing with “Understanding and Responding to Dementia-Related Behaviors.” The workshop will be held at 135 S. Mission Rd. To register, call (760) 723-7570.

Oct. 20 – 11 a.m. to 3 p.m. – Fallbrook Alumni Association holds annual Picnic in the Park at Live Oak Park. All former FUHS students are invited. An optional tri-tip lunch will be prepared and served by FUHS Ag students, (\$20), plus there will be an opportunity drawing. Contact Jan Mahr Owen for reservations, (760) 421-8038.

Nov. 12 – 12-1:30 p.m. – Foundation for Senior Care so-hosts Senior Concern Seminar, “Taking the Handcuffs Off the Surviving Spouse” at Christ the King Lutheran Church, 1620 S Stage Coach Lane. Free of charge and lunch will be provided. Register at www.SCInstitute.org/FSC or call (760) 723-7570.

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THESE TIPS ARE JUST IN TIME FOR SUMMER.

Here are a few of my favorite summer tips to help you save between 4pm and 9pm when energy prices are highest:

-  Use a portable or ceiling fan to save big on AC.
-  Keep blinds and curtains closed during summer days to block out direct sunlight and reduce cooling costs.
-  Cool down your home until 4pm; set your AC 7° higher until 9pm. Take advantage of off-peak period pricing.
-  Charge an electric vehicle before 4pm or after 9pm.
-  If you have a pool, run the pump before 4pm or after 9pm.

Find more tips at sdge.com/whenmatters



Time to save.

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OPINION

Re: ‘Affordable Care Act – revisit absurdum’ [Village News, Miller letter, 7/25/19]

Under the aegis of “Obamacare,” I have MediCare and a basic MediCare Advantage plan: works for me. I think of it much as I do my earthquake insurance: I hope I never have to file a major claim, but it’s comforting to know I can and not be bankrupted.

Regarding President Donald Trump’s trillion dollar tax cut for the wealthy. It had the expected result: a corresponding reduction in federal revenue. The trickle-down is estimated to have been about 6%. The cut was also intended to boost employment; it didn’t because most of the bonanza went into stock buybacks, boosting stock prices. Works great for people who own lots of stocks. Some funds went into development of increased automation, another big “job booster.”

The reality check is established corporations are not the real job creators; most are just job maintainers. Small business, especially in the early startup phase, is where the action is.

Regarding the maligned and abused wealthy elite, read these articles: “Jeff Bezos Is Already \$40 Billion Richer This Year – While the Typical Amazon Worker Has Made Just \$12,000,” from Money 2018 and remember that Bezos is the CEO; “CEO Pay Skyrockets To 361 Times That Of The Average Worker,” from Forbes 2018 and remeber that in the 1950’s the ratio was about 20 to one; “60 of America’s biggest companies paid no federal income tax in 2018,” from www.cbsnews.com and can anybody guess what that makes their effective tax rate?

The preceding three headlines can be used on Google to access the supporting articles.

John H. Terrell



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OPINION

Relief is on the way



Assemblymember Marie Waldron

People who drive Interstate 15 in southwest Riverside or northern San Diego Counties are no strangers to traffic jams. In fact, with 205,000 cars daily, the section through Temecula is considered the 10th worst congested freeway segment in the country.

Fortunately, help is on the way. The city of Temecula has just been awarded a \$50 million U.S. Department of Transportation Infrastructure & Rebuilding America Grant, in support of the I-15/French Valley Pkwy, Phase II Project. The city had already secured \$60 million of the total \$110 million cost of Phase II. The project will improve operational efficiency through construction of over 2.5 miles of distributor lanes, along with a new flyover bridge, both aimed at eliminating merging hazards which can cause 20-mile

backups down the line.

Traffic on I-15 isn’t just a regional issue. Public safety, our economy and quality of life are impacted by I-15 congestion. Employees trying to get to and from work or students are slowed and our air quality is substantially impacted by vehicles sitting in congestion. This section of freeway also has the “4th highest cost of congestion” in the nation, heavily impacting commercial freight operations and economies from Southern California to Montana.

I was very pleased to join Temecula city leaders and my congressional and legislative colleagues in writing support letters for Phase II to Transportation Secretary Elaine Chao and other Transportation Department officials. We also made numerous phone calls lobbying the Department for the funds. Fortunately, since there was no “Plan B,” our efforts succeeded.

As our main north/south transportation artery, I-15 upgrades must keep pace with economic and population growth to keep people moving and our economy humming.

Assembly Republican Leader Marie Waldron, R-Escondido, represents the 75th Assembly District in the California Legislature, which includes the communities of Bonsall, Escondido, Fallbrook, Hidden Meadows, Pala, Palomar Mountain, Pauma Valley, Rainbow, San Marcos, Temecula, Valley Center and Vista.

RE: ‘Neighbors at odds over a herpetoculture business’ permit application’ [Village News 7/18/19]

Dear Jeff,

After reading your article I felt compelled to write you and express my view concerning the use of property permit in your article, as well as the overall problem it seems Mrs. Johnson has with her neighbor.

First let me state that I know the property of concern extremely well, as 20 years ago we owned it. An aerial view on Google Maps shows the size of the property, it’s not your normal family lot. And second, let me also state that I have visited the said property on one occasion to see our old ranch and how it had changed over the years.

My children have also visited where their grandparents lived with many fond memories of their past. None of us noticed any smell around the property and actually found it quite interesting to see how Mr. Huntington’s operation operates. It is a well organized, closely monitored and as for cleanliness, well maintained.

Addressing the claim of odor, none of our family could detect any odor while walking the property. I believe that is due to the fact that, one, it is well maintained and kept clean and, two, the location of the property is high enough on the hill to catch the breeze or wind to dissipate any odor that would naturally occur raising any animals.

To be honest, having raised chickens and rabbits in the past created more odor. And in touring the house as we wanted to see the changes made over the years, I at no time smelled or would have known the owner’s occupation.

I must also say I find it disheartening to hear that because in my mind after visiting the property of one individual’s dislike of those types of creatures being raised near her, that another individual’s livelihood would be dismissed. Were it in a subdivision neighborhood of houses in close proximity, I would understand.

I believe that sometimes an individual becomes so consumed with their idea of what they believe is right, they fail to see the bigger picture and make it their mission to demand others to change. I think many of us have had neighbors of that type, who don’t like barking dogs, cats that visit their flower garden or a neighbor that has a boat or motorhome in their driveway. We have had neighbors who owned a couple of horses on their smaller parcels of property and believe me when I say you could tell what they raised. Fallbrook is known as a “ranch style” atmosphere where animals are the norm.

I would hope the San Diego County zoning officials see fit to allow Mr. Huntington to continue his business with the needed permit. I also believe that after meeting Mr. Huntington and seeing his business operation on our former residence, he presents no threat to his community. In fact they should be happy he doesn’t raise the allowed amount of horses on his property. Then they would have an odor. But alas, everyone loves horses – not so lizards and snakes.

Mr. C. Munger

RE: ‘Neighbors at odds over a herpetoculture business’ permit application’ [Village News 7/18/19]

Dear Mr. Pack,

I would like to offer some insight and another perspective to your above-noted article. I am a friend of Rommie Huntington and his family. I have visited their home on numerous occasions and had the pleasure of “touring” Huntington’s property and viewing firsthand his care of reptiles and amphibians.

Huntington is extremely conscientious and takes excellent care of all the “critters” in his care. I have always found the reptiles, amphibians as well as his own personal animals, to be clean and well fed. Furthermore, I have never found there to be an odor coming from any of the areas where they are kept. And, 90% of these critters are extremely small – even the Russian tortoise.

Joan V. Saunders

Thank you for donated toys

The Care ‘n Share Toy Drive 2019, a project of Torrey Pines Rotary Club, is pleased to announce distribution of over 12,850 new and gently used stuffed animals donated to our collection drive during the San Diego County Fair.

We could not have done this without the wonderful support of the entire San Diego region. It is heartwarming to see the smiles on the faces of the children who choose to donate their prizes so that another child can play with them, and the delighted faces of the children who receive the donations.

A hearty thanks goes out to the staff of the Fallbrook Library for hosting a collection box and to the wonderful Fallbrook and Bonsall area residents who filled the box to overflowing.

Thanks too goes to National

Charity League Del Sol Chapter and NCL Poway Chapter for their help at the fair and to Del Mar Plaza, Two Men and a Truck and Affordable Printer Care for their logistical support.

The stuffed animal donations have been distributed to eight local organizations serving health and welfare needs of children in the region. Founded in 2009, San Diegans have donated and the Care ‘n Share Toy Drive has distributed over 95,000 toys to put smiles on the faces of children in need.

For more information or to donate, go to www.carensaretoydrive.com.

Nancy Stoke
Chair, Care ‘n Share Toy Drive

Streamlining discretionary permitting process would make housing more affordable

Supervisor Jim Desmond
San Diego County Fifth District

We all know housing affordability is a problem in San Diego County. Housing affordability is a complex issue that is a result of multiple factors, such as land acquisition, infrastructure improvements, construction, financing and processing permits. Processing permits can be a large burden of cost for individuals, businesses and developers alike. Costs incurred during the permitting process include staff review time, the California Environmental Quality Act process, engineering and design and the financing costs of land holding. Ultimately these costs are passed on to renters and home buyers.

There are many other factors that have contributed to the rising costs, which have forced hard-working people to relocate. One of those factors that the county can control is the permitting process.

This week, I introduced a board letter, to streamline the discretionary permitting process with the goal to make housing more affordable.

My letter calls for six points, which will help the streamlining process.

Implementing a self-certification process for engineers: This would allow licensed engineers to certify some of their technical analyses and complete the iterative process,

without going through county process.

Implementing permit and CEQA evaluation requirements: This would investigate the feasibility of setting clear expectations of a CEQA analysis.

Increasing final engineering flexibility: This would investigate the feasibility of increasing the amount of flexibility to modify a project in order to comply with Federal and state requirements such as stormwater regulations and wildlife agency permitting.

Increase opportunities to expand checklist exemptions to certain permit process: This would investigate the feasibility of increasing the use of waivers and exemptions of permits for small scale projects.

Implementing project issue resolution process: This would investigate the feasibility of implementing a project issue resolution process so that issues can be resolved faster.

Increasing coordination and accountability between departments: This would look for staff to find ways to increase coordination and accountability between departments.

The county will now investigate the feasibility of these six process improvements and return to the board in the next 180 days for approval. It’s my goal that through this we can ease requirements and lower permitting costs.

Reunion committee says ‘Thank you’

While it seems just yesterday the class of 1989 graduated from Fallbrook High School, it’s been 30 years. And after celebrating our 30th reunion weekend, we have a couple shout outs we want to make.

Our reunion committee strongly believes that we hold our reunions in Fallbrook and support the town that supports the high school we attended. And we could not have found a better venue than 127 West Social House.

The outdoor patios were perfect for our 115 classmates and guests to mingle and talk and just enjoy catching up; the service was incredible as was the food and bar. Faro and his team were easy to work with from the early discussions of the details right to keeping the evening running so

smoothly and flawlessly.

Thank you so much to 127 West Social House. You all rock.

And sending out a huge thank you to Shannon and her team at the Red Eye Saloon. What a way to kick off our reunion weekend at your saloon with drinks, dancing and the band, Driven. I know we all had such a great time.

The class of 1989 looks forward to our next reunion in 2024. Join our Facebook group, “Fallbrook High Class of 1989” to be in the know with all the details. Not on social media? Send an email to FUHS1989@aol.com.

AnnMarie Castellano
Reunion Committee Class of 1989

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Does God hear your prayers?



Dr. Rick Koole
LifePointe Church

Do you ever wonder whether or not God really hears your prayers? Are you wasting your time praying or does God actually hear every prayer you whisper? Let me share five brief comments I believe to be true regarding prayer.

God hears every cry from his children.

A lifeguard was asked whether or not amidst all of the noise on the beach, he could hear the desperate cry of a child in the surf.

He answered, “No matter how great the noise and confusion, I have never had an occasion when I could not distinguish the cry of distress above all the other sounds.”

So too I believe that God, whether or not we understand how, hears each of our cries for help when we speak to him in prayer.

There can be three different answers.

When a child brings a request to a parent, they can usually count on one of three possible replies. The answer may be “yes,” but often for the sake of the child, the loving parent will answer “no.” On the other hand, there may be a timing issue and the parent may choose to not give an answer at that moment.

And so it is with God. When we don’t receive an immediate answer, it may be that God for reasons only he understands, chooses to not give any specific answer or direction at that time. But, it doesn’t mean he won’t in the future.

God sometimes says “no” for our benefit.

Part of my responsibility as a parent has been to tell my children “no” when I believe their request could lead to harm. And so it is that God knows what is best for us and chooses to not always give us what we want. Or as one author wrote:

“He was a Christian, and he prayed.

“He asked for strength to do greater things, but he was given infirmity that he might do better things.

“He asked for riches that he might be happy; he was given poverty that he might be wise.

“He asked for power that he might have the praise of men; he was given weakness that he might feel the need for God.

“He had received nothing that he asked for nor all that he hoped for. His prayer seems unanswered, but he is most blessed.”

Don’t be afraid to ask for great things.

On one occasion a member of Alexander the Great’s court asked him for some financial aid. That great leader told him to go to his treasurer and ask for whatever

amount he wanted.

A little later, the treasurer appeared and told Alexander the man had asked for an enormous sum, and that he hesitated to pay out so much.

“Give him what he asks for,” the great conqueror replied. “He has treated me like a king in his asking, and I shall be like a king in my giving.”

Don’t be afraid to pray boldly. God takes delight in doing the “unexplainable” in our lives. It

must grieve God at times because of the smallness of our requests.

Don’t worry about pestering God.

It appears that God never tires of our pleading for the cause of others. The Bible makes it clear that God wants to hear from us in prayer. In fact, he commands us to do so. There may be some loved ones for whom you’ve prayed for decades and have not received an answer. Keep on praying.





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Supervisors direct review of options to streamline discretionary permits

Joe Naiman
Village News Correspondent

Discretionary permits are subject to public review, and the San Diego County Board of Supervisors would like to streamline the permit process without eliminating the public’s right to comment.

A 5-0 Board of Supervisors vote July 24 directed the county’s chief administrative officer to return within 180 days with recommendations for implementing a self-certification process for engineers, implementing permit and California Environmental Quality Act evaluation requirements, increasing final engineering flexibility, increasing opportunities to expand checklist exemptions for certain permit processes, implementing a project issue resolution process and increasing coordination and accountability between departments. The motion also included the formation of a working group of industry members and other stakeholders.

“There are ways we can move this process along further,” Supervisor Jim Desmond said.

Ministerial permits are for projects which are considered “by right;” the facilities are not truly by right but are contingent upon compliance with a checklist. Such permits include building permits, electrical permits and well water permits. Ministerial permits are exempt from CEQA and are for the most part flat fee permits which can be processed relatively quickly.

Discretionary permits are subject to CEQA. Any rezone, general plan amendment or specific plan amendment is a discretionary action which must be approved by the board of supervisors. The county’s planning commission has the authority to approve

subdivision maps and major use permit requests, although the decision may be appealed to the board of supervisors. A minor use permit or a design review permit such as a site plan would also undergo the discretionary process.

The costs of the permit process are added to the cost of a house or condominium when it is sold. “Housing affordability is a major problem that’s facing our region,” Desmond said. “We can do our part to make housing more affordable.”

The working group received the support of the Building Industry Association of San Diego.

“We look forward to a good professional collaborative process on this,” Matt Adams, BIA vice president for government affairs, said. “Talk doesn’t get you housing. Production gets you housing. This is an important exercise, one which should be done regularly.”

Adams said that in addition to regulatory costs housing prices and production are affected by the cost of land, the availability of land and the cost of materials.

“There are so many things that are part of the land use process,” he said.

“Things change in the industry. Conditions and situations change,” Supervisor Kristin Gaspar said.

Supervisor Dianne Jacob said that the county has approved housing units which have not yet been built.

“It’s the economic conditions. We can only do so much,” she said. “The question then is what is the impediment that is preventing them from being built?”

The approval of a housing project includes the certification of an environmental impact report, negative declaration or mitigated negative declaration, but challenges to the CEQA certification are affecting approximately 8,000 housing units in the county.

“Environmental attorneys are laughing their whole way to the bank,” Gaspar said. “We have a lot of units that are tied up in litigation.”

The project issue resolution component of the potential improvements would investigate the feasibility of implementing a project resolution process so that issues can be resolved faster. If an applicant requests a project issue resolution meeting both sides are heard and a designated executive-level arbitrator provides a final determination.

