Fallbrook & Bonsall



Homeless to hopeful **B-3**

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Volume 30, Issue 26

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How to prevent mail theft at home and

at the post

June 27, 2019

Maggie Schmutz

Writer Intern

office

Theft from mailboxes has become more of an issue in Fallbrook recently, and it's not limited to the personal mailboxes in front of homes.

Steven Hegg, a Fallbrook resident, dropped off two envelopes with checks in them in the blue drive-up mailboxes in front of the Fallbrook post office, April 10. One of the checks was supposed to go to the IRS, the other to a local vendor. After noticing the checks hadn't been cashed, he contacted the local vendor and found out they had never received the check. He was able to stop that check, but the check to the IRS was cashed. He thought nothing of it, assuming that the IRS had received his check.

They did not, and about 30 days later, Hegg received a letter from the IRS saying that he had never paid his taxes.

After checking with the bank, Hegg realized that while the check was cashed, it wasn't to the IRS.

"It had been washed, or whatever they call it, and some guy's name was on it, and he cashed it," Hegg said.

see THEFT, page A-6

thisweek

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VILLAGE NEWS



Jury recommends death penalty for Merritt

Jury says Merritt should be put to death for three of four murders of McStay family



Charles "Chase" Merritt bows his head as he was sentenced Monday, June 24, to the death penalty on three of the four counts of murdering the McStay family of Fallbrook in 2010.

Jeff Pack Writer

A San Bernardino County jury of 12 people recommended a sentence of death for Charles "Chase" Merritt Monday, June 24, in counts two, three and four, but life in prison without the possibility of parole on count one exactly two weeks since they found him guilty of murdering Fallbrook's McStay family with special circumstances

on all counts. The jury recommended Merritt be put to death for the murders of Summer McStay and her two young sons, but recommended life in prison without parole for the murder of Joseph McStay.

Merritt will be formally sentenced Sept. 27.

Merritt's head dropped as the decisions were read by the court clerk.

"This now finally does conclude your service in this case," Superior Court Judge Michael A. Smith said the jurors. "I really do appreciate your dedication to this case."

It is almost certain that Merritt and his defense team will appeal the quadruple murder conviction.

The penalty phase in the trial of Chase Merritt began Tuesday, June 11, just a day after Merritt was found guilty.

"Those are the voices that you

did not get to hear from," San Bernardino County Prosecutor Melissa Rodriguez told the jurors, showing them a video of the McStay boys during opening statements. "At the end of the evidence, in this case, the people believe that there is one penalty in this case that is appropriate – and that is the death penalty."

The defense team chose not to present an opening statement or call any witnesses.

The state first called Joseph McStay's mother, Susan Blake, then brother, Michael, then Summer McStay's brother, Kenneth Aranda via Skype from Hawaii, and her sister, Tracy

Law and Crime Network photo

Russell via Skype from Greece. "When a family of four vanishes off the face of the earth, when a family of four is murdered, it tears a hole into the fabric of society," San Bernardino County Supervising Deputy District Attorney Britt Imes said during closing arguments. "It tears a hole that must be mended so that the families and society can move forward knowing that there was some resolution to why they were brutally murdered.

"In the totality of the evidence you saw, justifies only one verdict and that is death. The death

see JURY, page A-9

Homeless advocacy, something to talk about principal resigns



Kevin, right, visits with his high school buddy Blaine Christine Eastman photo Vice, center, and street buddy Terry.

Christine Eastman Special to Village News

The Fallbrook Homeless Advocacy group, led by Brad Fox and eight local churches, hosts outreach events once a month.

Blaine Vice, a local business owner and member of Fallbrook Homeless Advocacy, said that one of Fallbrook's homeless men, "Kevin," is off the streets. He's clean and sober, getting the medical treatment he needs to work again and living with friends in Carlsbad. And he has a room with his name on it at a transitional home come Sept. 1.

Vice attended Fallbrook High School with "Kevin" 38 years ago, and they were good friends but lost touch after they graduated and their lives took different paths, he said. Fast forward to 2018. Vice bought sandwiches for a couple of homeless men sitting on the Promenade. He shook their hands and introduced himself.

Vice said he was shocked to realize one of them was Kevin. He, like many people experiencing homelessness, has a story peppered with bad luck and bad choices, but after reconnecting with Vice, Kevin began regularly attending Fallbrook Homeless Advocacy's outreach events. He would talk, listen, make small steps to recovery

see **HOMELESS**, page A-10

Fallbrook High



David Farkas, Ph.D., seen here presiding over the class of 2019 graduation ceremonies at Fallbrook Union High School earlier this month, announced he would be resigning his position at the school last week.

Jeff Pack Writer

Fallbrook High School parents and stakeholders received an email Tuesday, June 18, indicating that school principal, David Farkas, Ph.D., could be resigning.

"I want you to know that I am in the process of accepting a promotion and will most likely not be returning to our wonderful school," Farkas said in the release. "It is not easy for me to say goodbye because Fallbrook is such a special place. This new opportunity presented to me is one

that doesn't come along too often, so I need to pursue it.'

By Wednesday, June 19, Fallbrook Union High School District made it official, saying Farkas was indeed leaving the school.

The news comes at a strange time for the FUHSD as newly hired Ilsa Garza-Gonzalez won't start her first day on the job until

Stephen B. Halfaker, Ed.D., interim superintendent for the Fallbrook Union High School

see **RESIGNS**, page A-8

ANNOUNCEMENTS

Holy Spirit Healing Ministry now has a Facebook page

FALLBROOK - The Holy Spirit Healing Ministry announced it has a Facebook page. It is listed under groups as "Holy Spirit Healing Ministries."

On the new Facebook page, visitors will find a video that gives them a tour of the ministry and an idea of what to expect. In other posts, they will find some information with Bible verses on combating things like depression and fear.

The Holy Spirit Healing Ministry is open every Saturday from 10 a.m. to 12:30 p.m. at 300 N. Brandon St., Suite 22, in Old Town Fallbrook. It will be closed on the Fourth of July weekend.

The group offers individual private prayer, the opportunity to ask questions and receive a blessing, free of cost. It is a division of the Unforgotten Faces Charity and a nondenominational organization of trained Christians called to assist churches by providing prayer for those in need.

For more information, call Maureen at (760) 521-5617.

Submitted by The Holy Spirit Healing Ministry.

Fallbrook Woman's Club ends year with performing arts



Phyllis Sweeney, left, accepts a donation on behalf of the Fallbrook Senior Center Home Meal Delivery Program, presented by Diane Jansen, Fallbrook Woman's Club president.

Courtesy photos

annual auction must not bid on anything that they cannot pay for the night of the auction. No exceptions. The evening will feature a potluck so attendees should bring a dish that can feed 8 to 10 people. Main dishes appreciated more than desserts. A rotisserie chicken or pizza goes farther than cupcakes. Vista, July 6 at 5:30 p.m. For more information, go to www.ncabirdclub.com.

North County Aviculturists to hold

VISTA - North County Aviculturists, a club for pet bird owners and breeders, presents their third annual auction of scarlet chested parakeets, Lady Gouldian finches, cockatiels, Indian ringneck parakeets and much more at the Vista Masonic Center, 761 Eucalyptus Ave., in

Bidding is open to the public. Attendees are invited to come early enough to register and get a number assigned. Attendees

Submitted by North County Aviculturists.

> InnerDancers Performing Arts Troupe includes, from left, back row, Annette Augustine, Taylor Vesco, Caroline Bossmeyer, Angie Dunais, Michael Dunais; middle row, Lauren Kardos and Vera Petric; front row, Laura Schaeffer. FALLBROOK - The Fallbrook

Woman's Club held their final meeting for the season, June 11. This year, the club president's special project was dedicated to support the Fallbrook Senior Center Home Meal Delivery Program. Diane Jansen, the 2018-2019 club president, presented a check to Phyllis Sweeney in support of this project; monies raised came from the monthly birthday raffles.

The Fallbrook Woman's Club enjoyed entertained by the InnerDancers Performing Arts, led by Caroline Bossmeyer. InnerDancers Performing Arts is an inclusive discovery and experience for children, teens and adults with and without developmental disabilities.

The group, being energetic and lively, entertained the women with five songs, the finale being "The Hokey Pokey" which got many of the ladies on their feet as they joined the dancers.

The Fallbrook Woman's Club meetings are held the second Tuesday of each month except July and August, at 11 a.m., at its clubhouse, 238 W. Mission Road. For additional information, visit www.fallbrookwomansclub.org.

Submitted by the Fallbrook Woman's Club.