The investigation of permit and CEQA evaluation requirements would allow technical analysis to answer questions pertaining to CEQA while separating the construction-level detail which would not be required until final engineering.

If unforeseen modifications are required during the final engineering due to regulatory processes and a finding of substantial conformance cannot be made the project currently must return to the discretionary process. The working group including county staff will determine whether additional flexibility to revise a project without subsequent discretionary review can occur.

Although licensed professional engineers must prepare technical analyses, the studies are submitted for peer review. The potential improvements would eliminate the peer review.

The potential increased checklist exemptions would require findings to be met for those exemptions, and some of the permits might be shifted from the discretionary to the ministerial process.

Increased coordination between departments would provide more timely and more complete project review.





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SDG&E

from page A-1

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During 2018, the SDG&E helicopter was used for the West Fire in Alpine, the Rangeland Fire in Ramona, the Pasqual Fire in the San Pasqual Valley and the Recycle Fire in Campo.

SDG&E’s second helicopter will be a UH-60 Blackhawk. A 2016 board of supervisors agreement covered the use of SDG&E’s Sikorsky S-64. The

original agreement was approved in 2009 and subsequently renewed.

If funding for flight time is available, the county and SDG&E will also make the helicopters available to cities and fire protection districts at no cost, although if the county has reached its maximum annual costs the jurisdictions would be responsible for the flight time hourly rate expense. The county will seek reimbursement from the state or federal government in the event the helicopters are used to suppress a wildfire.

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FUHSD

from page A-1

declining enrollment and ensuring the financial solvency of Fallbrook Union High School District.”

The Superintendent further explained that, “It is not an easy decision to eliminate positions that impact all stakeholders, but much thought was given to each layoff before a final decision was made. Of the 12 positions approved by

the Board for layoff, five were vacant positions that did not result in an employee being displaced.”

The district recognized the concerns of parents, school staff, and community members concerning the district’s decision to cut positions and reduce the hours of paraprofessionals who serve the district’s most vulnerable students, but Garza-Gonzalez is confident that the district will ensure that students receiving

special education services will continue receiving support.

Garza-Gonzalez concluded that, “We (the district) have increased certificated support and have increased the number of courses offered under a co-teaching model since inclusion secures opportunities for our students with disabilities to learn alongside their general education peers.”

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Deborah Bottomley



Lido Favela



Marianne Nolte



Carlos Perez

Candidates for this year:

Deborah Bottomley, owner of Arlan Knutson Insurance Agency, partnering with the Fallbrook VFW Post 1124.

Lido Favela, owner of Ace Party Rentals, partnering with Fallbrook Senior Center.

Marianne Nolte, owner of Imagine Financial Services, partnering R.E.I.N.S.

Carlos Perez, owner of Affordable & Quality Home Care Services, partnering with the Foundation For Senior Care.

Candidates conduct fundraisers which benefit their partner non-profit organization and the Chamber of Commerce. The candidate who raises the most money wins the title of Honorary Mayor of Fallbrook, and will be announced at the State of the Chamber Dinner on September 18.

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Tribes form complete count committees to promote census participation



Nesreen Khashan
U.S. Census Bureau

At the base of Palomar Mountain, about 20 miles east of the Pacific Ocean in northern San Diego County, lies the Pala Reservation, home to the Pala Band of Mission Indians.

The 1,000-member Pala Tribe and 17 other small tribes in San Diego County have economic influence despite their size. The tribe operates and owns a casino that is a major economic contributor in the region, with annual purchases of goods and services of \$80 million, a monthly payroll of \$5 million and 1,900 employees, both tribal and nontribal. The tribe offers early childhood education classes, runs a charter elementary school, provides a youth center and library and operates its own utilities. The tribe's other enterprises include



grapefruit and avocado orchards and commercial leasing properties in Idaho and California. For the last 29 years, Chairman Robert Smith has led tribal members on the tribe's 12,273-acre territory. And for the third time, Smith is leading the Pala Tribal Complete Count Committee for the 2020 Census. As he has done in the past, Smith has taken the mantle of promoting the count by linking the importance of an accurate count to the resources and economic vitality of the reservation and nearby communities. "I'm getting their attention because when we start using the numbers, it helps them understand the importance of a complete count," Smith said of his engagement with tribal members. Smith selected the five members of the committee with influence and succession in mind, he said. Recruitment is one of the committee's most robust initiatives and another way that Smith said the younger generation can feel more invested. "I'm a firm believer because I've been through it so many times that you have to hire your own people to get the count," Smith said. "You have a small committee that are energetic and young. It teaches them that it's going to be a positive experience for the community." The committee conducts outreach during scheduled annual events on the reservation. Most recently, it set up a booth at the tribe's annual Cupa Days, an annual festival in May that highlights the tribe's arts and crafts, performing arts and foods. San Diego County's independent tribal governments meet quarterly for coordination purposes. Smith considers that another important forum to promote the 2020 Census. "When we meet, they sometimes bring up the lack of funds (to their communities), and I tell them that this is why you need to get an accurate count," he said. Jessica Imotichey, the Census Bureau tribal partnership coordinator serving the Los Angeles Region and a registered member of the Chickasaw Nation, credits Smith's leadership for opening doors for her with other tribes. "I'm now having tribes call me to inquire about the census," she said. "They are starting to understand the importance, and I really think it is due to the leadership of Chairman Smith." Smith will also join the other committees from California and the San Diego Association of Governments. He will be a lead member of their tribal working groups, ensuring that coordination and outreach on tribal lands and among the tribes has a wider reach. Nesreen Khashan is supervisory program analyst for the Census Bureau's Community Partnership and Engagement Program.

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Senior Volunteer Patrol members watch over downtown area

Lucette Moramarco
Associate Editor

In addition to their duties assisting the Sheriff’s department, Senior Volunteer Patrol members added a downtown patrol, May 20. According to SVP co-administrator Ray Beatificato, this new service came about from his attendance at the Community Forum meetings sponsored by the Fallbrook Village Association.

At one of those meetings, business owners communicated their concerns that the presence of the homeless keeping customers from coming into the shops on Main Avenue. Beatificato consulted Lieutenant Ricardo Lopez about the SVP doing a foot patrol downtown and was given the green light.

He said that the volunteers go out in teams of two as part of their regular patrol of Fallbrook, at different times on weekdays, and talk to shop owners about any issues they are having. “We are eyes and ears” for the department and able to radio for a quick response from a deputy if necessary, he added.

When the patrols first started, the volunteers saw homeless people hanging around downtown interfering with business. Beatificato said that the patrol’s presence has been seen and felt, confirmed by 100 Main owner Sandra Hull who said downtown is much quieter now and she doesn’t see as many homeless people.

Of the SVP, Hull said, “I like visiting with them.” She said that while a guy has spit on her shop window twice, she hasn’t had any shoplifting problems for months.

Kim Murphy of Murphy and Murphy Southern California Realty said she reported broken flower pots and damaged plants on July 5. She said the sheriff’s department is “great at responding, here within 15

minutes” when she calls them. “It’s great to have their presence (SVP) down here and great for visitors to see it.”

Beatificato said downtown patrol will “continue with the blessing of the station command as a service to the community.”

Members of the Senior Volunteer Patrol will be on duty Friday, Aug. 1 at the Fallbrook Summer Nights event, along Main Avenue, which will feature the San Diego County Sheriff’s Department and the “National Night Out” theme, 5 p.m. to sunset.

Beatificato, who has been with the SVP for 10 years and “enjoys every minute of it,” said they have about 42 volunteers on the roster but are actively soliciting more volunteers to assist the Sheriff’s Department. This is an opportunity for senior citizens to make a contribution towards improving public safety, service and security.

Candidates for the SVP must be age 50 or older, available to work a minimum of six hours per week, pass a background check (conviction of a felony is disqualifying), have a good driving record, have medical insurance, be physically and emotionally able to perform duties of the position, agree to abide by all department rules, pass the two week training academy (held three times a year) and attend a monthly training meeting.

Volunteers conduct vacation home security checks and make visits to homebound people as part of the “You Are Not Alone” program. Other duties include enforcing disabled parking regulations and assisting with traffic control at accidents and special events.

Anyone interested in becoming a member of the Senior Volunteer Patrol should call Beatificato, (760) 451-3145, for more information.



Fallbrook Sheriff’s Senior Volunteer Patrol members Fred Luevano, left, and Ray Beatificato make their presence known while checking in with businesses along Main Ave in downtown Fallbrook, July 24. Businesses can report any issues with safety or crime to the senior volunteers which they can quickly call in to the San Diego County Sheriff’s station in Fallbrook for proper handling.



Senior Volunteer Patrol members Ray Beatificato and Fred Luevano check in with 100 Main boutique owner Sandra Hull during a foot patrol in downtown Fallbrook. Hull expressed a noticeable drop in incidents along Main Ave since the senior volunteers have been conducting their daily foot patrols.



Senior Volunteer Patrol members Ray Beatificato, left, and Fred Luevano check in with a downtown Fallbrook business owner during their routine foot patrol.



Senior Volunteer Patrol members Fred Luevano and Ray Beatificato talk with business owner Kim Murphy during a foot patrol. Murphy expressed her concern regarding graffiti along the sidewalk on Main Ave.



Senior Volunteer Patrol member Fred Luevano exits a downtown Fallbrook business after checking for any issues of crime or safety that may be reported to the sheriff’s station.



Senior Volunteer Patrol members Ray Beatificato, left, and Fred Luevano continue their foot patrol in downtown Fallbrook. The volunteer foot patrol is an effort to increase the level of safety for businesses and patrons and lower the incidence of crime in the community.



Senior Volunteer Patrol members view graffiti along the sidewalk on Main Avenue and will report the issue accordingly when they return to the Fallbrook substation.

HEALTH & BEAUTY

Zumba at Club Paradise Fitness brings physical and mental health benefits

Don Nathan
Special to the Village News

I chose to move last year to a city I had never seen: Fallbrook. I was still grieving, depressed and stuck in my life. My girlfriend had died two years earlier of breast cancer. I picked an apartment in walking distance to Club Paradise Fitness. Six months later, I had enough of the depression and walked into a Zumba class that helped bring me back to the living. Though I had danced with some of the best in Hollywood, I wasn't prepared for this Zumba teacher's class. Her name is Perla. Her energy and smile let me know she was not an ordinary Zumba teacher and this was not an ordinary Zumba class. When Perla and her friends get rocking I believe they could raise the dead. Full disclosure, I am the only male in the advanced classes. While waiting for the Monday 6:30 p.m. class to start, a big man with a red beard who looked like he just stepped out of the octagon in ultimate fighting stopped and stared at me. "We all admire you for going in there," he said in a gruff voice. "Wow, I guess that was a compliment," I said in my head. It wasn't long before my depression faded into the past, and I was able to start writing books again. I believe it was in February when I realized my blood sugar was dropping at a fast rate.

A month later, one of the women announced she had lost 82 pounds. It was then I became more aware of the determination in these women's eyes. Each one of them were on a mission. One woman was intent on slimming down for her husband who was deployed out of the country. Another had a college reunion in a few months. The overriding reason bringing them all together can be summed up in Perla's mantra "Stronger Together." It's the slogan on her "Go Fit" T-shirts. It's a feeling they all have: that they can do this. She brings the femininity back into their heart. For every silent goal out there is a determination in their faces that can't be missed. The sessions are not easy. The teacher and camaraderie make it doable. And there are surprises, like when she pulled out her whistle and pointed at me. She wanted my attention, and she got it. It wasn't to go left, it was "go right" and get out of the way of her train of girls running around the room. Is it exciting? You bet it is. For those girls who struggle, she gives them an encouraging smile that says, "You can do this." Perla has been teaching for 10 years. She turned 40 last week. She has twins and an older son. I have never seen her without a smile. Laura Wendling echoed her words. "It's like meditating for me. I



Perla teaches Zumba at Club Paradise Fitness and at Fallbrook Library.

can't think about anything while I'm doing Zumba," Wendling said. Many of the women agree. Even teacher Perla who told me Zumba was her antidote for her hyperactive nature. There is a high level of

confidence building going on in these classes. Coordination, confidence and creative dance makes it a blast to be part of the group. Music is integral to the class. Perla has her routines and music

planned for each class, and they are not repetitive. This is important because spiritual gurus will tell you that music can raise your energy level. Raise that energy level and stick out the 50-minute class before stretching and you will in short order be stronger, more coordinated and in great condition in six months. The website, She Knows, estimates at 130 to 150 pounds for a 60-minute class, you will burn 450 to 550 calories per class. With Perla's classes, which are intense and keep the movement going non-stop, I would say you can count on 550 to 700 calories burned per class. A search on Google that quotes Dr. Porcari, a professor of exercise physiology and research in the Department of Exercise and Sport Science at the University of Wisconsin-La Crosse, said a Zumba workout is good for strengthening the core and for flexibility, all gains for the participants. Not only stronger and slimmer, but the classes rock. So maybe there is some part of Paradise inside that mirror surrounded room inside Club Paradise Fitness. Classes are held daily during the week, and there is a Zumba light class for seniors at noon three days a week. Don Reinhart Jr is the author of "Mind Blink" and "Unmasking Your Dreams" on Amazon. His vocation is miracle work that he practices world wide.

County unveils updated plan to prevent opioid abuse



The updated plan of the San Diego County Prescription Drug Abuse Task Force incorporates a broader public health approach and addresses multiple levels of prevention.

Tom Christensen
County of San Diego
Communications Office

The San Diego County Board of Supervisors received a comprehensive update on the region's plan to fight opioid and other prescription drug abuse and the devastating impact the substances are having on San Diegans. The updated plan of the San Diego County Prescription Drug Abuse Task Force, which was established in 2008 to address the growing prescription drug epidemic in the region, incorporates a broader public health approach and addresses multiple levels of prevention. Dr. Dean Sidelinger, interim county deputy public health officer, shared with the board the most

recent trends in the opioid epidemic and data surveillance plans. He highlighted the fact that as access to prescription opioids has decreased, heroin overdoses increased. That change is because as prescription opioids become more expensive, users turn to heroin, a cheaper alternative. Another recent change is the rise of fentanyl overdose deaths. Fentanyl is an extremely potent and dangerous synthetic drug that has been increasing on the illicit market because it is cheaper to produce. "The shape of the epidemic is changing, and the impact continues to be staggering on our community," Sidelinger said. Between 2007 and 2017, there were nearly 2,200 accidental overdose deaths from prescribed opioids in San Diego County. During the same period, 890 San Diegans died from accidental heroin overdoses in San Diego County. In 2017, there were 87 deaths in the region due to fentanyl. "Each of these deaths was preventable," Sidelinger said, adding that with enhanced data surveillance the Prescription Drug Abuse Task Force will be able to get the resources such as offering Naloxone – used to counter the effects of an opioid overdose – to specific areas of the county to reduce the risk of death due to overdose. Other strategies to prevent misuse of opioids include community outreach and engagement, education, resource development, promotion of alternative pain management and appropriate medication disposal. Dr. Nicole Esposito, assistant clinical director for County Behavioral Health Services, presented three additional strategies in the updated plan. Those strategies

include the safe prescription of opioids, access to evidence-based treatment and reducing harms to prevent overdose deaths. "Opioid stewardship in health care ensures that clinicians in our communities are adhering to current and informed prescribing practices for pain management," Esposito said. "This includes clinicians using non-opioid pain management strategies as a first course of action." According to the county Health and Human Services Agency, one of eight San Diegans has a substance use disorder but about 90% of those suffering from addiction do not access treatment. To help more people suffering from substance use disorder, in July 2018, the county implemented the Drug Medi-Cal Organized Delivery System, which is an investment in providing high quality substance use disorder treatment to more people. The enhanced system was specifically designed to serve low-income San Diegans and will address the systemic damage that substance abuse inflicts on people, families and communities. The county is developing a plan to ensure that medication assisted treatment is available to people and is responsive to community health and safety. "Surveillance data will be developed for real-time interventions to 'hot spot' specific resource allocation and prevention activities," Esposito said. The county drug treatment services align with Live Well San Diego, which aims to improve the health and safety of area residents. People experiencing a substance abuse problem can call the county's Access and Crisis Line at (888) 724-7240 or 211 San Diego.

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New Fallbrook resident brings holistic health practice to town



Alisha Welch recently moved to Fallbrook and offers services that focus on preventative medicine.

FALLBROOK – Alisha Welch has recently moved to Fallbrook with her husband, daughter and their dog. She said they are enjoying the quiet, country living

and embracing the opportunity to garden and cook with all the surrounding goodness. Welch’s holistic health practice, Mindful Balance, offers services that focus on preventative medicine and can complement standard medical treatments. She has been helping people for over 20 years and brings her expertise of nutrition, yoga therapy, Thai massage and mindfulness to clients interested in learning healthy lifestyle choices that could enhance their lives and healing journey. Programs from Mindful Balance include a personalized six-week course on cardiac health that is designed to educate the client on best ways to manage stress, maintain a healthy diet, incorporate exercises and embrace proper rest and relaxation. All of which, together, can be used to reverse heart disease and offer a renewed

sense of joy for life. Welch offers adaptive yoga. The session includes breathing exercises for stress, physical postures for pain relief, adaptations to exercises and overall body awareness for healing. Funding may be available for those that qualify. Thai massage is an ancient healing system that allows those with more rigid bodies to access the stretch and relief achieved in yoga. Welch will assist the client with postures designed to open the body, release tension, clear stagnant energy and invite healing. It has often been referred to as the “lazy man’s yoga” and is done fully clothed and lying down. Visit her website at www.alishawelch.com for a complete description of her services. Welch can also be reached at (303) 257-0039. Submitted by Mindful Balance.

You don’t want to give up

The American Counseling Association
Special to Village News

Life is full of challenges. Some big, some small, but all challenges can dishearten people at times and make them feel overwhelmed and discouraged. While the goal of some challenge may be important to them, it can be easy to lose sight of that goal when things get in the way. Other responsibilities, a task’s difficulty, a lack of time or just the fear of failing, can all cause someone to give up. Step one in taking on a challenge is clearly defining what it is that they want to accomplish. Identify and write down the goal they want to reach. It should be something specific, not a generality like “be a better person” or “be a happier person.” It might be to stop smoking, to learn a new language,

to get that promotion at the office or any of a thousand other things that would actually make someone healthier, happier or more content. What they write down should become their purpose, something that they are going to give priority in their life. This change means redefining their overall priorities. It means not letting themselves be distracted by lesser goals that are going to stop or distract them from achieving what they really want to achieve. It may mean saying “no” sometimes or rearranging schedules to work toward the goal. The idea is to keep the focus on the thing they most want to achieve at this time. When the top goal is something large, their next step is to figure out the steps they need to take to finally get to that goal. If an office promotion is what’s important, for example, maybe the first steps for someone are doing small things to

make themselves and their talents more visible or volunteering to take on new projects that will help lead them to that bigger goal. And, no, they don’t want to give up. It can be easy to want to stop trying when things get difficult. Some studies find that it might take eight attempts before someone is successful at stopping smoking. Losing weight also often takes multiple efforts before they succeed. When someone has a clear goal that they write down and keep focused on, then it’s easier to see that temptation to quit is just another obstacle in the way, and one that they can find ways to overcome. “Counseling Corner” is provided by the American Counseling Association. Send comments and questions to ACACorner@counseling.org or visit www.counseling.org.

How I overcame the vicious cycle of worry

Stan Popovich
Special to the Village News

Ever get stuck into that vicious cycle of worrying and feeling overwhelmed with worrying and fearful thoughts? In return, it creates more panic and worry and eventually the person can’t function because they are a basket case. As the author of a managing fear book, I struggled with fear, anxiety and stress for over 20 years. Eventually, I was able to overcome the endless cycle of fear and anxiety. Here is a brief summary of what I did to get better. First, I got advice from the professionals. The first thing I did was to talk to various counselors since they knew how to deal with fear and anxiety. Whenever I talked to the counselors, I would always bring a notebook and take notes so I would not forget the advice that was given to me. I used their advice to overcome my anxiety issues. Next, I became an expert on dealing with fear and anxiety. I did everything possible to learn as much as I could in how to deal with my fears and anxiety. As a layman, I talked to professionals, read books, joined support groups and learned from my experiences. I never stopped learning on how to handle my anxieties. I surrounded myself with helpful people. I made it a habit of surrounding myself with supportive people who understood what I was going through. During some of my anxious times, one of my good friends gave me a hard time and was not supportive. I tried to explain my situation to him, but he would not listen. One day, I got mad and told him to leave me alone if he was to continue getting on my case. He later apologized and was more understanding. I learned how to manage my fearful thoughts. The key in

overcoming the cycle of worry and fear is overcoming fearful thoughts. Whenever I would get a negative and fearful thought, I would challenge that thought with positive statements and realistic thinking. I also made it a habit to focus on the facts of my current situation and not on my negative thoughts. I was persistent. There were many times I felt like giving up because my fears and anxieties were so powerful and I didn’t know what to do. I worried about what would happen and that just made my fears that much stronger. During those times, I would consult with a professional, and I made it a point to learn from my experiences so that I would be better able to handle these situations in the future. I did not make excuses. With a lot of practice, I became good at dealing with my fears and anxieties. I realized that the answers to my problems were out there; however, it was up to me to find those techniques that would get rid of my fears and anxieties. I realized that making excuses for not getting help wasn’t going to make things any better. I made the choice to get better. If you struggle with fear and anxiety, there is hope; however, you need to make the effort in getting better. The answers will not come to you. You have to make the effort to find the answers to overcome your situation. It will not always be easy, but you can overcome the cycle of fear and worry with hard work and a willingness to learn from your everyday experiences.

Stan Popovich is the author of “A Layman’s Guide to Managing Fear Using Psychology, Christianity and Non-resistant Methods.” For additional information, visit www.managingfear.com.

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ENTERTAINMENT

KABOO leads list of summer, fall San Diego County music festivals

Jeff Pack
Writer

As a return to normalcy looms with the impending first day of school right around the corner, it is easy to forget that there’s still fun to be had here in San Diego County.

Our long summer season means live music festivals continue to take place well into November – and there are few things better than a good live music fest in Southern California.

Leading the way, as it has for the past four years, will be the KAABOO Del Mar festival, once again taking over the Del Mar Racetrack and Fairgrounds from Sept. 13-15.

While many large music festivals require a certain level of fitness and endurance abilities to enjoy, KABOO is a highly-amenitized festival that delivers music, household names in comedy, contemporary art, gourmet cuisine and craft libations, and personal indulgences.

Headlining this year will be Kings of Leon (Friday), Dave Matthews Band (Saturday) and Mumford & Sons (Sunday). But that’s not all, Duran Duran, Black Eyed Peas, OneRepublic, Sheryl Crow, Maren Morris, a special collaboration from hip-hop stars Snoop Dogg + Wu-Tang Clan 25th Anniversary Set, plus Bryan Adams, The Revivalists, REO Speedwagon, The Bangles, The Cult, Sublime with Rome, Boyz II Men, and many more artists and bands will entertain all weekend long.

Want to laugh? Visit the Humor Me stage to see live sets by comedians Bert Kreischer, Pete Holmes & Friends, Wayne Brady, Bob Saget, Kevin Smith, and more.

Foodies will love the PALATE lineup for the weekend that features demonstrations and gourmet tastings from culinary artisans including Michael Mina (Mina Group, International Smoke, Cal Mare), Richard Blais (Juniper & Ivy, The Crack Shack), Antonia Lofaso (Scopa Italian Roots), Nyesha Arrington (Native), and more.

Art fans will have the opportunity to visit the ARTWORK section of the festival featuring recognized contemporary visual artists Greg Mike, Yellena James, Georgia Hill, Carly Ealey and Caia Koopman, and more than 70 additional galleries, artists, live mural demonstrations, exhibitions and more.

Tickets are on sale now and going fast, single day passes are \$129, but three day general admission passes are \$299. VIP passes of varying levels are \$919 and \$3,599. Descriptions of what you get with VIP passes are available on the KABOO website.

To purchase tickets or get more information on the ever-evolving festival, visit www.kaaboodelmar.com.

Wonderfront Music & Arts Festival

Debuting this year is the Wonderfront Music & Arts Festival on Nov. 22-24 at San Diego’s waterfront and downtown San Diego.

The festival is planned as a celebration of all things San Diego and features more than seven stages spread out all over the town with scheduled performances by Miguel, Slightly Stoopid, Ben Harper & The Innocent Criminals, MGMT, Dimitri Vegas & Like Mike, Nicky Jam, Don Omar, Vince Staples, Tyga, Los Angeles

Azules, Tucanes de Tijuana, Walk the Moon, Phantogram, X Ambassadors, Michael Franti & Spearhead, Lil Dicky, Big Gigantic, Pennywise, and more.

In all, more than 70 bands will perform over three days at the event that will include culinary and arts festivals as well, and a giant local craft beer village.

General admission is \$229 for all three days and there are military discount tickets for \$129. VIP tickets are \$1,200. The festival is age 21 and older only.

For more information, visit wonderfrontfestival.com.

16th annual Carlsbad Music Festival

Need to get your music fix even sooner? The 16th annual Carlsbad Music Festival will take place Friday-Sunday, Aug. 2-4 at St. Michael’s by-the-Sea (2775 Carlsbad Blvd.) and a couple of partner venues in Carlsbad.

St. Michael’s is the festival home with three stages, a craft beer/wine garden, food trucks, an artisan market, and playground. There will also be performances at Carlsbad Village Music and nearby Witch Creek Winery.

The festival features a wildly-eclectic mix of musicians performing new contemporary classical compositions, modern twists on traditional world music, awesome local indie rock, and genre-defying experimentalists.

Scheduled to perform are composer Andrew Norman, cumbia band Very Be Careful, indie-harpist Mary Lattimore, pianist Sarah Cahill, avant-garde musician Sam Gendel, indie-hip-hop band Parker Meridian, singer-songwriter Diana Gamos, jazz pianist Joshua White, chamber meets indie Matt McBane + Build, Americana band Trouble in the Wind, New Orleans’ style brass band march from Crew D’Etat, post-punk, jazz-infused Montalban Quintet, bluegrass band The Get Down Boys, surf-jazz band The Red Fox Tails, and violist-composer Anne Leilehua Lanzilotti.

Guess what? All concerts, indoor and outdoor are free.

Daily passes will be required and will be available at the gates and online in advance of the festival. A \$10 donation per day (\$5 for kids 12 and under) is suggested as the producers are a 501(c)(3) non-profit organization largely supported by individual contributions. There are VIP packages available for purchase.

For more information, visit www.CarlsbadMusicFestival.org.

Summergrass San Diego 2019

San Diego County’s best bluegrass festival is coming back to Vista’s Antique Gas and Steam Engine Museum on Aug. 16-18.

This year’s headliner will be the Grascals, supported by David Parmley & Cardinal Tradition, High Fidelity and the Old Blue Band. Other artists include Chris Cerna & The Bluegrass Republic, Sheri Lee & Blue Heart, Front Porch Music Preservation Society, Prairie Sky, Vulcan Mountain Boys, LeRoy Mack & Gloryland, MohaviSoul, and Tom Cunningham Band.

In addition to the live concerts, the festival features impromptu jams, food, and vendors.

The Antique Gas & Steam Engine Museum is 2040 N Santa Fe Avenue in Vista. Visit summergrass.net for ticket information.

Adams Avenue Street Fair

This free festival on Sept. 21-22 and is a San Diego County staple. The 37th annual event is

Southern California’s largest free two-day music festival and takes over seven blocks of Adams Avenue in the Normal Heights.

This year’s headliners include West London reggae/tropical pop singer Hollie Cook, award-winning blues band the Delgado Brothers, Deke Dickerson & the Ecco-Fonics, the

Schizophonics, Charlie Chavez and Afrotruko, Sure Fire Soul Ensemble, Dirty Sweet, and Hot Rod Lincoln will reunite.

For more information visit www.adamsavenuebusiness.com/event-info/adams-avenue-street-fair.

Boots in the Park

Country comes to Waterfront Park in San Diego on Sunday, Oct. 20 and features performances by Cole Swindell, Dylan Scott Devin Dawson, Cassadee Pope and Leaving Austin.

The all day country party includes BBQ and food options, full bars, line dancing and more. The event is 21 and over only.

Tickets are \$49-\$499 and are available at bootsinthepark.com.

Horizon Beer & Music Festival

Headliner CHROMEO is the

featured act at Horizon Beer & Music Festival that includes beer tastings of more than 40 craft beers, food, retail vendors, games, and more from 1-7 p.m. Oct. 12 at Embarcadero North behind Seaport Village.

The event will benefit the Urban Angels “Nourishing Those in Need”, a non-profit dedicated to helping feed the homeless.

Tickets are \$15-\$95, visit intothehorizon.com.

Jeff Pack can be reached by email at jpack@reedermedia.com.



Kings of Leon will headline the Friday night sets at KABOO Del Mar in September. Courtesy photos



Dave Matthews Band will headline the Saturday night sets at KABOO Del Mar in September.



Mumford & Sons will headline the Sunday night sets at KABOO Del Mar in September.



Comedian Bert Kreischer will perform on the Humor Me stage at KABOO Del Mar in September.



The Grascals will headline Summergrass San Diego 2019 at Vista’s Antique Gas and Steam Engine Museum on Aug. 16-18.

Local youth to perform the musical ‘Luann’

Maggie Schmutz
Writer Intern

Tickets are now on sale for Curtain Call Company’s production of Greg Evans’ musical “Luann – Scenes from a Teen’s life.” The show is directed and produced by Mary Fry. Performances will be Aug. 9, 10, 16, and 17 at Christ the King Church. The Friday performances will be at 7:30 p.m. and Saturday performances will be at 2:00 p.m. and 7:30 p.m.

The show is based on the Luann comic strips and follows Luann and her friends as they face cliques, school, and falling in love for the first time. It’s the end of the school year and Luann wants to get the attention of her crush, Aaron Hill, but she’ll have to compete with the beautiful cheerleader Tiffany to win Aaron over.

Meanwhile, Luann’s brother Brad wants to impress his crush,

Toni, but is having a hard time impressing her without messing up. The show promises to be upbeat, funny and all too relatable.

Curtain Call, which was founded in October of 2009, has worked with adult casts in the past, but with the absence of CAST’s summer program, Fry thought that it was time for Curtain Call to do a youth production.

“Children have always amazed me in how they step up and meet the bar no matter how high you set it,” Fry said.

Fry also said that Greg Evans, who wrote both the musical and the Luann comic strips, will be attending the show.

Tickets are available at the Major Market customer service desk for \$10. Tickets can also be bought at the door or online with a small added fee, <https://www.curtaincallcompany.org/contact>.

Wine and A Bite Art Walk coming Aug. 9

FALLBROOK – The Fallbrook Chamber of Commerce’s final Wine and A Bite Art Walk is almost here. Featuring food and wine from local restaurants and wineries, all tastings are included in the price at each stop, Friday, Aug. 9.

Wines are served in a keepsake wine glass. Participants are advised to register soon as this event always sells out. A portion of the proceeds will benefit the Fallbrook Senior Citizens Service Club for this particular date.

Featured venues for August include Fallbrook Art Center, Pink Pineapple Boutique and Cheryl’s Travel, The Gallery, The Shop Around the Corner and Vintage Retail Therapy.

Contributing food vendors include Brooktown Kitchen and Coffee, Café Des Artistes, Major Market, Thai Thai Restaurant and Trupiano’s Italian Bistro.

Wineries include Beach House Winery, Fallbrook Winery, Foot

Path Winery, Myrtle Creek Vineyards, Roadrunner Ridge Winery and others.

The chamber announced some of the participating artists for this event: Shirley Calvert, Roger Chandler, Kari Douglas Rundlett, Bill Pratt, Shawn Weimer and so many others. The Find Magnified Show and Sale will also be featured at the art center.

Hosted by the Fallbrook Chamber of Commerce, the ticket price is \$25 per person in advance, \$30 at the door and active military price, \$15. Designated drivers are also \$15.

The event runs from 5-8 p.m. Check-in begins at 4:30 and closes at 6:30 p.m., at 111 S. Main Ave. Order tickets online at www.fallbrookchamberofcommerce.org or call (760) 728-5845. No refunds; the event will take place rain or shine.

Submitted by Fallbrook Chamber of Commerce.