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Time to save.

Democratic club to hold July 4th potluck

FALLBROOK – The Fallbrook Democratic Club will hold a Fourth of July Potluck Dinner for its members Thursday, July 4, at Hilltop Center, 331 E. Elder St., from 6:30-8:30 p.m.

The club will provide barbecue chicken for everyone. Attendees are asked to bring a dish to share and their own drinks. Those whose last name starts with A thru M are asked to bring a salad or side dish and those name starts with N thru Z, a dessert.

So they have an idea of how many people to expect, RSVP on the club's Facebook event RSVP or send an email to Tom Frew, presidentfallbrookdc@gmail.com.

In addition to regular meetings on the first Thursday of each month, the club holds casual coffee meetings on the third Wednesday of each month at 8 a.m. at the Fallbrook Coffee Company, 622 S. Mission Road. Interested persons are welcome.

For more information, visit www.fallbrookdemocrats.org.

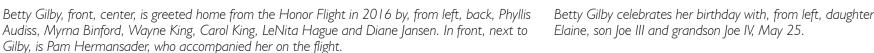
Submitted by Fallbrook Democratic Club.

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LOCAL

Local WWII veteran celebrates 100th birthday







Courtesy photos

Phyliss Audiss

Special to the Village News

Elizabeth Janet Stutheit was born May 31, 1919, in Nebraska. Recently, Betty Gilby celebrated her 100th birthday with an open house held at the Fallbrook Woman's clubhouse, May 25. She said she was thrilled to greet around 70 guests who came to help her observe the significant day.

She saw 19 family members travel from across the United States. A few came from California but most of them traveled from other states - Arkansas, Colorado, Maryland, Michigan, Minnesota, Pennsylvania and South Carolina. There was also one relative who came all the way from France.

Food was provided by Cafe des Artistes. For entertainment,



13-year-old great-granddaughter Alexis Gilby played the ukulele and sang "Cut My Lip" by Twenty One Pilots, and Bob Freaney played several selections on the piano.

Betty Gilby grew up in a rural community. After receiving a master's degree in nutrition from the University of Iowa, she received her first professional position as a therapeutic dietitian at Doctor's Hospital in the District of Columbia. It was there that she first considered enlisting in the

Her family for several generations had all served in wars from the Revolutionary War, the War of 1812 and the Civil War, to World War I. So Betty said she felt it was her duty to serve. She served as a second lieutenant as a dietitian and was soon sent to North Africa, Aug. 20, 1943.

In early 1944, Gilby was reassigned to the 56th Evacuation Hospital in Italy. In 2017, she wrote and published a book of her Army experiences in the 5th Army in Italy. In September 2017, she participated in the San Diego Honor Flight to visit the memorials in Washington.

The army gave Gilby additional education from which she hoped to earn a doctorate. While studying at the University of Chicago, she met her future husband, Joseph Gilby Jr. He had also been in the Army and had been a prisoner of war in Germany. The doctorate was put on hold when Betty and Joe Gilby decided to get married.

After they were married, they

had four children, Beverly, Joanne, Elaine and Joe Gilby III. During the early years of their marriage, Betty Gilby continued to work as a dietician, before teaching elementary school and pursuing research projects, while Joe Gilby worked as a certified public accountant. They both enjoyed

playing bridge. Joe Gilby died in 1999, shortly after the couple moved to Fallbrook.

Betty Gilby continued to enjoy painting and winning prizes, collecting antiques and restoring historical places. She also enjoys opera and other productions that she was introduced to during her war years.

Although she has slowed down a little bit, she remains active in the Veterans of Foreign Wars Post 1924, Fallbrook Woman's Club book club and writing group, Fallbrook Encore Club and American Association of University Women.

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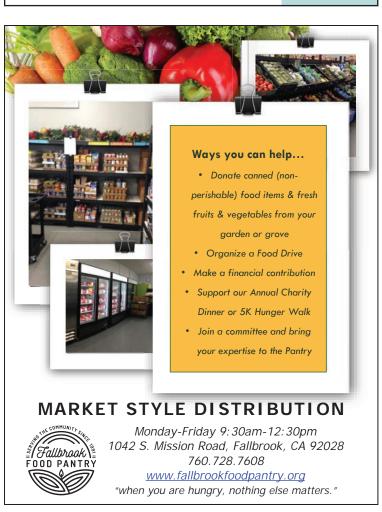
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A_4

National Charity League, San Luis Rey chapter hosts awards and senior recognition



The National Charity League Inc., San Luis Rey chapter, class of 2019 includes, from left, Amy Mullin, Cheyenne Laurance, Skyler Traut, Maddison Weber, Katie Kehl, Imogen Issac, Y'lan Milton, Cassidy Tucker, Salina Eustaquio, Ariana Arias, Adriana Little, Natalia Toliver, Phoebe Anderson and Aslinn Pregler.

Courtesy photo

FALLBROOK – National Charity League Inc., San Luis Rey chapter, hosted its annual "Awards and Senior Recognition"



at the Grand Tradition Estate and Gardens. NCL is a mother-daughter philanthropic organization that provides hands-on volunteer service in the community. The event included dinner, an awards presentation, a fashion show and dancing.

The evening began with award chairpersons Brenda Haughey and Katie Draves congratulating the members for their time volunteering in the community. This year, National Charity League San Luis Rey chapter donated 2,972.5 philanthropic hours. The Senior Service Award for the highest number of cumulative

hours was presented to Katie Kehl. The Merci Award for the most philanthropic hours for this year was given to Cheyenne Laurance. The NCL Spirit award was presented to Adriana Little. The Ann Daniel Award for the Provisional member earning the most philanthropic hours was given to Melinda Collier. The Donna Domanski Award, given to the Patroness earning the most philanthropic hours, was presented to Kristi Kehl. The Mary Bell Award given to the Ticktocker with the highest on-site hours was Lucy Powell.

The theme for the evening was

"Destinations." Each table was decorated with flowers and other travel inspired items according to a future destination for the 14 graduating Senior Ticktockers. Each table also had blue napkins and bows to coordinate with the Senior Ticktockers Modelette show. Modelette consultant Git Boddaert advised the girls on dress, posture, etiquette, and expectations for professional attire and behavior in the business world. Their Modelette show consisted of three destination themed outfits: "Out Of The Blue," a semi-formal blue dress; "Mapping Out Our Future," an outfit according to their plans for next year; and "Adventures Abroad," an outfit based on their

personal destination.

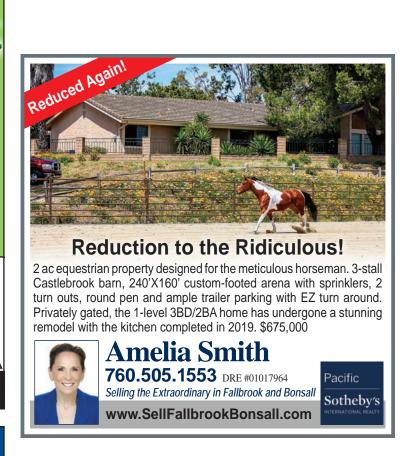
Senior Recognition chair Heather Brown and Honorary Mistress of Ceremonies Carolyn Prahm presented the Senior Ticktockers as the culminating event for NCL members who have volunteered with their mothers for six years. This portion of the evening is sometimes referred to as "Senior Presents." The Senior Ticktockers were presented in formal white dresses to the membership and guests. They completed the evening by sharing their most treasured memories in a video presentation and dancing. For more information about National Charity League, please visit https:// www.nationalcharityleague.org/

Submitted by National Charity League Inc., San Luis Rey chapter.

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OPINION

Science works for our growers



Assemblymember Marie Waldron

Special to Valley News

The spotted lantern fly, a Chinese pest first detected in Pennsylvania, is headed to California. It attacks many crops, including wine grapes and avocados.

To combat this major threat to the local economy, the California Department of Food and Agriculture granted the Center for Invasive Species Research at University of California Riverside, directed by Mark Hoddle, \$544,000 to test how a parasitic wasp, also from China, might be used to control the fly. The wasp lays its eggs inside the lantern fly's eggs and wasp larvae then eats and kills the host. According to Hoddle, testing on the wasp will take about three years to eliminate any possibility that the wasp might harm the wrong targets.