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www.castacademy.org



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LEGALS

Fictitious Business Name	Fictitious Business Name	Fictitious Business Name	Change of Name	CITATION
<p>FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9015474 Name of Business VILLAGE LIQUORS 649 Palm Canyon Dr., Borrego Springs, CA 92004 Mailing address: P.O. Box 2360, Borrego Springs, CA 92004 County: San Diego This business is registered by the following: Louna Faeyez Barkat, 41555 Calle Rocosa, Temecula, CA 92592 This business is conducted by an Individual Registrant first commence to transact business under the above name as of 09/01/06 THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 06/19/19 LEGAL: 5062 PUBLISHED: July 18, 25, August 1, 8, 2019</p> <p>FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9017113 Name of Business SUNFLOWER VINTAGE 429 S. Main St., Fallbrook, CA 92028 County: San Diego This business is registered by the following: Bessie Mundorf, 724 Convertible Lane, Fallbrook, CA 92028 This business is conducted by an Individual THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 07/10/19 LEGAL: 5063 PUBLISHED: July 18, 25, August 1, 8, 2019</p> <p>FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9016560 Name of Business GRATIA WELLNESS CENTER 467 E Ave, Coronado, CA 92118 County: San Diego This business is registered by the following: Nicole Rae Lovell, 467 E Ave, Coronado, CA 92118 This business is conducted by an Individual THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 07/03/19 LEGAL: 5064 PUBLISHED: July 18, 25, August 1, 8, 2019</p> <p>FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9017339 Name of Business UNLIMITED LANDSCAPE SERVICES 1142 East Alvarado St, Fallbrook, CA 92028 County: San Diego This business is registered by the following: a. Maria del Carmen Rojas, 1142 East Alvarado St, Fallbrook, CA 92028 b. Eusebia Rojas, 1142 East Alvarado St, Fallbrook, CA 92028 This business is conducted by a Married Couple Registrant first commence to transact business under the above name as of 9/11/08 THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 07/12/19 LEGAL: 5065 PUBLISHED: July 18, 25, August 1, 8, 2019</p> <p>FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9016353 Name of Business a. UNIKA HAIR STUDIO b. U-NIKA HAIR STUDIO 4161 Oceanside Blvd #101, Suite 20, Oceanside, CA 92056 Mailing address: 1613 Kraft St, Oceanside, CA 92058 County: San Diego This business is registered by the following: Monika Lynn Forsythe, 1613 Kraft St, Oceanside, CA 92058 This business is conducted by an Individual Registrant first commence to transact business under the above name as of 2/04/2018 THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 07/01/19 LEGAL: 5060 PUBLISHED: July 11, 18, 25, August 1, 2019</p>	<p>FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9017130 Name of Business ADU EXPERTS 5304 Ontario St, Oceanside, CA 92056 County: San Diego This business is registered by the following: Steven Gene Parizeau, 5304 Ontario St, Oceanside, CA 92056 This business is conducted by an Individual THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 07/10/19 LEGAL: 5067 PUBLISHED: July 25, August 1, 8, 15, 2019</p> <p>FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9017454 Name of Business MOZO CLEANING SERVICES 173 Pala Vista Dr. Apt 13, Vista, CA 92083 County: San Diego This business is registered by the following: Cesilia Mozo Reyes, 173 Pala Vista Dr. Apt 13, Vista, CA 92083 This business is conducted by an Individual THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 07/15/19 LEGAL: 5068 PUBLISHED: July 25, August 1, 8, 15, 2019</p> <p>FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9017280 Name of Business KAP AWAKENING 4629 Cass Street, Suite 174, San Diego, CA 92109 County: San Diego This business is registered by the following: Rod N. Turner, 3380 Bayside Walk, San Diego, CA 92109 This business is conducted by an Individual THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 07/12/19 LEGAL: 5069 PUBLISHED: July 25, August 1, 8, 15, 2019</p> <p>FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9017925 Name of Business a. TRAMONDO'S TOUCH UPS b. KRJ PAINT 29763 Reza Ct, Vista, CA 92084 County: San Diego This business is registered by the following: Anthony Tramondo, 29763 Reza Ct, Vista, CA 92084 This business is conducted by an Individual THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 07/19/19 LEGAL: 5070 PUBLISHED: July 25, August 1, 8, 15, 2019</p> <p>FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9016806 Name of Business ROSELAND NURSERY 2193 Greenbrair Dr., Fallbrook, CA 92028 Mailing address: P.O. Box 250, Fallbrook, CA 92028 County: San Diego This business is registered by the following: a. Joe R. Hulsey, 2304 Camino Verde, Fallbrook, CA 92028 b. Leona M. Hulsey, 2304 Camino Verde, Fallbrook, CA 92028 This business is conducted by a Married Couple Registrant first commenced to transact business under the business name above as of 5/04/1980 THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 07/08/19 LEGAL: 5061 PUBLISHED: July 11, 18, 25, August 1, 2019</p>	<p>FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9016933 Name of Business SAINZ SUCCULENTS 249 Almond Street, Fallbrook, CA 92028 County: San Diego This business is registered by the following: Miguel Alfredo Sainz, 249 Almond Street, Fallbrook, CA 92028 This business is conducted by an Individual THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 07/09/19 LEGAL: 5066 PUBLISHED: July 18, 25, August 1, 8, 2019</p> <p>FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9018206 Name of Business DARKHORSE TREE AND LANDSCAPING SERVICES 686 Washington Ave, Pomona, CA 91767 County: Los Angeles This business is registered by the following: Luis Junior Chavez, 686 Washington Ave, Pomona, CA 91767 This business is conducted by an Individual THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 07/24/19 LEGAL: 5072 PUBLISHED: August 1, 8, 15, 22, 2019</p> <p>FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9018540 Name of Business TLP CONSULTING SERVICES 605 Highland Park, Fallbrook, CA 92028 County: San Diego This business is registered by the following: Leslie A. Palasty, 605 Highland Park, Fallbrook, CA 92028 This business is conducted by an Individual THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 07/29/19 LEGAL: 5073 PUBLISHED: August 1, 8, 15, 22, 2019</p> <p>FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9017484 Name of Business WES TECH ROOFING 1109 E. Alvarado, Fallbrook, CA 92028 Mailing address: P.O. Box 1942, Fallbrook, CA 92088 County: San Diego This business is registered by the following: Granado & Beatty LLC, 1109 E. Alvarado, Fallbrook, CA 92028 This business is conducted by a Limited Liability Company This LLC is located in the state of California Registrant first commenced to transact business under the above name as of 5/15/19 THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 07/15/19 LEGAL: 5074 PUBLISHED: August 1, 8, 15, 22, 2019</p>	<p>ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case Number: 37-2018-00035960-CU-PT-NC TO ALL INTERESTED PERSONS Petitioner: GABRIELLE LIA GAGLIARDI filed a petition with this court for a decree changing names as follows: Present Name: GABRIELLE LIA GAGLIARDI Proposed Name: GABRIELLE LIA GAGLIARDI-ESCALANTE THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING Date: September 3, 2019 Time: 8:30 a.m. Dept: 23 The address of the court is 325 South Melrose Drive, Vista, CA 92081 A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News Date: Jul 12, 2019 Signed: Sim von Kalinowski, Judge of the Superior Court. LEGAL: 5075 PUBLISHED: August 1, 8, 15, 22, 2019</p> <p>ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case Number: 37-2018-00039353-CU-PT-NC TO ALL INTERESTED PERSONS Petitioner: MARIAH HOPE KALLIMANES filed a petition with this court for a decree changing names as follows: Present Name: a. MARIAH HOPE KALLIMANES b. TOBY REX MCCLANNAHAN Proposed Name: a. MARIAH HOPE KALLI b. TOBY REX KALLI THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING Date: 9-17-19 Time: 8:30 a.m. Dept: 23 The address of the court is 325 South Melrose Drive, Vista, CA 92081 A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News Date: Jul 30, 2019 Signed: Sim von Kalinowski, Judge of the Superior Court. LEGAL: 5076 PUBLISHED: August 1, 8, 15, 22, 2019</p>	<p>CITATION FOR FREEDOM FROM PARENTAL CUSTODY AND CONTROL ATTORNEY OR PARTY WITHOUT ATTORNEY The Grey Legal Group, APC Michael E. Bender SBN: 234019 29970 Technology Dr., Suite 211, Murrieta, CA 92563 (951) 587-8970 Attorney for Fernando Soto SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO NORTH COUNTY DIVISION, 325 S. MELROSE DR., SUITE 130, VISTA, CA 92081 IN THE MATTER OF Adoption of Damian Ramirez, a minor DATE OF BIRTH 12/19/05 FILED: 6/17/19 CASE NUMBER: AN16618 To Jose de Jesus Ramirez You are advised that you are required to appear in the Superior Court of the State of California, County of San Diego, in Department 12 at the court location indicated above on FRIDAY, AUGUST 16, 2019 at 9:00 AM to show cause if you have any, why Damian Ramirez minor should not be declared free from parental custody and control ("for the purpose of placement for adoption) as requested in the petition. You are advised that if the parent(s) are present at the time and place above stated the judge will read the petition and, if requested, may explain the effect of the granting of the petition and, if requested, the judge shall explain any term or allegation contained therein and the nature of the proceeding, its procedures and possible consequences and may continue the matter for not more than 30 days for the appointment of counsel or to give counsel time to prepare. The court may appoint counsel to represent the minor whether or not the minor is able to afford counsel. If any parent appears and is unable to afford counsel, the court shall appoint counsel to represent each parent who appears unless such representation is knowingly and intelligently waived. If you wish to seek the advice of an attorney in this matter, you should do so promptly so that your pleading, if any, may be filed on time. Date 6/17/19 Clerk of the Superior Court by M. Garcia, Deputy Legal: 5071 Published: July 25, August 1, 8, 15, 2019</p>

**NOTICE OF VACANCY
ON THE BOARD OF DIRECTORS
OF THE FALLBROOK PUBLIC UTILITY DISTRICT FOR SUBDISTRICT NO. 1**

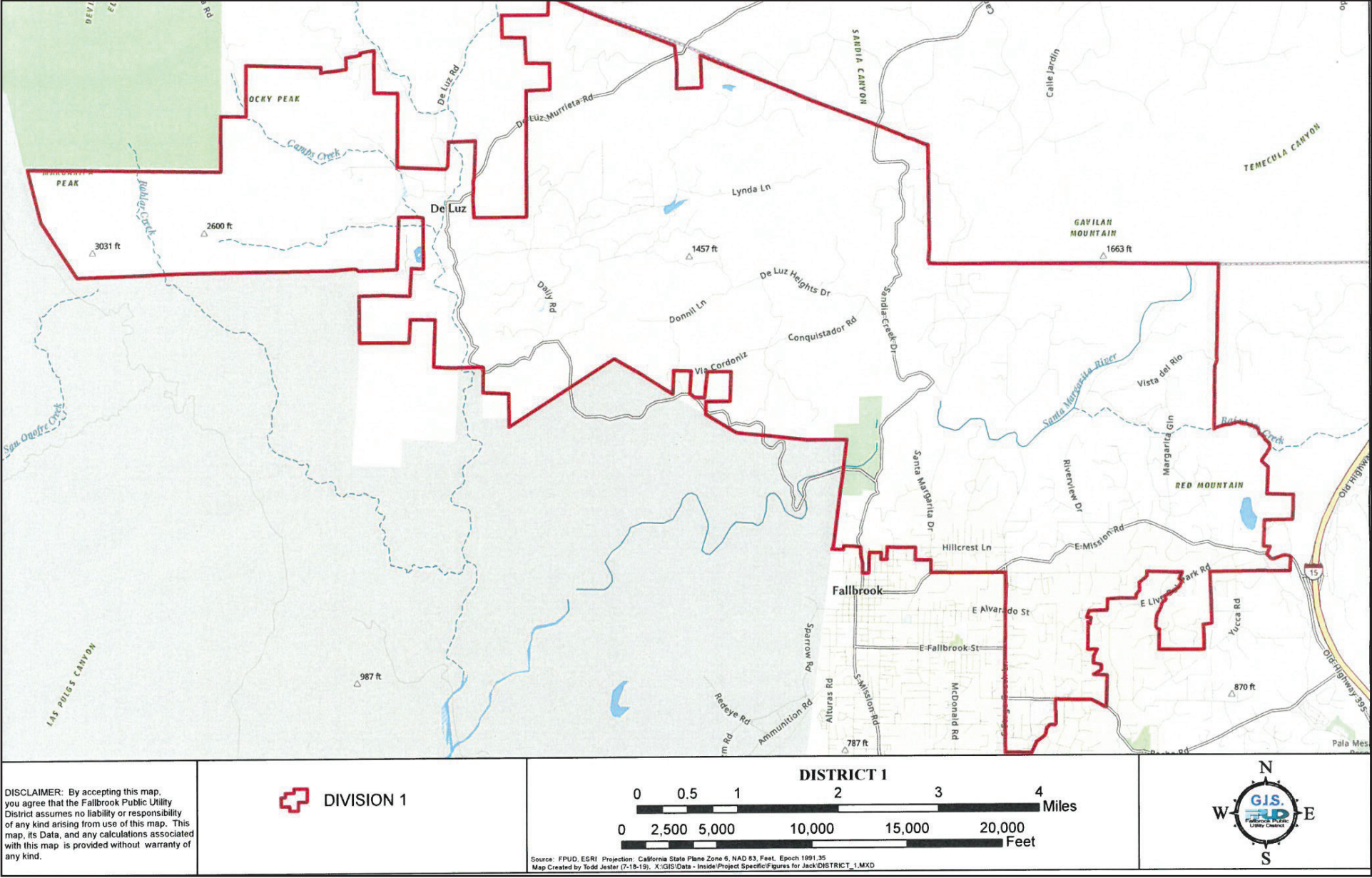
NOTICE IS HEREBY GIVEN that effective July 22, 2019, a vacancy exists on the Board of Directors of the Fallbrook Public Utility District, Subdistrict No. 1, due to the resignation of Alvin W. Gebhart. Persons interested in appointment to fill the vacancy in Subdistrict No. 1 must apply by filing a written Statement of Qualifications that includes their name, physical address, and contact information and a brief background of their education and experience to the District Secretary at the following address:
Fallbrook Public Utility District
990 East Mission Road
Fallbrook, CA 92028

Applications must be filed with the District Secretary no later than 5:00 p.m., Friday, August 16, 2019. Following the deadline for applications, the Board of Directors will interview qualified candidates. Interviews are anticipated to occur at a special Board meeting in late August and then appoint a Director to Subdistrict No. 1. The appointed Director will hold the Subdistrict No. 1 seat until the November 2020 election and may run for re-election in 2020 for the next four-year term.

To be eligible, qualified candidates must be eighteen years of age, a citizen of the State of California, a registered voter in the County of San Diego, and must reside within the boundaries of Subdistrict No. 1. A map of Subdistrict No. 1 is attached and is also available at www.fpubd.com or the District's main office located at 990 East Mission Road, Fallbrook, California 92028.

For additional information, please contact Mary Lou West, District Secretary, at (760) 999-2704 or maryloub@fpubd.com. Executed this 23rd day of July, 2019, at Fallbrook, California.
Mary Lou West
Secretary, Board of Directors
Fallbrook Public Utility District

Published August 1, 8, 2019



EDUCATION

Art Expressions Summer Camp artwork is displayed at the library



Kindergarten through third grade art students hold one of their art pieces from the Art Expressions Summer Camp, including in the front, Selena Okpiaphele, Leo Timmons, Jada Arias, Archer Gutwein and Aurelia Hill and in the back, Allie Timmons, Bryce Estep, Adalynn Gilbert, Claire Potter and Audrey Becker.



Art students in grades 2-7 hold one of their art pieces from Art Expressions Summer Camp, including in the front, Xenia Pinkney, Leila Balbier, Sienna Baver, Jacqueline Ross, Andrew Hill, Sarah Ciciloni and Antonio Moreno and in the back, Hannah Ary, Reina Ary, Quinn Pinkney, June Xourafis, Ingrid Smith, Samantha Stewart, Reagan Eidsmone, Karina Gommel and Stacy Ross.

FALLBROOK – A new display of art will be exhibited in the Homework Center at the Fallbrook Public Library beginning in August. Each student in the Art Expressions Summer Camp taught by Marilee Ragland at the Fallbrook School of the Arts completed four or more projects, and most of the students have included one or more of these artworks in the exhibit. Each project was created with different media. Some were inspired by techniques and styles of artists such as Wassily Kandinsky and Pablo Picasso. Several bouquets were on display to use for reference and inspiration when creating a floral still life. Students had opportunities to choose subjects and materials for extra projects.

Submitted by Marilee Ragland.

Cadi Ewig sells her FFA pig



Cadi Ewig of Fallbrook Future Farmers of America reacts to her pig being purchased by Mr. and Mrs. McGregor of Fallbrook at the Jr. Livestock Auction. The auction took place June 29, at 4 p.m. The youth livestock programs and auction teach 4-H Club and FFA members valuable skills such as record keeping and care and feeding of livestock. Animals of 4-H Club and FFA members are required to earn a blue ribbon in order to participate in the auction.

Courtesy photo

BUSD offers free and reduced-price meals

BONSALL – Bonsall Unified School District announced its policy to serve nutritious meals every school day under the National School Lunch Program Effective July 1, 2019, through June 30, 2020, children are eligible for free or reduced-price meals if the household income is less than or equal to the federal guidelines. Households do not need to turn in an application when the household receives a notification letter saying that all children automatically qualify for free meals when any household member receives benefits from CalFresh, CalWORKs or FDIPIR. Children who meet the definition of foster, homeless, migrant or runaway and children enrolled in their school’s Head Start program are eligible for free meals. Contact school officials if any child in the household is not on the notification letter. The household must let school officials know if they do not want to receive free or reduced-price meals. Applications will be sent to the household with a letter about the free and reduced-price meal program. Households that want to apply for meal benefits must fill out one application for all children in the household and give it to the nutrition office at 31505 Old River Road in Bonsall. For a simple and secure method to apply, parents can use the online application at www.bonsallusd.com. They can also contact Debby Perrault at (760) 305-5665 for help filling out the application. The school will let them know if their application is approved or denied for free or reduced-price meals. Households may turn in an application at any time during the school year. If parents are not eligible now, but their household income goes down, household size goes up or a household member starts receiving CalFresh, CalWORKs or FDIPIR, they may turn in an application at that time. Information given on the application will be used to determine eligibility and may be verified at any time during the school year by school officials. The last four digits of the Social Security number from any adult household or checking that the applicant does not have a Social Security number is required if they include income on the application. A child’s eligibility status from last school year will continue into the new school year for up to 30 school days or until the school processes their new application, or the child is otherwise certified for free or reduced-price meals. After the 30 school days, the child will have to pay full price for meals, unless the household receives a notification letter for free or reduced-price meals. School officials do not have to send reminders or expired eligibility notices. If parents do not agree with the decision or results of verification, they may discuss it with school officials. They also have the right to a fair hearing, which may be requested by calling or writing the hearing official, David Jones, 31505 Old River Road, Bonsall CA, 92003, (760) 305-5701

Submitted by Bonsall Unified School District.

Robocinski makes University of Wyoming’s spring honor roll

LARAMIE, Wyo. – The University of Wyoming lists 53 students from California on the 2019 spring semester academic dean’s and dean’s freshman honor rolls. Among those 53 students is Daniel P. Robocinski of Fallbrook. The honor rolls consist of regularly enrolled undergraduates above freshman standing who earned a 3.4 or better GPA and freshmen who have earned a 3.25 or better GPA. To be eligible, students must have been enrolled for a minimum of 12 credit hours taken for letter grades.

Submitted by University of Wyoming.

FUHSD and VESD to serve free meals

FALLBROOK – Fallbrook Union High School District and Vallecitos Elementary School District announced July 29 that they are continuing serving meals to students under the School Lunch Program, National School Lunch Program and the Child and Adult Care Food Program for the 2019-2020 school year. All students will be served meals at no charge at the following sites: Fallbrook Union High School: breakfast, lunch and supper served at no charge to students; Ivy High School: breakfast, lunch and supper served at no charge to students, and Vallecitos Elementary School: breakfast and lunch served at no charge to students. For additional information, contact Judi Reynolds, director of food service, 2400 S. Stage Coach Lane, (760) 723-6332 or jreynolds@fuhd.net.

Submitted by Fallbrook Union High School District.

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County releases crop report

Gig Conaughton
County of San Diego
Communications Office

Three of San Diego County’s Top 10 Crops reached their highest total values in the past decade in the annual Crop Report released by the county this week, while total agriculture values dipped slightly after two straight years of increase.

The total value of all agricultural crops and commodities slipped by one-quarter of 1% in the new report, which covers the 2018 growing season, decreasing \$4.39 million, from \$1,774,206,410 in the 2017 Crop Report to \$1,769,815,715.

However, three of the Top 10 Crops not only surpassed the values they reached in 2017, they reached their highest values in the past 10 years.

Ornamental trees and shrubs, the perennial top crop in the county, saw values increase 10% over their 2017 values to \$442,808,436. Bedding plants, color and herbaceous perennials, like marigolds and snapdragons, increased 1.7% from 2017 to \$259,749,390. And cactuses and succulents continued to climb faster in value than any other top crop in recent years, jumping 34% from their 2017 values to \$104,045,836.

Two other Top 10 Crops – lemons and tomatoes – also surpassed their 2017 values, meaning five of the top 10 increased in value from the previous year.

The annual Crop Report is compiled by the county’s Department of Agriculture, Weights and Measures and can be viewed online. The report provides a yearly snapshot of an industry that remains a staple of the region’s economy despite challenges like drought, rising water costs, fires, freezes and pests.

San Diego County’s Board of Supervisors has taken several actions in recent years to boost agriculture, including: creating a boutique winery ordinance to promote the creation of small wineries; approving a new beekeeping ordinance that allows more beekeeping while protecting the public; adopting an agricultural easement program that preserves agricultural space; streamlining

regulations for things like cheese-making, agri-tourism and onsite horticultural sales.

County Supervisor Jim Desmond, whose Fifth Supervisorial District includes a lot of agricultural land, thanked Agriculture, Weights and Measures for compiling the new report and said agriculture is an important industry.

“Agriculture is a major part of the region’s economy, making over a billion dollars annually,” Desmond said. “As the supervisor of District Five, I have the pleasure of meeting with farmers from all over North County. District Five has a diverse variety of agricultural crops ranging from ornamentals and flowers to strawberries and avocados. I am committed to ensuring our farms and farmers continue to be successful in San Diego.”

Other highlights of the 2018 Crop Report, compared to the 2017 report, include:

Wine grapes increased 19% to \$4,591,032, continuing to rebound after values decreased in both 2015 and 2016. Wine grapes became a trendy crop and soared by over 500% in 2012, two years after the Board of Supervisors approved the Boutique Winery Ordinance to promote the creation of small wineries.

The total value of livestock and poultry – cattle, chickens, hogs and pigs, lambs and sheep – increased 3.26% to \$18,759,533.

Oranges slipped in total value 12.7% to \$43,063,782 but remained a Top 10 Crop.

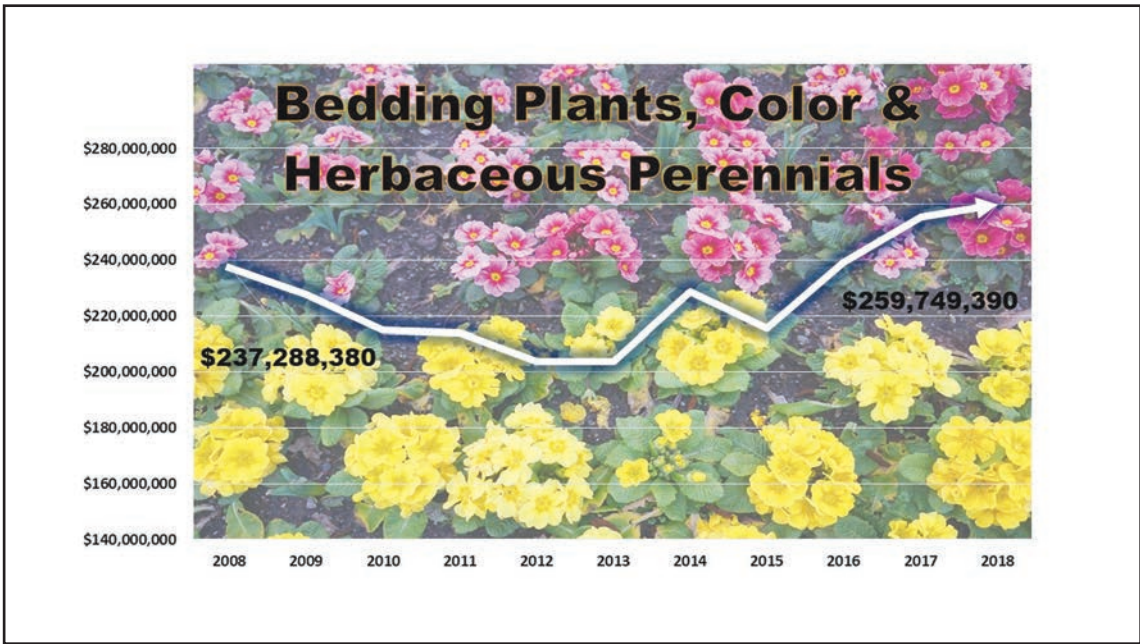
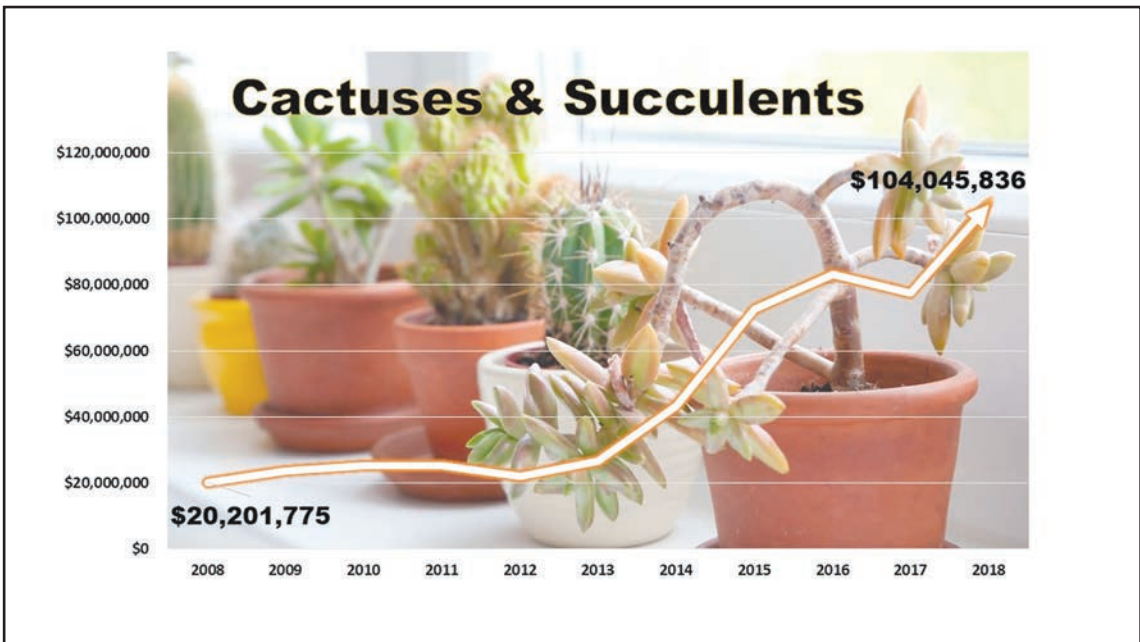
Avocados, the county’s best-known crop, slipped .9% to \$121,038,020 but continued to hold down the fourth spot in the Top 10 Crops.

Total fruit and nut crop values declined by 2.61% to \$322,949,527.

Vegetable and vine crop values dropped 4.15% to \$131,260,784.

Apiary or bee products decreased 9% to \$3,437,378 and the eggs and chicken market dropped 14.1% to \$33,371,691.

For more information, visit the county Department of Agriculture, Weights and Measures’ Crop Statistics web page, https://www.sandiegocounty.gov/content/sdc/awm/crop_statistics.html



REAL ESTATE AND HOME & GARDEN

When dinosaurs roamed, cycads grew

Roger Boddaert
Special to the Village News

During the Mesozoic age, and before the extinction of flowering plants, ferns, horsetails, aquatics, and cycads flourished, dating back 250 million years.

If we turn our botanical time clock back millions of years ago, we would see a completely different flora and fauna on this planet we call home.

The earth was dotted with ancient cycads covering most of the continents, and they were a food source for the giant herbivorous dinosaurs such as stegosaurus in the Jurassic period. Some species became extinct and remain as petrified fossils with dinosaur bones from that period known as the Age of Cycads.

Fossil finds indicate that cycads have changed very little and, if you transport your vision back millions of years, these plants are almost the same in shape, size, and colors. It's like a time machine knowing what we grow in our landscapes today are some of the plants from yesteryear that look fairly similar to when dinosaurs roamed the earth.

Cycads have been considered a collector's plant and horticulturists have traveled the globe in search of these prehistoric cycads; it's all about the plant hunting. But today many plant restrictions exist and it's not that easy to obtain permits and phytosanitary papers to import cycads into this country.

These timeless plants originate from Mexico, South Africa, the Pacific Islands, Japan, the Caribbean. Australia, South America, Central America and even one small species today found in Florida, the zamia pumila.

Cycads have a striking appearance. I think they are a fine living piece of artwork that are exhibited in large cycad collections and at botanical gardens throughout the world.

Today the cycas revoluta or sago cycad (not a palm) is grown by the millions from Florida, Texas and here in California. The sago is from Japan and is one cycad that is planted throughout Southern California's gardens en masse,

Sago palms as they are commonly called are a misnomer as cycads are cone-bearing gymnosperms, closely related to pines and ginkgo trees and have nothing in common with palms except for similar in appearance. So no more sago palms, say sago cycads.

Today there are only 11 genera and some 300 species remaining and all confined to the tropics, subtropics and warm temperate region of the earth. Some of the more popular ones are dioon, cycas, zamia, macrozamia, ceratozamia, and lepidozamia.

When growing these slow-growing plants, their leaf variations are very distinctive from smooth to stroke, to furry to touch, to spiny barbs on the fronds. The fronds range in color from dark green to blue-greys, and glaucous (dull grayish-green) which is very striking in a cycad collection.

Cycads can adapt to almost any garden setting when staged properly and can tolerate heat, wind, sun, shade and drought conditions,



A male sago cone erupts from the head of the trunk.



New fronds emerge from this unique cycad.



A rare African Encephalartos grows in a container in Fallbrook.



The dioon spinulosum is from Mexico.

which make them a good candidate for today's xeriscaping.

These relic cycads can be blended into many styles of landscape designs from a tropical setting with complementary plants to desert schemes with boulders and gravel, growing quite well in Palm Springs.

They have many adaptations out in the garden and also make excellent container plants not requiring great root space. I have a huge African encephalartos cycad in a large terra cotta pot and it is happy as peaches and cream.

Cycads enjoy a well-drained soil out in the landscape and do not enjoy wet boggy conditions which can set them up for root-rot.

All cycads are dioecious, which means a plant is either male or female. Male plants produce pollen-bearing cones, and female plants produce seed-bearing cones and are quite distinctive from one to another.

Cones erupt from the center of the leaves and are another attractive feature of the plant. The female cone of encephalartos altensteinii can weigh up to 90 pounds.

Some cycads, after going through their reproductive cycle, can rest for a period and not produce any new leaves for some time. I have one old sago in my collection that has not produced new fronds for over three years and is in its resting period.

I have often stated that plants are like people and we all have our own unique personalities and blooming moments in life. No two of us are exactly alike and that what makes for such diversity in life.

There is a Cycad Society and a global interest in these plants and here in Southern California are some real avid and serious cycad collectors. These collections contain some of the rarest cycads found on earth.

Some folks can collect wine, cars, gold and some stamps. It's all about beauty is in the eye of the beholder for these dramatic looking plants. Some cycads are extinct out in the wilds and only a few are left in private or botanical garden collections.

Here in San Diego County are some nurseries that specialize in featuring this plant family. Two are Rancho Soledad Nursery in Rancho Santa Fe and Botanical Partners in Vista and both have a vast display of cycads and other exotic flora.

Occasionally entire collections are put up for auction and individual sales, and there is a local Palm & Cycad Exchange that handles that.

The Huntington Botanical



This xeriscape features cycads.

Roger Boddaert photos



Local nurseries offer these sago cycads.



Rancho Soledad nursery features a vast amount of cycads from around the world.

Gardens in San Marino near Pasadena have one of the most outstanding cycad collections in the

United States. You can also visit the San Diego Botanical Gardens (old Quail Gardens) in Encinitas that also has a very nice assortment of cycads to enjoy

I worked up at Lotusland in Montecito many years ago and the owner, Madame Ganna Walska, also was a connoisseur of these plant jewels and has an old cycad collection on her botanical estate which is now open to the public. It is a horticultural adventure to stroll about these gems in her classic collection from long ago.

Some of these cycads are extinct


and not found out in the wild. Some plant enthusiasts have implanted small electronic chips into the trunks in the event that the plants are stolen and can be traced by computer software today.