"We hope to be ready to release

SACRAMENTO - Water

legislation introduced in the

U.S. Senate June 20 recognizes

the continued crisis facing water

reliability in the West, according

to the California Farm Bureau

CFBF endorsed the Drought

Resiliency and Water Supply

Infrastructure Act by Sen. Dianne

Feinstein, D-Calif., who introduced

the bipartisan legislation along with

Sens. Cory Gardner, R-Colo., Martha

McSally, R-Ariz., and Kyrsten

The bill would authorize federal

funding for new storage, recycling

and desalination projects; create

a loan program for water supply

projects; enhance forest restoration

and other activities to benefit

water supply or quality; and take

additional steps to encourage water

for her ongoing efforts to improve

the water outlook in California

and throughout the West," CFBF

President Jamie Johansson said.

"We thank Senator Feinstein

Federation.

Sinema, D-Ariz.

development.

Farm Bureau endorses Senate water legislation

these wasps immediately when the spotted lantern fly shows up, giving us a really strong head start on the invasion," Hoddle said.

According to Rachael Scott Johnson, Riverside County Farm Bureau executive director, said, 'We have a lot of experience dealing with invasive pests, and fortunately the partnership with the University of California system provides us with the expertise to try and stay on top of potential new pest infestations.'

It is fortunate since San Diego and Riverside Counties are both major producers of grapes and avocados. Temecula Valley vineyards cover over 2,400 acres, and San Diego County vintners harvested 1,210 acres in 2017. As for avocados, Riverside County's crop was valued at just under \$40 million in 2017, while San Diego County, the nation's largest avocado producer, generated a crop worth over \$122 million.

University of California Riverside's proactive efforts to support agriculture are remarkable. Their foresight will help ensure that California remains the breadbasket

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.

"In this decade alone, California

has experienced severe drought and

torrential rainfall, and experts believe

that may be the future trend for our

state. That means we must improve

investment in water projects to

Johansson said the bill would make

capture water when it's available."

investments in water infrastructure

more attractive and affordable for

state, regional and local agencies,

and also welcomed provisions

authorizing federal participation

in forest, meadow and watershed-

the quality, timing and other aspects

of water than runs off into surface

or groundwater facilities," he said.

"Federal forestland must be actively

managed for public safety, the

Federation works to protect family

farms and ranches on behalf of

nearly 36,000 members statewide

and as part of a nationwide network of nearly 5.6 million Farm Bureau

The California Farm Bureau

environment and water supply.

Watershed restoration improves

restoration activities.

Fallbrook is blessed

I live in one of the charming little areas of Fallbrook.

Early one wet morning, I walked down our long driveway to the gate to collect the San Diego newspaper, which is delivered outside the entrance gate quite early.

The paper had been left outside the gate, which is kept closed at all times and needs an opener, which I used. I picked up the paper, came back inside, closed the gate and returned to the house to find that my house key would not open the door, leaving me stranded outside my house.

I have a Life Alert alarm button, which I wear on a string around my neck. I thought if I pressed the button they would call me. I heard

the phone ringing from outside. I kept pressing the button knowing that the good people from Life Alert were there and would send the Fire Brigade (fire department.)

I am 86 years old and need much help. Recently, I had installed a Knox Box to bring help at all times. And, sure enough, the Fire Brigade arrived quickly and were able to provide the help needed. I asked if they would allow me to give a little thanks to the Lord, which they accepted.

Thank you, Lord, thank you to the Fallbrook Fire Brigade and thank you to the good people of Life Alert.

Jennifer Huggel

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EVENTS CALENDAR

June 29 – 9-11 a.m. – Keeping Fallbrook Litter Free Group Cleanup will be held at Don Dussault Park,

832 Alturas Road. All ages welcome. **July 20** – 10 a.m. to 4 p.m. – Friends of the Fallbrook Library Bottomshelf Bookstore is holding its quarterly special fundraiser. All gently used books, audio and video donations will be priced at half their normal low price. Proceeds go to the Friends of the Fallbrook Library to be used for programs presented by the library for the benefit of all. For more information, call (760) 451-9606 or visit www. FallbrookLibraryFriends.org.

July 27 – 9-11 a.m. – Keeping Fallbrook Litter Free Group Cleanup will be held at the Santa Margarita River Trail, meeting at the small parking lot off Sandia Creek. Directions: from Fallbrook take DeLuz Road north to Sandia Creek, continue on Sandia Creek. The parking lot is on the right, before Rock Mountain Road. All ages welcome.

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 Road. To register, call (760) 723-7570.

Aug. 2 - 5 p.m. to sunset -Fallbrook Summer Nights holds "National Night Out" at Main Avenue and Alvarado Street, a downtown Fallbrook block party with live music, children's zone, food, classic cars, beer and wine garden. Admission is free and sponsored by Fallbrook Village

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 Avenue and Alvarado Street, a downtown Fallbrook block party with live music, children's zone, food, classic cars, beer and wine garden. Admission is free and sponsored by Fallbrook Village Association.

Aug. 24 – 9-11 a.m. – Keeping Fallbrook Litter Free Group Cleanup will be held at Ingolds Sports Park, 2551 Olive Hill. All ages are 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 Road. To register, call (760) 723-7570.

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. The seminar is free of charge, and lunch will be provided. Register at www.SCInstitute.org/FSC or call (760) 723-7570.

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VILLAGE NEWS IS ADJUDICATED

Village News has been granted by the courts of San Diego County the right of adjudication legal No. GIN013243. We can accept legal notices for publication.

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> Fallbrook/Bonsall Village News Published weekly Periodical postage paid at 111 W. Alvarado St Fallbrook, CA 92028 Phone (760) 723-7319

Fax (760) 723-9606 ISSN# 153-35-208 USPS# 019-456 Postmaster send postal change of address to 111 W. Alvarado St Fallbrook, CA 92028 Village News E-mail

villageeditor@reedermedia.com circulation@reedermedia.com sales@reedermedia.com





European & İmport Autos



Take the county library's Summer Challenge

Katie White

County of San Diego Communications Office

The official season is just beginning, but summer is in full swing at San Diego County Library. County residents of all ages are encouraged to sign up for the Summer Challenge, which allows participants to earn prizes for completing activities. Qualifying activities include reading, attending a library program and using one of the library's databases. Sign up online, http://sdcl.readsquared.com/, or at any county library branch or bookmobile.

The theme of this year's Summer Challenge is "Read, Learn, Create," and all 33 county library branches are hosting fun activities through Aug. 31 to celebrate. The Fallbrook branch library is at 124 S. Mission Road.

"Even though the program is open to county residents of all ages, the primary goal of the Summer Challenge is to encourage kids and teens to read during their long break from school," Jodi de la Pena, San Diego County Library's Youth Services manager, said. "Research shows that reading during the summer prevents what's called 'the summer slide,' the tendency for students to lose some of the achievements they gained during the school year."

While visiting the library is always fun, those interested in participating in the Summer Challenge don't even have to set foot inside a brick-and-mortar branch to join in the fun. If residents do not have a library card, they can sign up for an instant digital card, allowing them access to the library's collection of 125,000 e-books and audiobooks from the comfort of their home. All they need is a cellphone number with a billing ZIP code in San Diego County.

To sweeten the deal, the library is offering select e-book titles without wait times this summer. Three different best-sellers will be available each week: one for children, one for teens and one for adults. Eligible titles will change every Monday through August and are checked out to borrowers for 14 days. The library's e-collection is available via the library's online Overdrive platform, https://sdcl.overdrive. com/, or by downloading the Libby app and connecting to San Diego County Library.

For branch locations and a complete list of summer library events, visit www.sdcl.org.



San Diego County Library is offering a Summer Challenge of fun activities at all 33 branch libraries.

THEFT from page A-1

He took the issue to his bank, the post office and the San Diego Sheriff's Department.

"The sheriff's deputy told me that it's been an issue for a little while here in Fallbrook," Hegg said.

Hegg doesn't know exactly what happened but said that the Sheriff's Department told him that the post office would handle the investigation.

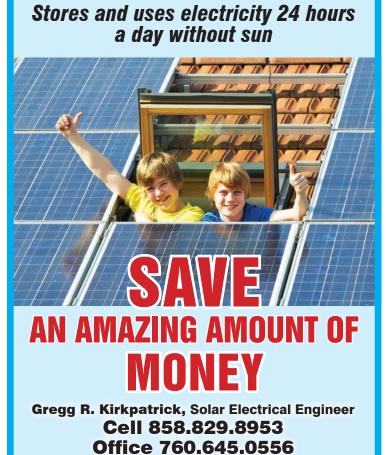
"It had to have disappeared between six in the morning and 12 when they pick up the mail,"

In the future, Hegg said he will be doing a few key things differently to prevent this from happening again.

"I just wrote out IRS, which I've done for years, but from now on it will be completely across the page, and I will no longer be depositing in the mailboxes outside of the post office. I'll just walk it in," Hegg said. "If you're going to mail something at the post office, walk



When depositing mail at the post office, make sure not to leave the mail in the collection box after the last time of pick up, and try to deposit mail as close to the pick up times as possible.



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A secure mailbox with a lock, like the one on the left, makes it much more difficult for thieves to steal mail.

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wouldn't put it in the drive-thru thing. It's a lesson learned, believe me.' The sheriff's department has

also shared some tips and tricks to prevent mail theft.

When dropping off mail in the blue collection boxes at the post office, like the ones in the drivethru area, make sure to read the pick up schedule. Make sure not to leave the mail in the collection box after the last time of pick up and try to deposit mail as close to the pick up times as possible. Residents should also report any sticky substance on a collection box to the post office or call their hotline at (877) 876-2455.

To prevent mail theft from a personal mailbox, make sure to retrieve the mail as soon as possible. If someone knows they're going out of town, arrange for the post office to hold the mail.

Residents may also want to consider switching to a security mailbox that is more difficult to break into and setting up motion chimes that can let them know

when activity is occurring at the

mailbox. Chimes and cameras can allow residents to retrieve mail as soon as possible or let them know if anyone is tampering with the mailbox. Cameras can also provide recordings if someone does steal the mail, which makes it possible to catch thieves in the act. Positioning the mailbox in a visible and well-lit area may also reduce the chances of mail theft.

The sheriff's department also recommends that residents reduce the amount of mail they receive that contains checks or any other financial or identity information. Consider switching to email for anything that relates to financial or identity information.

If someone notices any suspicious activity near a blue collection box or any mailbox, make sure to report it to the sheriff's department. Call 911 if there's an emergency or suspected crime in progress or call the sheriff's non-emergency line at (760) 728-1113.

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Chris, Kim & Sam Murphy









Benjamin, under direction from Hayden Perrine (KG6YVD), makes radio contact to a distant location in North America during the Fallbrook Amateur Radio Club's 2019 Field Day, June 22.





Krissy Perrine (KR6SSY) participates in this year's Radio Day with her son, Ben Powers, who is not licensed but enjoyed the experience so much that that may change by next year.



Radio club members Dave Hunta (N6EEG) and Forrest Turner (KK6BYR) operate a 40 Meter station after dark during the 2019 Radio Day at Frazier Elementary School.

Courtesy photos

[left] Radio club members Krissy Perrine (KR6SSY), left, and Linda Costello (KM6QBD) operate a 20 Meter station; the computer is used for logging contacts.

RESIGNS

from page A-1

District, confirmed in an emailed statement that Farkas was leaving.

"Dr. Dave Farkas, the principal of Fallbrook High School, announced Wednesday that he has accepted a promotional opportunity in the San Ysidro Union School District as their executive director of human resources," Halfaker said. "Dave was integral in bringing the International Baccalaureate program to Fallbrook High School, which was authorized as a candidate school last year and is awaiting an authorization visit to become an IB World School that complements the AP and college prep programs. He has also been successful in providing site leadership for expanding opportunities in Career Technical Education, band and the large Ag programs; and he led the effort to secure the maximum six-year Western Association of Schools and Colleges accreditation.

"Dave's belief in teamwork and his professional communication

style will be missed," he said.

According to Halfaker, the district would be posting the job opening as quickly as possible in order to get the most qualified candidates available in for interviews.

The email from Farkas started

off innocently enough.

"As we begin to enjoy summer, I want to thank you all for your dedication to Fallbrook High School," he said in this email.

"FHS is a wonderful school with so many incredible students, families and staff members, as well as tremendous programs. All of which makes this message

incredibly difficult for me."

He went on to say that he thought the school was in capable hands and heading in the right direction.

"The future at Fallbrook High School looks so bright, and I will be staying connected to watch all the great things happening in the near future," he wrote. "This is incredibly difficult for me because of all the special relationships I have been privileged to develop. Keep striving to improve and always work together. Know that I will always have a special place in my heart for the WARRIORS."

He has not responded to requests for comment by the Village News.

Farkas assumed the job in late 2017 replacing embattled principal Larry Boone, who abruptly submitted his resignation Nov. 8, 2017, citing "urgent personal matters."

Boone had held the principal position since July 2015.

Farkas beat out 20 applicants for the position and came to Fallbrook High from the Hemet Unified School District, where he spent 12 years in administration, including nine years as a principal.

Farkas served as principal of Cottonwood School (K-8) from July 2008 to June 2013 before being named principal of Hamilton High School in July 2013.

Farkas left the principal post at Hamilton during the holiday break when he landed the job at Fallbrook.

"It's a new challenge for me," Farkas said of his new job at the time. "I was at a smaller school so it's exciting to have a bigger school and a new challenge."

At the time, in an interview with the Village News, Farkas assured faculty and students that he would be staying at Fallbrook High for quite a while.

"This isn't another piece of a resume that has some other career goal," Farkas said. "I'm excited about where we are and where we're going, including seeing the school succeed in every way, whether it's student interactions and culture, and, again, those assessment points like our state testing, our graduation rates, everything that goes with SATs

and college entry."

However, Farkas is now leaving the school which was recently approved as a candidate to become an International Baccalaureate program. In March, the FUHSD board unanimously approved moving forward with the process of qualifying to add the program.

While authorization may still be a ways off, students will start to see the impact of IB as early as next year, with the launch of the "Fallbrook Global Village."

The global village will offer ninth and 10th grade courses

taught by IB-trained teachers with the goal to prepare students for the IB diploma and career-related programs in their 11th and 12th years.

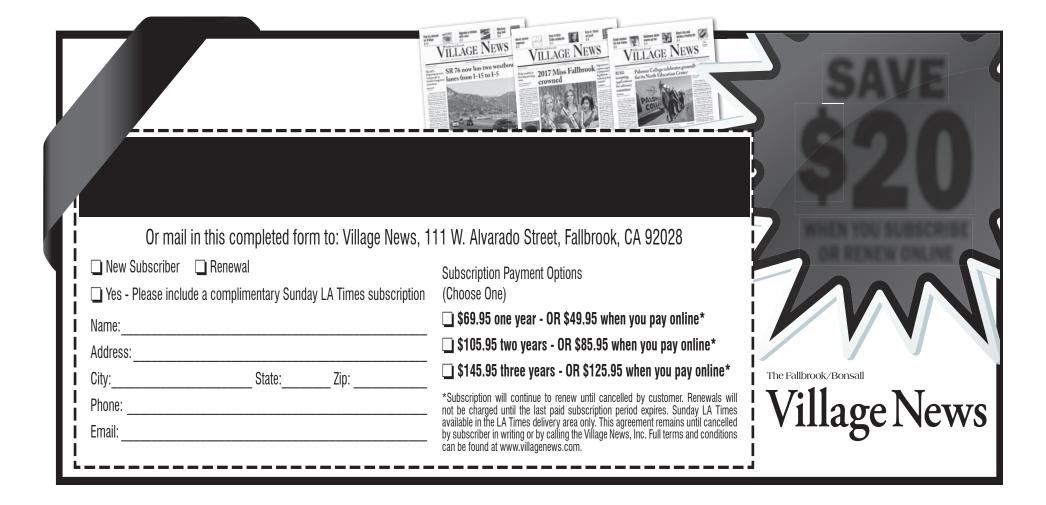
Fallbrook's hope is to have next year's ninth-graders in the Global Village become the first class for IB if the authorization process is successful and completed on time.

The IB program aims to develop students who have excellent breadth and depth of knowledge as well as students who flourish physically, intellectually, emotionally and ethically.

"We expect to have 150 entering the Global Village as freshman next year," Farkas at the time. "These students will then begin to prepare to take IB classes when they become juniors. In a few years, I expect FHS to have an enrollment of over 2,100 students and over 400 in the IB program."

Village News correspondents contributed to this report.

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



JURY from page A-1

penalty is an appropriate sentence punishment for this defendant. The gravity of the offense so substantially outweighs any possible mitigation, any possible mercy you could show him, that the only true and just outcome is death," Imes said.

Imes turned the floor over to Deputy District Attorney Sean Daugherty who attempted to tear down Merritt's defense team's closing arguments.

"Now, we don't get an opportunity for rebuttal," Daugherty said. "What you're likely to hear (from the defense) is a lot of discussion about lingering doubt. What you're likely to hear is, 'Hey, we agree, Joe is a great guy, nothing bad we can say about him. But you know what, each of you got it wrong.' They may not say that in those words, but that's what they're going to say.