So if you are into plants that date back millions of years when the dinosaurs roamed, this is like having an ancient plant museum in your garden. You can share this history with friends visiting and show them, look at my cycads, that existed long before man set foot on this planet. Wow, what a conversation that can lead into understanding what a small speck of time we live in today, and you can become a cycad plant time-traveler.

If I have created a dapple of interest and if you would like to further your journey to know more about this unique family of plants, I highly recommend the bible on them "The Cycads" by Loran M. Whitelock.

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This design trend is coming back



Wood paneling can add a rustic feel to a bathroom.

FALLBROOK – Design trends come and go, but some have a funny way of resurfacing years after they first became popular. Homeowners who may have been considering renovating their home to remove a design element they believe to be passé might want to see if that feature has experienced a resurgence in popularity. In fact, one of the more derided home decor trends of yesteryear has slowly crept back into style, albeit in moderation.

Wood paneling is back and better than ever, advise many design professionals. It's the formerly ugly duckling that filled homes starting in the 1950s, creating drab dens and faux-wood family rooms.

Paneling had long been an element of choice because it is relatively easy to install and can camouflage problem walls in a home, like those covered in boisterous wallpaper prints.

Wood paneling reach the peak of its popularity in the 1970s, and since then homeowners have been tearing down these faux offenders for years or masking them in paint to brighten up spaces. However, the experts at Apartment Therapy said that wood paneling in shades of brown are making a comeback in cozy spots such as dens or studies. The warm tones of wood paneling elicit a retro vibe. But unlike their fake predecessors, today's paneled walls are being outfitted in real wood, making them more eco-friendly and stylish than ever before.

Designers have flocked to reclaimed wood and veneer paneling to incorporate them into design elements. And while wood paneling used to be hung vertically, designers now experiment with hanging paneling horizontally or at an angle.

Many people no longer use paneling to cover an entire space. Paneling is used sparingly as an accent wall or another feature for character. Wood walls can be stained in a rich mahogany to look upscale or be weathered and rustic.

Homeowners ready to re-embrace wood paneling can choose to enhance one wall in a room. Think about the space above a fireplace or a strip of wall behind a sitting chair and side table. Paneling also can serve as a headboard behind a bed in a master suite. Painted horizontally, paneling can add dimension and texture to walls, even in the bathroom.

Wood paneling is slowly making a comeback, proving that no design trend every truly goes away.

NCFPD's solar systems continue
to produce for taxpayers



The switch to solar power has saved taxpayer dollars and helped protect the environment. Courtesy photo

FALLBROOK – Since the installation of six solar power systems across five sites four years ago, the North County Fire Protection District has saved hundreds of thousands of dollars for taxpayers in utility costs and greatly reduced its impact on the environment. The solar power systems were built and installed between 2014 and 2016 throughout Fallbrook and Bonsall.

Since the solar power systems went live, the district has offset 1,088,836,190-watt hours of electricity, which equates to savings of approximately \$272,209 that can be reallocated to better serve the community.

Not only has this switch to solar power saved taxpayer dollars, but it has helped protect the environment. In quantitative terms, in 25 years, these solar systems will have offset 6,698,357 kilowatt hours of electricity from the grid, which is the equivalent of removing over 650 homes from the region, eliminating carbon dioxide emissions from 5,178,338 pounds of coal being burned.

"The climate crisis (being experienced in recent years) is causing more fires in California and the District's solar projects help reduce the impact of climate change and fires in the region," Daniel Sullivan, founder of Sullivan Solar Power, a local firm that installed the solar systems, said.

This thought was echoed by Fire Chief Steve Abbott, who said, "The district is doing everything within its power to remain frugal, while not compromising the safety and security of those who reside within our service area. This solar power system is an excellent example of our commitment to serving our constituents."

Submitted by North County Fire Protection District.

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Real Estate Round-Up: Wire fraud – Don’t be a victim

Kim Murphy
Murphy & Murphy Southern California Realty

Unfortunately, wire fraud is alive and well in real estate. There are not many transactions that involve a larger financial investment than purchasing real estate. All buyers are required to deliver earnest money funds within three days of acceptance on an offer.

In Fallbrook, with the median price being \$610,000, that deposit will be somewhere between \$6,100 and \$18,300. Two to three days prior to the close of escrow, buyers are required to bring in the balance of their funds for the purchase.

Depending on the percentage of the loan to the purchase price, this can be a substantial amount of money. No matter the amount of the funds, if it’s yours and if it’s intended for the purchase of your new home, it should not end up in the hands of a financial predator.

Sellers, upon the close of escrow, receive proceeds, which is the difference between the purchase price, less any outstanding financial liens and costs associated with the sale of their property.

Those proceeds either go directly to the seller or are transferred to the seller’s escrow on their new purchase. Either way, the seller’s proceeds are generally a very substantial amount of money.

The fact that there are predators lurking on the world wide web, seeking to take advantage of you and me, is unconscionable. But it is a growing trend within the larger issue of cyber crime. Real estate is the second-highest targeted industry for cyber crime, according to the FBI.

From 2015- 2017, there was more than a 1,100 percent rise in the number of email account compromise victims reporting issues related to real estate

transactions and an almost 2,200 percent rise in reported monetary loss.

Criminals have figured out the best, most efficient process to execute the crime. Only quick and persistent action might save your money, but all too often, most victims never get their money back.

This is the way it most commonly works in real estate. Criminal hackers gain access to the email accounts of Realtors, escrow officers, title agents and others in the industry via data breaches or phishing and spoofing. Once they’re in, they just wait for the opportunity to unfold.

When buyers receive an email from the escrow company with wiring instructions for the earnest money deposit, scammers are able to find the authentic email and substitute it with a similar email, but with a key difference – the instructions are to wire the funds to an account controlled by the scammer. The scammer opens a bank account at the same bank, but with their personal account number. It looks exactly like a buyer would expect, and we’re off to the races.

Unlike robbing a bank, wire fraud is fairly low risk. It can be very rewarding, with criminals walking away with tens to hundreds of thousands of dollars. The scammers watch and digest the language of the target’s email activity. The scammers then use the same type of language and intersperse, when appropriate, personal information to fool the contacts.

They don’t sound like the stereotypical Nigerian Prince emails, we’ve all received, with grammar, spelling and syntax errors. Unless the scam is caught within hours, the money is lost forever. A wire is just like money,

so once it hits the scammer’s account, the scammer will wire it immediately to another account, so there is no way to retrieve it.

How can you protect yourself? Review the Wire Fraud Advisory with your Realtor. This form is part of every listing and purchase agreement. It warns you to never wire money based on an email. You should always verify the information on the email using a phone number that you received previously from your Realtor.

Scammers are smart, they change the phone number on the fake email, so you call them, and they pretend it is escrow or title. When you speak with your real contact, via the phone number your Realtor provided to you, confirm the specifics of the wiring instructions including the name of the bank, the bank’s address and the routing and account numbers.

The future will most likely bring new laws to protect consumers. Until then, work with a Realtor and remember that the “devil is in the details,” so be sure to verify those details. That’s it for today. Stay cool and stay cyber-safe.

Kim Murphy can be reached at kim@murphy-realty.com or (760) 415-9292 or at 130 N Main Avenue, in Fallbrook. Her broker license is #01229921, and she is on the board of directors for the California Association of Realtors.

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San Diego County home prices rise as sales numbers drop

SAN DIEGO – The median price of a San Diego County home rose by 2.6% in June, compared to the same month a year ago, while sales dipped by 7.4%, according to figures released July 26.

According to the CoreLogic real estate information service, the median price of a San Diego County home was \$590,000 in June, up from \$575,000 in June 2018. A total of 3,641 homes were sold in the county, down from 3,932 during the same month a year ago.

A total of 20,790 new and resale houses and condos changed hands in Los Angeles, Riverside, San Diego, Ventura, San Bernardino and Orange counties last month, according to CoreLogic. That was

down 6.9% from 22,333 in May, and down 8.8% from 22,804 in June 2018.

The median price of a Southern California home was \$541,250 in June, up 2.5% from \$528,000 in May and up 1.2% from \$535,000 in June 2018.

“Southern California home prices have been close to flat all year, with the median sale price up or down a hair each month compared with a year earlier,” Andrew LePage, research analyst with CoreLogic, said. “This reflects tepid demand – at least at current prices – and an increase in inventory, which is generally at a level that suggests neither buyers nor sellers have a distinct advantage.”

Scott Morel
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Maggie Schmutz
Writer Intern

Elisabeth Lentulo, a licensed Realtor with Broadpoint Properties, is willing to go the distance for her clients. The Broadpoint Properties office is located in Escondido, but Lentulo lives in Fallbrook and loves working in the area.

Lentulo loves the country feel of Fallbrook and has enjoyed becoming involved in the community which is helping her recognize some of the trends in Fallbrook's real estate market. Once she picks up on the trends, her goal is to find a way to best work with them.

For example, Lentulo has

noticed there's a particularly large number of seniors downsizing right now, which has led her to

“I’ve worked with a lot of seniors, and I actually want to



Elisabeth Lentulo works for Broadpoint Properties, covering the Fallbrook area.

Courtesy photo

get my official senior resident specialist certification this year, so I can say 'I really do know what I'm talking about' even if I know so now," Lentulo said. "I'm working toward that because I find that there's just a really large amount of people here who are overwhelmed with what they have."

Buying or selling a home can seem overwhelming to anyone, but Lentulo is convinced that smaller brokerages like Broadpoint Properties can help the whole process feel less stressful. When people ask her why she doesn't work for a larger brokerage, she has a simple answer.

"I like the smaller brokerage because it's independent. We can set our own standards, rules and preferences. I like to have the ability to go with what's necessary. Because we're also smaller, I know every other agent very well and I can trust them. There's more flexibility in everything," Lentulo said.

Lentulo also thinks that smaller brokerages help clients get more personalized services where everyone there knows them and every person is helping them work towards their goals. This personalized aspect is essential, especially in a time where online real estate is on the rise.

When people turn to online real estate, Lentulo assures them that it's much more helpful to have a reliable Realtor than to struggle through buying or selling online with hidden fees.

"I will hold their hand through the entire process. I won't tell them what they want to hear, I'll tell them what they need to hear, and I will guide them step by step," Lentulo said.

Lentulo is realistic, knowledgeable and willing to go the extra mile for her clients. With her background in interior design, sales experience, knowledge of Fallbrook and attention to detail, Lentulo is always ready to help her clients.

"I'll always take their call; I'll always talk to them," Lentulo said. "I'm always there for them."

Elisabeth Lentulo can be reached at (760) 532-1057, elisabeth@ehlentulo.com or <http://www.ehlentulo.com>.



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A person with a backpack stands on a large rock overlooking a city at sunset. The person is silhouetted against the bright orange and yellow sky. The city below is densely packed with buildings and roads, with a winding river visible in the distance. The overall mood is contemplative and serene, emphasizing the importance of being prepared for emergencies in a world of constant change.

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- ☐ Three-day supply of bottled water (one gallon per person per day)
- ☐ First aid kit and essential medicines
- ☐ Three-day supply of packaged, dried and canned food (manual can opener)
- ☐ Pet food and pet carrier
- ☐ Portable radio and flashlights with spare batteries in waterproof bags
- ☐ An extra set of car keys, cash and credit cards
- ☐ Special items for infants, elderly or disabled family members
- ☐ Backup charging method for phones

For more preparation tips, visit [**sdge.com/wildfire-safety**](https://sdge.com/wildfire-safety).



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The collage features several issues of Village News. The top row includes a 'NORTH VALLEY OUTLOOK' with headlines about a middle schooler's first guitar and a chess player's victory. Below it is a 'VALLEY NEWS' issue with headlines about a Christmas family reunion, a teen's car accident, and a football team's success. Another 'VALLEY NEWS' issue shows a boys' soccer team winning a championship. A 'SOURCEBOOK' is also visible, listing 11 features, 60 activities, and 188 puzzles. A 'Village News Sports' issue features a 'Holiday Edition Lifestyle' section with a photo of a person in a costume. A website screenshot shows a 'FOR SALE' listing for a house. At the bottom, a video production clapperboard and film reel are shown.


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Fallbrook

3338 Sunset Drive
\$530,000

Located down a private country road in the favored Green Canyon area of Fallbrook, you will find this gem of a home. Property has been lovingly cared for and updated over the years and features 3BD and 2 full baths + bonus room that could be used as a dining room or office. Beautiful succulent gardens and easy care yards, large shade tree. There's an extra room off the 2 car garage.

Janine Hall | team 760-822-7528 or 7527



Just Reduced



Fallbrook

3949 Citrus Drive
\$924,000

Spectacular, first time on the market, gated estate home located on a paved, private driveway in the popular Wilt Road/Citrus Drive area. Secluded but conveniently situated. 3+1 opt. BD, 3.5BA, 3744sf on 6.7 acres with breathtaking panoramic views. 2 car garage + 1200 sf outbuilding. Brazilian mahogany hardwood floors, dual fireplace.

Janine Hall | team 760-822-7528 or 7527



PERFECT CONDITION!



Fallbrook

2037 James Gaynor
\$749,000-\$769,000

Tuscan beauty in Shady Grove. 3500 sf one level, 4BD plus library, delightful courtyard, turreted interior front entry, formal LR/DR, terrific split floor plan, w/private master retreat & sitting rm! Expansive rear covered patios, upgraded custom hardscape incl full privacy walls a & fountain! Lg laundry rm, BONUS! SOLAR IN AND PAID FOR! Large 3-car garage.

Lynn Stadille-James & Lisa Stadille 760-845-3059



NEW LOWER PRICE



Fallbrook

948 Cookie Lane
\$649,000

Gated Village Crest single level, immaculate 4BD, 2.5BA, gleaming new granite & stainless kitchen with curved nook, adjacent to family room with artistically designed fireplace surround, high ceilings, plus formal living room and dining room, all overlooking a majestic parklike setting with Gazebo, also relaxing Pergola off Master Retreat, rose garden, fountain, fruit trees, 3 car garage!

Lynn Stadille-James & Lisa Stadille 760-845-3059



NEW HOME



Fallbrook

1410 Camino De Nog
\$659,000

The Heights Brand new custom home near schools, churches, shopping & sports park. 4BD (one could be a den/ofc), 2BA, 2226 SF, nestled on .56 ac. Interior features great rm w/vaulted ceiling, & corner flpc, beautiful kit w/granite, center island, wood cabinets & pantry. Spacious master suite and bath w/tiled shower and sep bath, & walk-in closet.

Rich Heimback & Jane Wilson 760-805-6822 or 760-805-3460



Just Reduced



Private Setting

Canonita
\$229,000

Best lot in Fallbrook under \$350,000! This lot is ready to go with Fire Dept approval, conceptual grading plans, 5BD septic layout, etc. Incl. gorgeous views, gentle land, NO HOA, grove roads, ovo grove (21 bins this year). Very private long paved driveway access. Plans for 3600 sf home may be incl. Just fell out of escrow. Seller will consider financing with 50% down.

Craig Grimm 760-822-6479



Private with Views to Build!



Fallbrook


Riverview Dr. Lot
\$171,000

Build your dream home and take advantage of the county's new regulations waiving guest house fees! Beautiful acre lot with outstanding views of the Fallbrook hills. Very private lot, rough pad and 4 bedroom septic layout. No CC&R restrictions. This is the one!

Team Gallegos Rudy, Chris & Sandy 760-985-9600



Just Reduced




Fallbrook

3335 Red Mountain Heights Rd
\$898,500

Top of the world views stretching all the way to the ocean. Perched on one of the highest points in Fallbrook, offering 3,777 sf, 3BD, 2.5BA, chefs kit w/island & prof applcs, 4 car grg, wrap around deck, game rm on 3.36 ac. Wide open floor plan captures the views from all angles. Pride of ownership.

Pete Hagen 760-717-8163



Views, Views, Views



Fallbrook

3553 Rosa Way
\$1,575,000

Get ready to be wowed in every way-this gorgeous, sprawling 2-acre, fully fenced/gated estate home w/ panoramic breathtaking views has everything you never knew you wanted. Nestled in the hills of one of the most desirable neighborhoods in Fallbrook & w/ easy access to the 15, you'll be only minutes away from numerous shopping & dining options while still enjoying extensive privacy in a beautiful, natural setting. Step inside the leaded glass front doors of this 5B/5.5B stunner & you'll be awed at the numerous upgrades.

Virginia Gissing 949-292-2850



New Listing




Fallbrook

917 Avenida Campana
\$509,900

This 3BD/2BA boasts a complete remodel, top to bottom! New hardwood floors, new kitchen and bathrooms, gigantic great room concept with double ceiling fans and cozy fireplace, double paned windows, central air and heat, new appliances, and more! Low maintenance yard with enough grass to keep Fido happy. At this price, this home is sure to hit all your wants in your wish list.