"Each of you who sat through this trial, five months, give or take, of evidence. Who deliberated, considered, compared and contrasted that evidence, and reached a decision beyond a reasonable doubt that he murdered four people. Make no mistake about it, no matter what language is used, they're saying you got it wrong. That's what that lingering doubt is.

"Each of you has done your job, and it's offensive the attention you've paid in this case. What you've invested in this case, the time you've spent back there deliberating and deciding this case.

"That's what's really being said - 'You got it wrong. What if you got it wrong?' - each you know beyond a reasonable doubt, that's the murderer," Daugherty said.

During closing arguments, that's exactly what defense attorney Rajan Maline presented to the jurors by appealing to the possibility of any jurors holding onto any lingering doubts.

Maline sympathized with the amount of time and effort the jurors put into the trial.

"But we can disagree," Maline said. "It doesn't mean I don't respect you, it doesn't mean I don't appreciate you, but we can disagree.

"And because we can disagree, there is this concept called lingering doubt. But lingering doubt isn't just there to say you got it wrong, or you are mistaken. Lingering doubt is a concept that is used because of the nature of trials and the nature of deliberations," he said.

Maline said that deliberations in a trial are a collaborative effort.

"Whenever there's a collaborative effort, some people may be more assertive, and some people may not be. Some people may have a personality that says

'I'm afraid to speak out or I may not be as smart as them. Or they sure as heck know what they're talking about, I don't want to say anything.' So people sometimes in the collaborative effort remain quiet, but they sometimes have their own opinion," he said.

Maline went on to attempt to reinforce the defense's opinion that the prosecution presented a very weak case and told the jury that they will be able to go back and watch the trial on the Law and Crime Network, which broadcasted nearly all of the trial.

"You're going to see that these prosecutors sold you a bill of goods," Maline said. "You're going to see that this family is not getting justice."

After instructions from Judge Smith, the jury then went into deliberations, two days and four and a half hours later, the jury returned with a decision.

Merritt was found guilty of bludgeoning to death Joseph and Summer McStay and the couple's young sons - 4-year-old Gianni and 3-year-old Joseph Jr. – in 2010 and burying their bodies in a San Bernardino desert.

The family's remains were found buried in shallow graves by a motorcyclist three years later and Merritt was arrested by San Bernardino County Sheriff's Detectives a year later in 2014.

After he was arrested, Merritt said through his attorney that he had a heart condition and wanted his trial to be fast-tracked. The trial has been beleaguered by a series of delays and motions ever since.

The trial finally began Jan. 7,

Prosecutors built their case around the theory that greed was the basis for why Merritt subsequently killed the Fallbrook family, who lived in the Lake Rancho Viejo housing development east of Interstate 15 in Fallbrook, was last seen alive Feb. 4, 2010.

Before the family went missing, Merritt was a subcontractor for McStay and the two were good friends by most accounts. Merritt designed and built custom fountains for Joseph McStay's business, Earth Inspired Products, but, according to prosecutors, he was in debt to the tune of more than \$40,000 to McStay at the time of the murders.

Prosecutors said Merritt feared being cut out of the business or having charges filed against him by McStay.

Detectives testified that Merritt deposited checks worth thousands of dollars from McStay after the family went missing, using QuickBooks and even called OuickBooks from his cellphone. identifying himself as Joseph McStay and asking to transfer the

money in the account. Merritt's defense attorneys argued that investigators zeroed



A jury recommends a death sentence for Chase Merritt for murdering Summer McStay and the couple's young sons – 4-year-old Gianni and 3-year-old Joseph Jr. – but sentenced him to live in prison for murdering Joseph McStay.



Chase Merritt's defense attorney, Rajan Maline, argues during closing arguments in the penalty phase of the trial.

Law and Crime Network photo

in on Merritt early on the case and never looked at anyone else. During the trial, the defense team repeatedly attempted to point the finger at another McStay business associate, Dan Kavanaugh, who they said was overlooked by investigators.

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

San Bernardino Debuty District Attorney Sean Daugherty talks to the jury during closing arguments in the penalty phase of the trial. Law and Crime Network photo

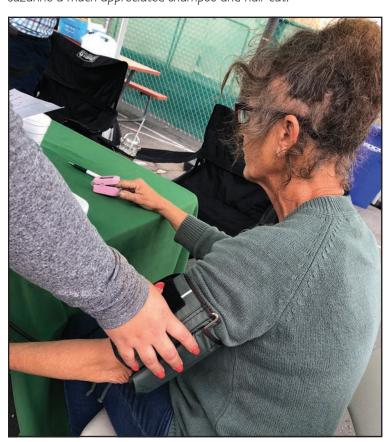




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	FIND US ON INSTAGRAM FOLLOW US ON FACEBOOK				July	LIVE 6:30-10PM CONTEMPORARY ROCK	LIVE 6:30-10PM BLUES & CLASSIC ROCK
						Grand Luau LIVE 6:30-10PM FLAMENCO & SPANISH GUITAR	LIVE WITH DRAGONTREE 6:30-11PM BLUES & CLASSIC ROCK
						LIVE 6:30-10PM JAZZ, BLUES & CLASSIC ROCK	LIVE 6:30-10PM POP & CLASSIC ROCK
-		Are you a Dining Club Member?			Hungry? Stop by for our	LIVE 6:30-10PM COUNTRY	LIVE 6:30-10PM FOLK & BLUES
					Grand.	Some of the second	



Sonya from St. Peter's Catholic Church gives Christine Eastman photos Suzanne a much appreciated shampoo and hair cut.



Karen gets vitals checked by Fallbrook Family Health Center.

HOMELESS

from page A-1

and suffer small set-backs.

His isn't an atypical story, Vice said, and while everyone in the "Friendly Village" agrees that something needs to be done for the homeless population, there is certainly an air of "agreeing to disagree" amongst community members and business owners over how to help.

Over one year strong now, Fallbrook Homeless Advocacy continues to round up and provide food, personal hygiene supplies, a shampoo and hair cutting station, a prayer tent, medical diagnostic

services and mounds of clothes

– even a few designer duds with
new tags still attached have been
donated, he said.

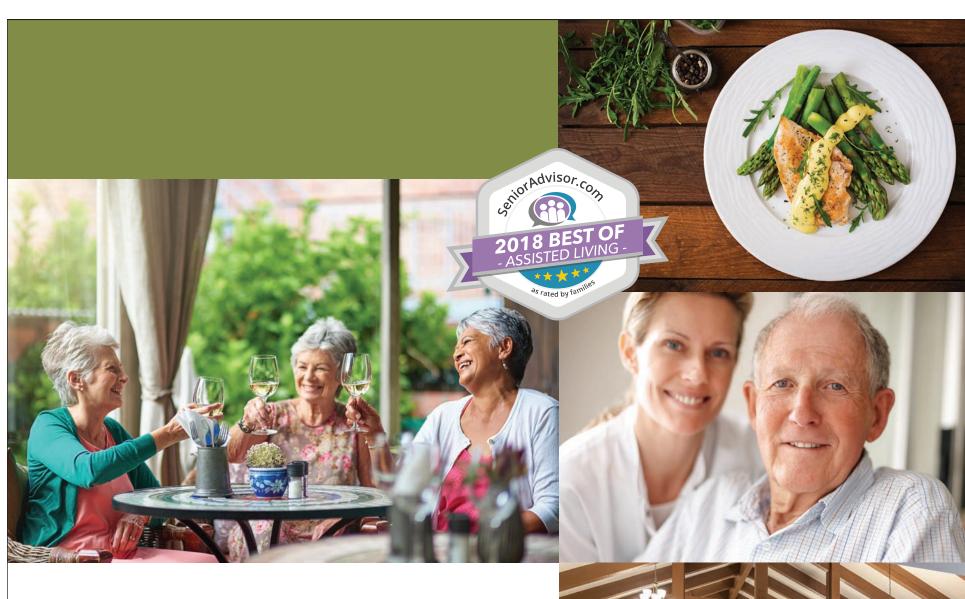
While San Diego County Supervisor Jim Desmond continues "working to try to get (homeless) services out there," Fallbrook Homeless Advocacy and its community partners said they will continue to develop ways to support the homeless based on what they hear directly by those on the receiving end.

They offer personal relationship building and support services – the kind that ultimately helped Kevin get off the street. And although details, policies, locations and logistics are being ironed out, the group is talking of building a transitional home and a centrally located porta-potty, both of which could curb problems associated with loitering street dwellers, Vice said.

Additionally, one of Fallbrook Homeless Advocacy's other key member Jordan Verdin said progress was made on the procurement of a mobile shower trailer that he financed through crowdfunding – which came to a halt \$4,000 short of the needed \$22,000. Verdine donated to remaining funds himself, Vice said. The build and delivery are scheduled to be finished mid-July.



Village News



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Fallbrook & Bonsall AGE NEWS

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www.VillageNews.com June 27, 2019 Volume 23, Issue 26

FALLBROOK - Members of the Rotary Club of Fallbrook forewent their regularly scheduled meeting to participate in a service project at the Boys & Girls Clubs of North County, June 13.

Over 20 Rotarians played games with boys and girls in the gym, created craft projects with them in the art room, taught them how to play foosball and pool in the games room, and helped fight summer learning loss by reading to them. The Ingold Clubhouse quickly filled with excitement as the children took turns at each activity, winning prizes and having fun with the Rotarians.

"The kids have such a wonderful time with the Rotarians," said Allison Barclay, CEO of the Boys & Girls Clubs of North County. "We really appreciate the quality time they spend with our kids as well as their continued support of the Club."

For more information on volunteer opportunities at the Boys & Girls Clubs of North County visit www.bgcnorthcounty.org or call (760) 728-5871.

Submitted by Boys & Girls Clubs of North County



Rotarians help Boys & Girls Club members have a fun filled day, June 13.



Rotarian Bud Sutliff helps Ryder Marcik play a cup game.



Rotarians Penny Johnson and Tom Deans help fight summer learning loss by reading to Boys & Girls Club members.







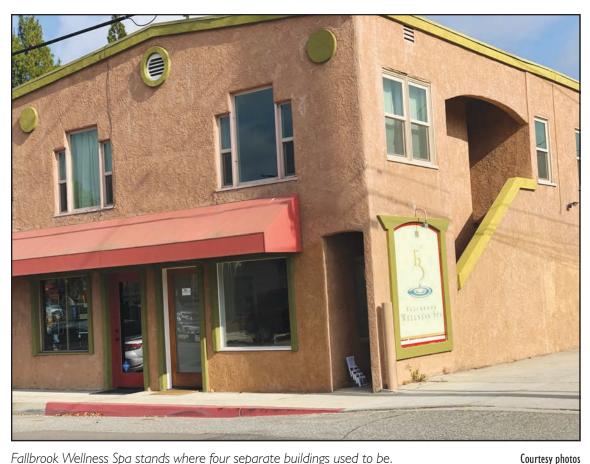
Rotarians Jim Mendelson, left, and Tony O'Brien, right, play a "shootout" game with Rebekah Lopez.



Rotarian Terry Decker oversees a cup stacking game for Boys & Girls Club members.

Rotarian Anne Klentz bowls with Boys & Girls Club member Denna Dilarenzo.

HEALTH & BEAUTY



Fallbrook Wellness Spa stands where four separate buildings used to be.

Wendy Hammarstrom

Special to the Village News

Needing some end of the school year restoration and rejuvenation? Luckily, Fallbrook Wellness Spa is right down the street.

In 1995, when Barbara Findler and Craig Lozzi bought the property at 123 E. Alvarado Street, it was four buildings. While they were gutting and remodeling, they had a banner posted outside, which said, "Coming Soon, Fallbrook Massage Arts and Wellness Spa."

The original long name was an extension of Findler's original Fallbrook Massage Arts. Findler said that initially Fallbrook was curious.

"Once the building was restuccoed to look like one building instead of four tired little shops, someone on the street told Craig that he thought we were crazy for buying the buildings. After the spa opened the same person thought we had a 'vision,'" Findler said.

The grand opening was Nov. 17, 1997, and soon after The Fallbrook Garden Club gave the spa the top business award for beautifying the town that year.

Inspired in part by Lozzi's working experience at Murrieta Hot Springs, and by traveling to many spas in California and New Mexico, Lozzi and Findler envisioned such a healing center for eight years before it manifested.

Besides the obvious health benefits for the guests and improving the appearance of an old building, the Fallbrook spa was great for the staff. Everyone lived in Fallbrook. It provided Fallbrook jobs for Fallbrook people and Fallbrook money stayed in Fallbrook. There were fewer cars on the road commuting to work, more time with their family or themselves.

According to Findler, "At one time we had a staff of 20, including tub attendants and cleaners. We offered classic spa treatments, both traditional European and Ayurvedic. It was the first place to offer yoga in Fallbrook. Our clients would try out the restaurants and shop the downtown shops. And then they would come to visit Fallbrook again and again."

Holly Schaefer, who took over as spa director two and a half years ago, is also the owner of Hydrabeauty. She has specialized in hydrafacials and customized skin care for 21 years, as well as being trained in spa management. The spa exclusive retail products include GM Collin Skin Care with a range for every skin type, Coola Sun Care and Salt of the Earth special blending bar for body scrubs and lotions.

Schaefer said that it is more important now than ever with sun damage and environmental issues that people should take care of their skin at an early age. And for those unsure of how to do it or what products to use, Schaefer and the other aestheticians are able to create a customized skin care regime based on their unique needs.

She said that the Wellness Spa is one of a kind in Fallbrook and said, "One thing that never changes is our need for human touch and the importance of relaxation."

Currently the spa treatments include various types of massage, customized skin care, body treatments, spa packages, infrared sauna, soak tubs, aromatherapy along with private and semiprivate restorative yoga.

The spa offers a military discount of 10% and offers package pricing

year-round for five or 20 massages at a time, as well as monthly specials.

Today the spa branches out to include other area practitioners, including Fallbrook Wellness Directory members who offer spa retreats that include yoga, massage and guest presenters as well as nutritional sessions and classes. They have an acupuncturist next door.

Some people who decide to spend the day there do so to let go of their worries at home or work. I spoke with one woman who came in for the day who soaked in the hot tub, received a massage, relaxed in the sauna, enjoyed a vegetarian lunch in the courtyard and received a facial. The spa is more than just a place to come to for a treatment; it can be a daylong relaxation experience.

For people wondering how massage can specifically help them, Findler told me, "Whatever you do, you'll do it better after a massage. Writers come in when they get writer's block. Some people find that if they are hopelessly struggling with something, if they get a massage either the answer they've been searching for appears or the problem itself is reduced in importance."

Regular massage therapy is also an antidote to burnout. In fact, all caregivers, counselors, teachers, health care professionals, first responders and others who work with people have more energy, work more empathetically and often more efficiently after they receive massage therapy.

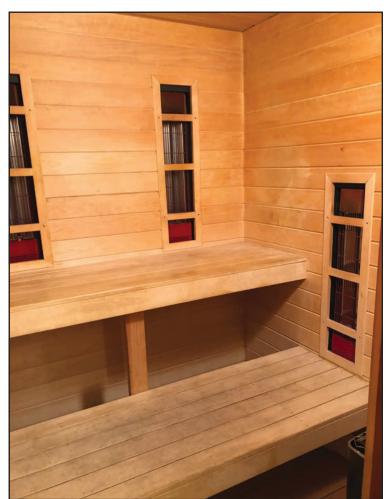
Massage enhances circulation and relaxation, promotes sleep and may alleviate trauma and posttraumatic stress disorder, often in conjunction with counseling. Fibromyalgia, arthritis pain, tension headaches, anxiety, depression, the myriad complaints of midlife transition and of the over-60 crowd are lessened with massage.

Healing touch promotes feelings of well-being.

When I have attended workshops at the spa, I have been impressed with the health and vitality of all ages of participants. Guests can enjoy the healing touch, the relaxing music and knowing that they are in good and caring hands. Perhaps begin or end a treatment with the infrared sauna to help carry the toxins out of the body, and drink plenty of water. End with a cool shower and start life anew.

To make an appointment, call (760) 723-8264.

Wendy Hammarstrom has been practicing, teaching and writing about bodywork since 1976. Her book, "Circles of Healing, The Complete Guide to Healing with Massage and Yoga for Practitioners, Caregivers, Students and Clients" is available on Amazon or her website at www. <u>circlesofhealingbook1.com</u>.



Guests can use the infrared sauna at Fallbrook Wellness Spa to detoxify their body.





Child Care Available Mornings and Evenings



The American Counseling **Association**

Special to Village News

Children can be amazing. They develop new cellphone apps, set athletic records, volunteer with the elderly and perform many good deeds. Unfortunately, much of the time it seems these are someone else's children.