Virginia Gissing 949-292-2850



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care giver positions available: Live-in needed for up to 6 developmentally disabled adults. Single person or couple ok. Fallbrook. Must read and write English and pass a fingerprint clearance.

Estate Sale

Vintage fashion, handbags, hats, kimonos, mannequin: 9-2 Saturday, August 3. 944 La Vonne Ave; Fallbrook. Hand-crank Singer, embroidery supplies, garment yardage, suitcases, silk ties, wedding gown

Garage Sales

Huge Yard Sale: Huge Yard Sale 592 Shady Glen Drive 8 am to 1 pm New double dog stroller, dog grooming table/tools beach cruisers, Budweiser neon sign, man cave decorations, Tony Gwynn memorabilia, new Pilates chair with videos, Portable forced air heater.

Garage Sales

YARD SALE: Huge Yard Sale Appliances, heater, cookware, clothing, linens, DVD's, books, flannel fabric & notions, ribbon, misc. Sat Aug 3 592 Shady Glen Drive

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SHERIFF'S LOG		
July 8		
39700 block Daily Road	Petty Theft (All Other Larceny)	
July 12		
26900 block Mesa Rock Rd.	Arrest: Misdemeanor Cite and Release on Active Warrant	
300 block E. Alvarado St.	Found Property	
July 13		
2300 block Canyon Vista Dr.	Simply Battery	
July 16		
2500 block Wilt Rd.	Grand Theft (Theft of Motor Vehicle Parts/Acc)	
July 18		
3400 block S Old Highway 395	Arrest: Other Agency Vehicle Theft/Recovery; Possess Stolen Vehicle/Vessel	
July 19		
300 block E Alvarado St.	Found Narcotic; Narcotic Seizure	
July 20		
W. Winterhaven Rd. @ S Mission Rd.	Arrest: Violation Parole: Felony	
700 block Los Alisos North	Burglary	
400 block W Aviation Rd.	Found Property	
1400 block Joy Rd.	Burglary (Commercial)	
2200 block Rainbow Valley Blvd.	Contempt of Court: Disobey Court Order	
July 21		
2400 block Gumtree Ln.	5150 Mental Disorder 72 Hr Observation	
300 block W. Clemmens Ln.	Vandalism (\$400 or More)	
Mission Rd. @ North River Rd.	Arrest: Possess Controlled Substance Paraphernalia; Possess Controlled Substance	
5500 block Mission Rd.	Arrest: Vandalism (\$400 or More)	
500 block Poets Sq.	Found Property	
1000 block S. Mission Rd.	Shoplifting	
3900 block Lake Park St.	Miscellaneous Incidents	
July 22		
1100 block S. Mission Rd.	Arrest: Drunk in Public: Alcohol, Drugs, Combo or Toluene	
1600 block S. Mission Rd.	Vandalism (\$400 or More)	
300 block Morro Hills Rd.	Arrest: Violate Domestic Relations Court Order	
2000 block E. Alvarado St.	Annoying Phone Call: Obscene/Threatening	
Via De Todos Santos @ Via Belmonte	Take Vehicle w/o Owner's Consent/Vehicle Theft	
900 block Alturas Rd.	5150 Mental Disorder 72 Hr Observation	
1500 block Hillcrest Ln.	Death	
1400 block Via Monserate	Child Abuse Incident	
July 23		
Sb Interstate 15 @ Mission Rd.	Arrest: Possess Controlled Substance for Sale; Trans/Etc Controlled Substance	
600 block W. Beech St.	Personate to Get Money/Prop [Over \$400]	
900 block Alturas Rd.	Burglary (Vehicle)	
1400 block S. Mission Rd.	5150 Mental Disorder 72 Hr Observation	
300 block E. Alvarado St.	Miscellaneous Incidents	
July 24		
300 block E. Alvarado St.	Missing Adult	
1000 block S. Main Ave.	Petty Theft (Shoplift)	
500 block Stewart Canyon Rd.	Miscellaneous Incidents	
5500 block Mission Rd.	Arrest: Drunk in Public: Alcohol, Drugs, Combo or Toluene	
3200 block Via Almonte	Grand Theft (Theft From Building)	
1500 block Loch Ness Dr.	Arrest: Battery: Spouse/Ex Spouse/Date/Etc.	
300 block W. Clemmens Ln.	Simple Battery	
300 block Womack Ln.	Take Vehicle w/o Owner's Consent/Vehicle Theft	
July 25		
32000 block Del Cielo Oeste	Vandalism (\$400 or Less)	
1100 block S. Mission Rd.	Arrest: Possess Controlled Substance Paraphernalia	
300 block N Brandon	Lost Article	
1100 block Alturas Rd.	Miscellaneous Incidents	
July 26		
400 block E Aviation Rd.	Assault with Deadly Weapon: Not Firearm	
4700 block Pala Rd.	Shoplifting	
300 block Bottlebrush Way	Missing Adult	
July 27		
1500 block Green Canyon Rd.	5150 Mental Disorder 72 Hr Observation	
2200 block Rainbow Valley Blvd.	Contempt of Court: Disobey Court Order	
200 block Pankey Rd.	Burglary (Vehicle)	
500 block S. Main Ave.	Domestic Violence Incident (Call)	
800 block S. Main Ave.	Arrest: Robbery	
300 block Shady Glen Dr.	5150 Mental Disorder 72 Hr Observation	
100 block Orvil Way	Arrest: Use/Under Influence of Controlled Substance	
July 28		
2100 block S. Santa Fe Avenue	Arrest 1: Take Vehicle w/o Owner's Consent/Vehicle Theft; Possess Controlled Substance Paraphernalia; Possess Burglary Tools; Possess Stolen Vehicle/Vessel	

OBITUARIES



Carole Evalyne Dundon, 81, passed away peacefully on July 1, 2019 surrounded by her family following a three-month battle with cancer.

Carole was born in Ogden, Utah, the oldest child of James and Aretta Chadick. After a move to Northern California where her father was resident engineer in charge of construction of the Black Butte Dam and Hoover Dam, the family settled in Sacramento.

She met her husband, Alan Michael Dundon, in high school and they began dating, marrying August 25, 1956. She traveled with her husband as he completed his college and Naval Post Graduate Flight School training in Monterey, California.

Carole was a wonderful mother and spouse during the Vietnam war for VA-63, VA-122, VA-153 and VA-22. She became a Realtor and sold homes in Lemoore and San Diego.

Her interest in photography grew and she joined the SCACC Photographic Society. She soon won many awards and began judging various competitions. She often could be found on weekends at the PhotoArts building in Balboa Park.

She also enjoyed hosting events in her home photographing abstract objects and using creative lighting.

After a move to Fallbrook, she joined the Fallbrook Camera Club and became president of the club.

In 2010, Carole became parliamentarian, then president, of the Live Oak Chapter of Questers International in Fallbrook.

The most important priorities for Carole were her family and friends. She enjoyed her community groups – stitchery and book club. Her positive outlook and sunny personality were a gift for all of us who knew her.

Carole is survived by Alan, her husband of 62 years; her children and their spouses, Alan Dundon, II (Judy), Shannon Mulvihill (James); two grandchildren, Brian Mulvihill and Kevin (Caitlin) Mulvihill; her sister, Sue Mosdale (Geoff) and a brother-in-law, Patrick Dundon (Lorraine) and many nieces and nephews.

Donations to the American Cancer Society are suggested.

A private Celebration of Life ceremony is planned for August.



Leslie Schuchmann died July 12, 2019. He was born Nov. 16, 1929, in Centralia, Illinois, to Leslie and Bessy Schuchmann, one of 11 children.

Les grew up on a farm and went to a one-room schoolhouse. He played professional baseball with the Chicago Cubs, served in the Army and became a carpenter for 57 years.

He is survived by his partner of 10 years, Barbara Sacic; his four children, Bob, Jim, Vicky and Jack; 11 grandchildren; 26 great-grandchildren and two great-great-grandchildren.



Lloyd Everett Reighley III of Fallbrook, California passed away on Sunday, July 28, 2019. He was 75 years old.

Lloyd was born on July 14, 1944 in San Francisco, the eldest child of Dorothy and Everett Reighley, Jr. His brother, Michael William Reighley, passed away in 2000 at the age of 52.

Lloyd moved to Fallbrook with his family in 1964, served in the Army National Guard from 1965 until 1971, purchased the Rainbow Sign Company in 1974 and married Mary McNalley on July 8, 1989.

Lloyd’s surviving family members are his wife, Mary Reighley; stepson, Nick Almendarez; granddaughters Charliez McKenzie Almendarez and Cheyenne Marie Almendarez, sister Linda Elizabeth Reighley, nephew Michael Emmanuel Reighley, niece Tenaya Alexandria Hinshaw and grand-nephew Trion Warren Hinshaw.

A celebration of life service will be held at 1 p.m. on Aug. 10 at the Cornerstone Baptist Church, 131 E. Fig Street in Fallbrook.

In lieu of flowers, the family has requested charitable donations be made to the Fallbrook Animal Sanctuary, 230 W. Aviation Road, (760) 685-3533.

We would like to thank family, friends and Vitas Hospice who so graciously extended their love and support during the past seven months to help care for our sweet angel, Lloyd. We miss you every second of every day!

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Fallbrook Marine Corps JROTC cadets wrap up another year

FALLBROOK – The Fallbrook High School Marine Corps JROTC academic and leadership program wrapped up its third successful year by placing in the top 3% of over 3,000 JROTC programs nationwide in the Leadership and Academic Team competition held in Washington.

The cadet participants received personal letters of congratulations and support from former Secretary of State and Chairman of the Joint Chiefs of Staff retired Gen. Colin Powell.

The second annual Intramural Drill Meet competition between the school’s platoons ended recently. Cadets by platoon and as individuals participated in a series of physical and knowledge based competitions. In one competition, cadets were grilled under pressure by drill instructors from Marine Corps Recruit Depot San Diego with questions on military knowledge and graded on military bearing, knowledge and drill.

“Some cadets loved the pressure of having an active duty drill instructor in their face. Some shook in their boots. But they all held up and made us proud. Many of them now feel like, ‘if I can do that, I can do pretty much anything.’ The cadets grow as individuals who now see themselves as stronger than they thought and as someone able to support others. That’s the point,” retired Lt. Col. William Wade, one of the school’s senior Marine instructors, said.

According to student Company Commander Audrey Gillcrist, while the top individual drill award went to Cadet Lance Cpl. Michael Nolen, and the overall drill meet winner was the Third Platoon, all the cadets got so much out the competition. After each inspection, the cohesive student groups would gather and compare their new “war stories.”

Retired Master Sgt. Brian Richardson, one of the school’s military instructors, said, “At a divisive time in our country’s political and social history, these cadets bond as a group that doesn’t see race, gender, or economic background – they see each other as part of their team, someone has their back and they have theirs. Barriers are broken down and cadets and community are built up.”

This year a mud crawl was added to the end of challenging physical fitness course. The cadets were mentally and physically depleted at that point, their commanders said, but the cadets knew they had to finish for the team. After a cadet finished, they were allowed to go back and encourage teammates by crawling through the mud with them to cheer them on or literally help pull their teammate through the mud.

“It’s hard to put together a better lesson than that on character and achieving success together,” Richardson said.

Submitted by Fallbrook High School Marine Corps JROTC.



From left, Cadet J. Joseph, Cadet Z. Trinidad, retired Lt. Col. William L. Wade, Cadet A. Lauser and Cadet A. Gilcrist pose for a photo with their plaque as finalists for the Marine Corps JROTC Academic Competition. Not pictured are Cadet J. Gates and Cadet T. Tait.



Marine Corps JROTC members of Fallbrook High School support each other through the mud crawl at the end of a challenging physical fitness course.



Cadet Willis undergoes inspections by an active duty drill instructor.



Cadet Ely Lindberg loves the challenge of the mud crawl.

Courtesy photo



Lance Cpl. Michael Nolen is the 2019 Top Individual Drill winner.



Cadet Caleb Battle helps other cadets cross the finish line.

SPORTS

Real men play senior softball



Fallbrook Senior Softball Dozers team batter Joe Kilroy takes a swing at a pitch during a game against the Mets at Ingold Sports Park, July 25.



Mets team infielder Don Gibson fields a ground ball and makes a throw out at second base.



Dozers team batter Charlie Biddle jokes with a Fallbrook Senior Softball player after getting a base hit.



Fallbrook Senior Softball Mets team pitcher Dave Duncan delivers a pitch.

Shane Gibson photos



Infielder Lance McCune fields the ball and throws to first base.



Fielder Gary George makes a basket catch during a Fallbrook Senior Softball game at Ingold Sports Park.



Mets team batter Ed Sandas hits the ball against the Dozers.

Daisycutter Handicap win helps Miller to share trainer lead after the first week of Del Mar

Joe Naiman
Village News Correspondent

After the first week of the Del Mar Thoroughbred Club summer meet, Peter Miller shared the trainer lead with three wins. Miller, Richard Baltas and Doug O'Neill each had three wins during the races between July 17 and July 21. Miller had the fewest starts among those three, sending eight horses to the gate and adding two second-place finishes and one third-place result to his victories. "We're happy with the start, and hopefully we can keep it up," Miller said. Del Mar had ten races on Opening Day, and Miller's horses finished first and second in the tenth race, July 17. Give Me the Lute had a winning time of 1:35.57 in the one-mile turf race for California-bred horses three years old and upward who had

not previously won a race and finished 2 1/4 lengths ahead of Unusually Handsome, who finished a neck in front of third-place Play Money. "It was great," Miller said of his horses finishing first and second in the same race on Opening Day. Give Me the Lute, a gelding foaled in February 2016, had finished second in his previous race June 15, at Santa Anita Park. The July 17 race was his fourth start. Unusually Handsome, a gelding foaled in March 2016, also had three previous races. "I thought they both had a big chance, so I wasn't surprised," Miller said of his horses finishing in the top two positions. The Daisycutter Handicap stakes race for fillies and mares 3-years-old and up took place, July 20. Miller trained Painting Corners, a 5-year-old mare foaled in Florida. Painting Corners

finished the five-furlong turf race in 56.21 seconds and beat second-place S Y Sky by three-quarters of a length. "It was great. Painting Corners is a really nice filly. She always tries, has a big heart," Miller said. The Daisycutter Handicap was the second career stakes win and seventh overall victory for Painting Corners, who has competed in 20 races during her career. Miller's other victory during the first week of the meet was in the first race July 19. El Tigre Terrible, a two-year-old gelding foaled in California, won the 5 1/2-furlong dirt race by a length over second-place Howbeit and had a winning time of 1:05.65. The race was the second career start for El Tigre Terrible, who finished fifth, May 17, at Santa Anita.



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FAST U16 water polo team 19th at Junior Olympics



A member of the FAST U16 Water Polo team rises up out of the water to take a shot during a game in the USA Water Polo National Junior Olympics, July 20-23.

Joe Naiman
Village News Correspondent

The Fallbrook Associated Swim Team’s under-16 water polo team placed 19th among the 62 Invitational division squads at the Junior Olympics tournament, July 20-23, in Orange County.

The FAST squad coached by Doug Pearce and Austan Farkas won four games and lost four matches at the tournament.

“We did well,” Farkas said. “I knew the kids were working hard, but I wasn’t expecting to do as well as we did. Even the games we lost it felt like we were in contention for all of those.”

FAST played in a regional qualifying tournament, June 17-23, and placed 13th among the 19 teams in the qualifying tournament. FAST had a 3-3 record at the qualifying tournament.

“They worked hard to win those games they won,” Pearce said. “I’m very proud that they were able to qualify.”

The top four teams at the qualifying tournament were in the Championship division for the Junior Olympics, the next four teams were in the Classic division, and five additional teams were in the Invitational division.

The lone 16-year-old on the FAST team was unable to play in the qualifying tournament.

“Basically we qualified for invitational and our team was all 15 and 14 year olds,” Pearce said. “We qualified with all underclassmen. All those teams we played, most of the starters are all 16.”

Including the 16-year-old FAST

had 14 players on the roster for the qualifying tournament.

During the qualifying tournament FAST lost 10-4 matches to Coastal Del Sur and to Del Mar B and a 9-4 contest to Southern.

“We were pretty much in every game until about halftime,” Pearce said. “The other teams picked up on what our weaknesses were and they pulled away.”

FAST also had 9-7 victories over Poway Valley and against Carlsbad C in the qualifying tournament. The other FAST win was a 23-2 triumph against Moonlight.