For many parents, the reality is children sleeping till noon, buried in video games or so busy monitoring social media that they only surface for meals. This reality is even more obvious with children on summer vacation and no longer disappearing to school where we at least assume they are

accomplishing something positive. So how can a parent get the child in their home to be more active, or at least to contribute more to the household? A first step in that direction is simply to decide what the realistic expectations are for each child. If there are constant arguments and shouting about what isn't being done, what actions by the child would limit those arguments and make everyone feel better?

The answer lies in specific goals, not just broad generalizations. The starting point should be to negotiate some activities with the children that will achieve something worthwhile and specific for the home and the child. Parents should want to replace inactivity with positive accomplishment.

One simple goal might be to

have the child take on one or more household chores. Maybe unloading the dishwasher, walking the dog each evening or doing 30 minutes of yard work each day. Or it might be a positive growth activity, like reading books or getting a certain amount of daily exercise. It helps to have a structure for these activities. Set specific times or deadlines for when required activities are to be accomplished.

Step two is to provide motivation to help them want to complete the assigned chores. A negative motivation might be to cut off electronic gadget access until the assigned activity is completed.

Or a positive reward motivation could be getting an allowance, or an increase in a current allowance. If a desired reward is a major purchase, parents can keep a running record of successful accomplishments with a clear goal of what's needed to earn that purchase.

The key is to develop specific activities that move children in desired directions and that make them feel good about doing required activities, even the most boring ones. Chores shouldn't be punishments, but rather activities that contribute positively to the family, household and the child.

Counseling Corner is provided by the American Counseling Association. Send comments and questions to ACAcorner@ counseling.org or visit www. counseling.org.



Melanie Bryant has her own apartment with the help of San Diego County's Project One for All program.

Courtesy photo

José A. Álvarez

County of San Diego Communications Office

Her apartment is modest, nearly unfurnished, but Melanie Bryant is thankful. Months before, she was sleeping underneath bushes and bridges on the streets of El Cajon.

Bryant is one of hundreds of people who have found a stable place to live thanks to Project One for All, San Diego County's extensive effort to house and provide needed services to homeless people with serious mental illness, www. sandiegocounty.gov/content/sdc/ sdhcd/project-one-for-all.

Multiple drugs and diagnoses

Bryant started hearing voices at the age of 10, but she tried to suppress them. As a teenager, she started using marijuana and other drugs. By her early 20s, she was hooked on meth.

"I did it to self-medicate. I did not want to feel anything," Bryant,

Sitting on the floor of her one-bedroom apartment, Bryant shares her story of drug abuse and recounts how she was raped and molested when she was young.

Later, Bryant was diagnosed with schizophrenia, multiple personality and bipolar disorders. She was prescribed medication.

Along the way, Bryant had three daughters but lost contact with two of them because of her continued drug use.

'We would get into arguments and physical altercations," Bryant said, adding that in addition to doing meth, she was not taking her medications. "It hurts, but I can't change that."

In 2008, she had a nervous breakdown.

"I've had a rough life. It caught up with me," Bryant said, adding that while she had used drugs most of her adult life, she was able to stop periodically.

She ended up living in Santee with her oldest daughter, her boyfriend and their two children.

Bryant continued using drugs. Her relationship with her oldest daughter came to a halt in 2017, with Bryant's daughter moving to Arizona after a dispute.

Bryant thought she could hold on to the apartment in Santee, but she was not able to get a roommate. She was evicted.

"Losing my apartment was very hard. It was devastating," Bryant

said. "People treat you like trash. Literally, I was sleeping under bushes.'

Helping the homeless

In San Diego County, 9% of adults report a serious psychiatric distress in any given year. More than 4% of adults in the region are estimated to have a serious mental illness. Also, 9% of adults in San Diego County are estimated to suffer from substance abuse disorder.

More than 16% of young people between the ages of 15 and 24 report serious psychological distress during the past year. Seven percent are estimated to have a serious emotional disturbance. And about 8% are believed to need help with alcohol and drug abuse.

According to the 2019 Point-in-Time Count conducted in January, 8,102 men, women and children were living on the street or in shelters. It is estimated that about 25% of them suffer from mental

Over the past few years, the county has made significant investments in outreach, treatment and housing services to people who are homeless or are at risk of homelessness.

Since Project One for All began,

852 homeless people with serious mental illness and experiencing homelessness have been housed with treatment.

In addition to Project One for All, efforts include identifying excess county properties to build affordable housing, and development of the Whole Person Wellness, Drug Medi-Cal Organized Delivery System and Stepping Up programs to assist people who are homeless or are at risk of homelessness to obtain and sustain housing.

These actions align with the county's Live Well San Diego vision, www.livewellsd.org, which aims to ensure that vulnerable populations have assistance and support to access services that meet their needs.

This coming fiscal year, the county will be adding \$50.3 million to Behavioral Health Services, bringing to \$708.5 million the annual budget for mental health and substance use, with emphasis on crisis stabilization efforts and expanding the continuum of care.

Currently, the county is providing housing and services to more than 1,900 clients with serious mental illness. The homes are funded through the Mental Health Services

Supportive housing is a model that provides housing and integrates mental health services, primary health care, alcohol and drug services, case management and social services to help homeless people living with permanent disabilities gain stability and live more productive lives.

"What we really are trying to do here in San Diego is break the cycle of homelessness, but also of repeated visits to the emergency department and hospital" Luke Bergmann, director of county Behavioral Health Services, said. "The idea is to help people stay connected to ongoing supports so that they are able to live on their own and remain healthy.'

New connections

After over a year of being homeless, Bryant lost all hope. Last November, she tried to kill herself.

"I was so desperate. I was homeless. I was on drugs," she said. "I didn't want to live that life anymore."

She went to a bridge, intending to jump. Luckily for her, some people intervened.

Bryant entered a psychiatric

hospital, where she was connected to mental health services. After a brief stay there, she was linked to the Alpha Project, a county contractor and partner in helping people get off the streets.

"That was the turning point for me," Bryant said, adding that she's been in recovery since.

She stopped using drugs. She began seeing a psychiatrist. She got back on her prescribed medications.

With help from the Alpha Project and the county Housing and Community Development Services, Bryant received a hotel voucher and began to process her Section 8 housing application. She found her new apartment in El Cajon in less than a month. Because of her diagnoses, Bryant relies on her Supplemental Security Income. The rent is \$1,360 a month, but Bryant's share is only \$275.

'I cried and cried'

"When I got my apartment, I cried and cried," she said. "It was a miracle. I was so in awe and so thankful.'

Slowly, Bryant is starting a new life. She recently got an old television, which sits by her window in the living room, decorated with a small table and lamp and several wall stickers with inspirational messages.

On her wall, there's also a drawing from one of her two grandchildren, whom she's babysitting occasionally once again.

She has reconnected with her older daughter, who is now 27. Her other two daughters still don't want any contact with her.

"It's a hard pill to swallow, but I have to let go," Bryant said, explaining that she's also let go of practically all her friends. "The friends that I had, I used drugs with."

Bryant continues to see her psychiatrist, take her medications and attends group therapy.

"When I am on medication, I am OK," Bryant said.

She's also trying to help her brother who is also homeless and using drugs.

Bryant said she agreed to share her story in hopes that other people in her situation realize that there is help and hope.

"There are people and programs that work for you and care for you," Bryant said. "There's a way out of this."

Randall Wegener

Special to Village News

Most people have experienced some level of anxiety at some point in their lives. For some people, it is a short-term sensation, a feeling of being uncomfortable all over or an uneasiness in their abdomen that is usually due to a stressful event, such as getting pulled over for speeding or a thought such as did they remember to pay the bills.

For others, anxiety is a daily challenge to overcome. It can control all aspects of a person's life. At an extreme level, anxiety can lead to panic attacks which can be a state of complete overwhelming fear.

In Chinese medicine, there is

no direct translation for anxiety. It is sometimes associated with the emotion of fear. Unresolved or repressed fear can block the free flow of qi or energy in the body. This blocked qi can generate heat which rises up and irritates the shen or spirit and mind of a person. This irritation can cause a person to react differently in situations then they normally would, such as avoiding social situations, jumpiness or over-reactive.

Anxiety also has several physical symptoms, such as mental restlessness, cold and clammy hands and feet, muscle tension, shortness of breath or tight chest sensation, nausea, indigestion, loose bowels and sweating. All these symptoms can vary in degree from mild to severe.

Treatment with Chinese medicine includes acupuncture, Chinese herbs along with dietary and life perspective suggestions. Acupuncture is the use of thin needles placed at specific acupuncture points around the body to balance a person's qi, clear heat and calm their mind. Chinese herbs are often used to continue balancing on a daily basis.