The qualification for the Junior Olympics was the first for a FAST boys water polo team.

“That’s pretty cool,” Farkas said.

The 16-year-old was available for the Junior Olympics tournament and was one of 13 FAST players to make the trip to Orange County.

FAST began Junior Olympics play with three July 20 games: an 8-7 loss to the Chelsea team from Connecticut, an 11-9 victory against San Jose, and an 8-6 triumph over the 46-241 team based in Los Angeles. Both of the July 21 FAST competitions were against Texas teams; Willow defeated FAST by a 9-5 score while the Fallbrook squad won an 11-3 game against Sharks. FAST lost two July 22 matches against Los Angeles teams; NCS prevailed in a 12-10 game and 680 was on the preferred end of the 13-7 final score. FAST closed out play July 23 and was victorious against Riverside in the 12-7 game.

“I’m proud of them,” Farkas said.



A FAST U16 Water Polo player looks for a pass to make during a game in the USA Water Polo National Junior Olympics.

Jason Martin photos



A member of the FAST U16 Water Polo team rises up out of the water to take a shot during a game in the USA Water Polo National Junior Olympics.



A FAST U16 Water Polo player takes a shot during a game in the USA Water Polo National Junior Olympics.



The goalie of the FAST U16 Water Polo makes a pass during the USA Water Polo National Junior Olympics.

Brother Benno’s first annual golf tournament to take place in September

CAMP PENDLETON – The first Brother Benno’s annual golf tournament at the Memorial Golf Course at U.S. Marine Corps Base Camp Pendleton will take place Sept. 26. Attendees do not have to be a professional golfer to join and enjoy the experience.

Those who do not play golf

are encouraged to consider a sponsorship or smaller donation or consider sponsoring a Marine to play. The Brother Benno Foundation’s mission is to support the working poor, the homeless, recovering substance abusers and the Marines.

More information about

the foundation can be found at brotherbenno.org. To join the tournament, visit www.brotherbenno.org/golf-2019. To be a sponsor or donor, contact Nita at auxiliary@brotherbenno.org.

Submitted by Brother Benno Foundation.

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BUSINESS

Brig. Gen. Daniel B. Conley assumes command of Marine Corps Installations West – Marine Corps Base Camp Pendleton

CAMP PENDLETON – Brig. Gen. Daniel B. Conley assumed command of Marine Corps Installations West - Marine Corps Base Camp Pendleton at the joint region and base headquarters building, July 22.

As both commander of the region and the base, he is now responsible for promoting the combat readiness of the operating forces as well as missions of other tenant commands by providing training opportunities, facilities, services and support responsive to the needs of Marines, Sailors, and their families. Marine Corps Installations West – Marine Corps Base Camp Pendleton is comprised of five Marine Corps bases and stations in the southwestern United States.

Conley is a native of Falmouth, Massachusetts, and was commissioned in 1988 following graduation from the U.S. Naval Academy. He is a graduate of the US Marine Corps Command and Staff College and has previously served as the commander of Marine Wing Support Squadron 274, Marine Wing Support Group 27, 3d Marine Logistics Group, Bagram Air Field and the Deputy Commander for U.S. National Support Element in Afghanistan.

For more information, contact Camp Pendleton Communication Strategy and Operations at pendletonmedia@usmc.mil.

Submitted by U.S. Marine Corps.



U.S. Marine Brig Gen. Daniel Conley, center, the new commanding general of Marine Corps Installations West, Marine Corps Base Camp Pendleton, signs a document for his assumption of command at the base headquarters building, July 22.

Courtesy photo

Stay mentally fresh during the workday

FALLBROOK – Energy levels tend to ebb and flow throughout a typical workday. A cup of coffee may provide some caffeine-infused spark in the morning, but a big lunch can squash energy later in the afternoon.

Waning mental sharpness as the workday progresses can compromise productivity, making it more difficult for workers to complete projects on time. That, in turn, can contribute to stress. In fact, in its “2017 Stress in America” survey, the American Psychological Association found that 58% of Americans say work is a significant source of stress.


Staying mentally fresh during a workday can pay a host of benefits, and the following are just a few ways to maintain mental focus until quitting time.

Exercise regularly. The physical benefits of routine exercise are well documented. But even the most ardent fitness enthusiasts may not realize just how big an impact physical activity is having on their brains. The Harvard Medical School notes that exercise stimulates regions of the brain that release a chemical called brain-derived neurotrophic factor which rewires memory circuits so they can function better. A stronger memory can help workers recall project details and deadlines more easily, even as the workday draws to a close.

Avoid the “quick fix.” Relying on a beverage or snack to provide a quick mental boost may end up compromising your mental sharpness. Foods and beverages that are high in sugar may provide an immediate energy boost, but that spike is almost instantly followed by a crash that can adversely affect your mental sharpness. Stick to healthy snacks, such as fruits and vegetables, and avoid late afternoon cups of coffee, which studies have shown make it harder to fall asleep at night, thereby compromising your energy levels the next day.

Take a walk outdoors. Spending some time outdoors during a lunch break, or even a quick, post-lunch stroll around the office grounds, can provide a break for the brain. That break can help the brain refocus, improving productivity as a result. One great way to get outdoors during busy workdays is to conduct meetings outside when the weather permits. This gives everyone a chance to recharge their brains in the great outdoors, and few people would prefer a dusty conference room to a nearby park or picnic area outdoors.

Various strategies can help working professionals maintain their mental sharpness throughout the workday.



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Fallbrook Chamber announces August events

FALLBROOK – The Fallbrook Chamber of Commerce is hold the following events:

Aug. 5 – First Monday Coffee at Chamber office; 8:30 a.m.

Aug. 5 – Code Compliance Presentation by San Diego County Code Enforcement; 9:15 a.m. at Chamber office

Aug. 8 – SunUpper at First Christian Church, corner of Mission Road and Fig Street; 8 a.m.

Aug. 8 – LinkedIn Seminar, free for Chamber members, at First Christian Church; 9:15 a.m.

Aug. 9 – Wine and A Bite Art Walk, downtown Fallbrook, 5-8 p.m.

Aug. 21 – SunDowner at Foundation for Senior Care; 5:30 p.m.

Aug. 23 – Women in Networking; 9:00 a.m. at Chamber office

Aug. 30 – Lunch Mob at Red Eye Saloon; noon

For more information, call the Fallbrook Chamber of Commerce at (760) 728-5845. Their office is located at 111 S. Main Ave.

Submitted by Fallbrook Chamber of Commerce.

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Prep time:
4 minutes

Cook time:
8 minutes

Ingredients:
1 8 oz. package turkey or veggie bacon
4 large eggs, lightly beaten
4 whole wheat English muffins, split
4 slices low-fat Cheddar or soy cheese
1 tomato, sliced (optional)
1/4 cup basil leaves, loosely packed (optional)
1 ripe, fresh avocado, halved, pitted, peeled and mashed

Instructions:
1. Place turkey bacon in a large nonstick skillet over medium-high heat. Cook, turning once, until nicely browned, about 4

minutes to make, courtesy of Fresh Avocados - Love One Today®.
Find more avocado recipes at <https://loveonetoday.com/>.
minutes. Transfer to a plate. Pour eggs into the same skillet and cook, lifting edge of egg from pan with a spatula and tilting so that uncooked egg runs underneath. When mostly set, flip over and cook another 30 seconds. Remove from heat.
2. Toast English muffins while still warm, place cheese on bottom half.
3. Add tomato and basil. Divide egg into 4 pieces and place on tomato. Top with turkey bacon and mashed avocado. Place remaining muffin half on top. Serve immediately.

Notes & Tips:
Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.



Photo - Courtesy of Fresh Avocados – Love One Today® (<https://loveonetoday.com/>)

Heart-Healthy Avocado Berry Breakfast Smoothie

This Love One Today fresh avocado recipe is another way to make the American Heart Association recommendations

part of your healthy lifestyle. A sweet berry packed smoothie (yes, avocados are a berry too!) that can be made in just 5 minutes, courtesy

of Fresh Avocados - Love One Today®.
Find more avocado recipes at <https://loveonetoday.com/>.

Recipe serving size: 3/4 cup (approximately)
Number of servings: 4

Ingredients:
1 ripe, fresh avocado, halved, pitted and peeled
1 (10-oz.) package frozen raspberries, fruit only, no added sugar
1 1/4 cups orange juice
1 cup ice cubes

Instructions:
1. Place avocado, raspberries, orange juice and ice in a blender. Cover and blend until smooth.
2. Pour into glasses and serve immediately.

Notes & Tips:
Frozen blueberries are a great substitute for raspberries.
Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.



Photo Courtesy of Fresh Avocados – Love One Today® (<https://loveonetoday.com/>)

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Wine Country Events Calendar

FRIDAY, AUGUST 2	
11 a.m. to 5 p.m.	Craft Faire, Maurice Car'rie Winery
1-2:30 p.m.	Behind the Scenes Wine Tour, South Coast Winery
3-5:30 p.m.	Happy Hour, Vineyard Rose, South Coast Winery
5-8 p.m.	Live Music, Brendan Croskerry, Cougar Vineyard and Winery
5-9 p.m.	Live Music, Masia de la Vinya
5:30-7:30 p.m.	Live Music, Dave Reynolds, Callaway Winery
6-9 p.m.	Live Music, Michael Edon, Avensole Winery
6-9 p.m.	Live Music, Walk it Down, Miramonte Winery
6-9 p.m.	Live Music, Lifetime Rocker, Lorimar Winery
6-9 p.m.	Live Music, Aaron Wolf, Lorimar Winery in Old Town
6-10 p.m.	Live Music, Mickie Arnett, Bel Vno Winery
SATURDAY, AUGUST 3	
11 a.m. to 5 p.m.	Craft Faire, Maurice Car'rie Winery
Noon to 4 p.m.	Live Music, Mickie Arnett Band, Bel Vno Winery
1-4 p.m.	Live Music, Sheila Sondergard, Avensole Winery
1-5 p.m.	Live Music, Jillian Calkins, Fazeli Cellars
3:30-5:30 p.m.	Happy Hour, Vineyard Rose, South Coast Winery
6-9 p.m.	Live Music, Rayford Bros, Miramonte Winery
6-9 p.m.	Live Music, Lauren Arasim, Avensole Winery
6-9 p.m.	Live Music, Old School, Lorimar Winery
6-9 p.m.	Live Music, Carlos Naranjo, Lorimar Winery in Old Town
6-10 p.m.	Adults-only Movie in the Vines, "Bohemian Rhapsody," Bel Vno Winery
SUNDAY, AUGUST 4	
11 a.m. to 2 p.m.	Brunch Specials at Meritage Restaurant, Callaway Winery
11 a.m. to 5 p.m.	Craft Faire, Maurice Car'rie Winery
11:30 a.m. to 2:30 p.m.	Dog Day Sundays, Carol's Restaurant at Baily Winery
Noon to 4 p.m.	Live Music, Roadhouse, Bel Vno Winery
1-4 p.m.	Live Music, Tom Bray, Europa Village
1-4 p.m.	Live Music, Michael LeClerc, Avensole Winery
1-5 p.m.	Live Music, Ben Bastick, Fazeli Cellars
2-5 p.m.	Live Music, Dylan Keawe, Cougar Vineyard and Winery
3-6 p.m.	Live Music, Taylor Kunysz, Lorimar Winery in Old Town
3:30-5:30 p.m.	Happy Hour, South Coast Winery
5-8 p.m.	Live Music, Mrs. Jones' Revenge, Lorimar Winery
6-10 p.m.	Rhythm on the Vine, Steve Oliver, Greg Manning and Darryl Williams, South Coast Winery

UPCOMING EVENTS:

Aug. 3 is the Zappos X ASICS Rosé 5k Race Admission at 7:30 a.m. at Maurice Car'rie Vineyard, 34225 Rancho California Road, in Temecula. Register at <https://lovehaterunning.com/events/8/registration> and find pick-up instructions on the event website at <https://lovehaterunning.com/events/8>.

Aug. 11 is Craft Night at Cougar Winery.

Aug. 23 is 80s Night at Bel Vno Winery from 6-10 p.m.

Aug. 26 is Movie in the Wines, "The Secret Life of Pets," at Lorimar Winery.

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The Alarm, Modern English



Mike Peters of The Alarm sings with the crowd during Harbour Production's Summer Concert Series featuring The Alarm, Modern English and Gene Loves Jezebel with Jay Aston Friday, July 25, at Wiens Family Cellars.



Mike Peters of The Alarm gestures to the crowd.

Monte De Oro's Polynesian Night and Luau this weekend



Monte De Oro is hosting the third annual Polynesian Night and Luau Saturday, Aug. 3.

Jeff Pack
Writer

According to Monte De Oro General Manager Ken Zignorski, it was staff members who had vacationed in Hawaii over the years that suggested they bring a Hawaiian tourist favorite to the winery.

"Their suggestion three years ago was, 'We should bring the luau experience to Temecula Valley Wine Country and Monte De Oro,'" Zignorski said. "That is how this event came about and evolved over time."

According to Zignorski, the win-

ery has partnered with Mehe'ula Music Productions to produce the performances, complete with Polynesian dancers, Tahitian drummers and five fire dancers. He said the show will also include an audience participation dance lesson and the show takes place on the winery's outdoor patio on a stage the circles the large patio water pool.

More than 80 tiki torches outline the stage and patio to give an authentic feel.

"The show is really good and while the dancers and drummers do a great job bringing the Polynesian relaxing experience to the stage,"

Zignorski said. "The fire dancers that conclude the show at the end really leave a great impression with our guests and that feeling of 'It was like we were there on the Islands.' They enjoy Monte De Oro's wines while having a relaxing, entertaining evening."

Zignorski said it is an event he looks forward to every year.

"Our guests get greeted with a Polynesian lei when they arrive and we look forward to their having fun enjoying the show and meal," he said. "We feature two large roasted pigs and a delicious meal along with Monte De Oro's award-winning wines."

"We also look forward to our guests participating in the dancing," he said.

Zignorski said it's a great opportunity for people to wear their Hawaiian shirts and have a great time, "while getting away from the day-to-day and feeling like they escaped to the Polynesian Islands."

The event will run from 7-10 p.m. Saturday, Aug. 3, at Monte De Oro Winery at 35820 Rancho California Road in Temecula.

Tickets are \$50 for members and \$60 general admission, includes the luau show, Polynesian buffet dinner and a glass of sangria, and are available at www.shop.montedeoro.com.

While children are allowed, Zignorski said the event is geared to adults.

Jeff Pack can be reached by email at jpack@reedermmedia.com.

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and Gene Loves Jezebel rock Wiens

Jeff Pack
Writer

Fans of 1980s new wave rock music streamed into Wiens Family Cellars Friday, July 25, to enjoy an evening of music from bands across the pond that included Gene Loves Jezebel with Jay Aston, Modern English and headliner, The Alarm. The concert was part of Wiens Family Cellars's Summer Concert Series produced by Harbour Productions and was held to benefit the Mt. San Jacinto College Foundation. The Alarm's appearance was part of the band's United States tour in support of its latest album, "Σ Sigma," and Mike Peters, James Stevenson, Smiley, Jules Peters, Craig Adams and Mark Taylor didn't disappoint. Peters was upfront and center for he performance as the focal point for the audience, which had overcome the early evening heat to get up and dance in front of the stage. The band ran through an impressive catalog of music, performing hit singles such as "Rain in the Summertime" and closing with the band's first major hit, "68 Guns." Modern English took the stage before The Alarm and performed a solid 40-plus minute set featuring hits like "Hands Across the Sea" and "I Melt with You."

Gene Loves Jezebel with Jay Aston opened the concert with hits like "Jealous," "Sweetest Thing" and "Desire (Come and Get It)." Just before The Alarm took the stage, Don Harbour from Harbour Productions took the stage and held auctions and announced the winner of the raffle of a guitar signed by all the members of each band that performed at the concert. Harbour Productions will next present the Fixx Aug. 23, and Warrant, Midnight Satellites with Kodi Lee and Garage Sale Monsters Sept. 6, at Wiens Family Cellars. For ticket information, visit www.harbourproductions.live. Jeff Pack can be reached by email at jpack@reedermedia.com.



Jay Aston of Gene Loves Jezebel with Jay Aston sings the band's popular track, "Desire."



Robbie Grey of Modern English sings during their set.



Modern English performs "I'll Melt With You" for the audience.
Jeff Pack photos



More than 500 people turned out for the Summer Concert Series at Wiens Family Cellars.



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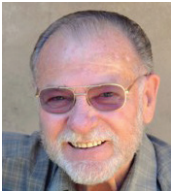
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