Dietary modification can be less spicy, sugar-based and greasy foods. Reduce or remove alcohol and caffeine. Add more water, fruits especially blueberries and pears, vegetables such as avocado and salmon. These foods help clear heat in the body and help the body stay in balance and the minds to stay calm. Life perspectives may include the teaching of meditation and guidance to retrain our thought patterns to be more positive and healthy.

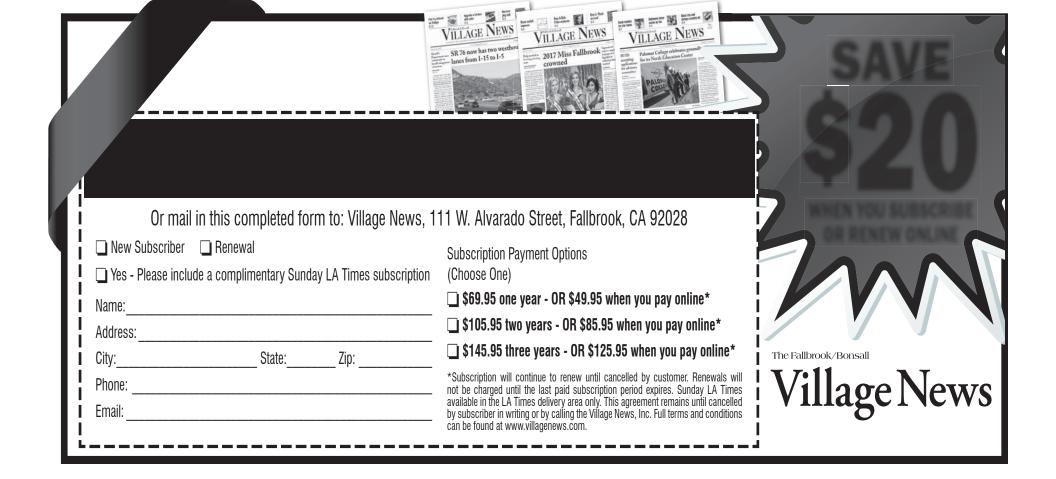
There are easy natural methods of treatment for anxiety symptoms. One example is learning to use their breath. When someone first senses the symptoms or if they are preparing for a stressful event, remember to breathe.

Take time to take a long slow to inhale and long slow exhale using their diaphragm. When inhaling, the abdomen distends, and upon exhale the abdomen contracts back inward. Try taking at least three inhales and exhales. Next, they can re-evaluate the stressor that they were experiencing. They may notice that the stress may have less impact on how they feel. Another example is going for a walk or

exercise, which can help move the blocked qi.

If someone feels they may be suffering from anxiety make sure to consult with a medical health care provider. It is also important to have a good support team to talk to for help. It is important to learn to communicate and share their experience of life in a heartfelt way with others.

For questions regarding this article or information on acupuncture, contact Randall Wegener, L. Ac., Dipl. Ac., MSTOM, H.A.P.M. at Healing Oak Acupuncture Clinic (760) 451-2188 or email at healingoakacupuncture@gmail.



ENTERTAINMENT

FALLBROOK – Aaron Lieber's career, having developed from shooting highlight reels to being a surf videographer, is now cresting with the debut of his latest documentary which features surfer Bethany Hamilton.

Lieber grew up in Fallbrook and attended Fallbrook Elementary, La Paloma, Potter Jr. High and Fallbrook High School. It was during these formative years that he developed an interest in filmmaking when he created short films for school projects, filmed his friends skateboarding and made highlight reels for the high school soccer team.

Many of Lieber's teachers allowed him to make videos instead of writing reports, which he said was forward thinking of his teachers. After high school he attended California State University Long Beach and majored in communications.

During his junior year of college, he got an internship at TransWorldSURF Magazine which helped him get his start in surf filmmaking. He juggled school and travel to make his first surf film, "The Pursuit," in his last two years of college.

After college he got a job with Nike 6.0 as their surf videographer making a high performance surf film called "Leave a Message" which features the six up and coming female surfers.

In 2012, after departing Nike Surfing, he founded his own production company, Lieber Films, and made his first documentary on a female surfer, Lakey Peterson, who is currently No. 2 in the World, called "Zero to 100." This film was No. 2 on iTunes Sports

and was licensed by Netflix.

In 2014, he began working with surfer Bethany Hamilton on a short action sports piece that morphed into his first feature length documentary. The film took five years to film and edit. "Bethany Hamilton: Unstoppable" follows in the footsteps of the Bethany Hamilton feature film "Soul Surfer."

Lieber's film tells the story of Hamilton, who at age 13 was out surfing when she was attacked by a 15-foot tiger shark, a run-in that cost Hamilton her left arm. Not only did Hamilton survive the attack, she was back in the water five weeks later and on the competitive surfing circuit just a year after that.

More than a decade later, Hamilton, now a mother, undertakes her greatest challenge: chasing a toddler and the biggest wave of her career. "Bethany Hamilton: Unstoppable" is the untold story of the heart of a champion and her resilience against all odds to become one of the leading professional surfers.

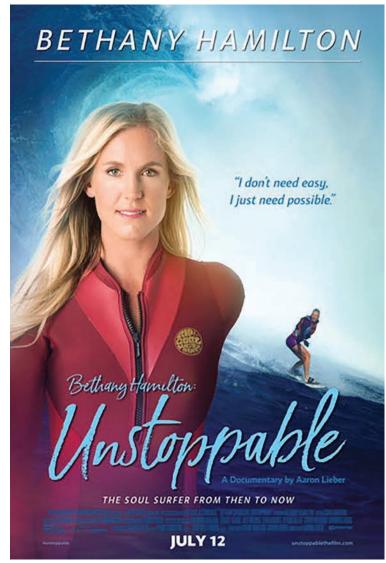
Hamilton is continuously rewriting the rules on being a fearless athlete and brings new meaning to the phrase "surfs like a girl," Lieber said. The documentary will be in select theaters nationwide July 12. For more information, visit http://unstoppablethefilm.com.

Submitted by Lieber Films.



Aaron Lieber's film career began with school projects while he was growing up in Fallbrook.

Courtesy photos



Aaron Lieber's latest documentary is about surfer Bethany Hamilton.

FALLBROOK – Fallbrook Encore Club recently held its last meeting before the summer break. The new board of directors was installed, the retiring President Sylvia Colton was honored and then everyone turned to a lively auction fundraiser.

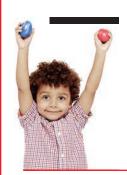
The next monthly coffee meeting will be held Tuesday, Sept. 3. Social time begins at 9:30 a.m. followed by the meeting at 10 a.m. All future meetings will be held at the new venue at the Masonic Center, 203 Rocky Crest Road.



Carol Johnson, left, and Nancy Downs are the incoming co-presidents for the Fallbrook Encore Club.

Susan Weeks photos





that they are helping their children become confident music-makers and





760-731-2278



CAST Office located at 200 N. Main St., Fallbrook, CA 92028 (760) 731-2278 Office Hours Mon-Thurs 2:00pm-6:00pm

www.castacademy.org



"Queen" Sylvia Colton, outgoing Encore Club president, is roasted and toasted by Kathy Bogle.

Encore is a social club focusing on friendships, fellowship and varied enjoyable activities. Many of the games, parties and outings include both the men and the women. This summer there will be a few game groups continuing.

The new "GO" activity continues with a trip to the University of California San Diego campus, Aug. 13, for a walking tour of their outdoor artwork. "GO" Catalina Island is planned for Sept. 10 by ferry from Dana Point. Members can sign up to participate at the

Sept. 3 meeting. More information about the club is available at http://www.fallbrookencoreclub.com.

The traditional "End of Year" party was held recently at the Bonsall home of retiring president Sylvia Colton and her son. Members and their guests gathered to enjoy the views, fresh tacos and other treats to fellowship before starting their own summer vacation plans.

Submitted by Fallbrook Encore Club.

FALLBROOK – Cowboy Jack Band is performing Thursday, July 18, from 7-8 p.m. in a free concert with the Fallbrook Library Music

Series at 124 S. Mission Road in

Fallbrook.

For more information, visit www.hankshow.com or call (760) 731-4650.

June 27, 2019

www.VillageNews.com / The Fallbrook Village News / **B-5**

Kim Harris

Managing Editor

America is turning 243 years old, and a plethora of events throughout the valley this Fourth of July will offer up a wide variety of good old-fashioned family fun to celebrate the day. From parades to fireworks, check out any – or all – of these great events to observe this uniquely American holiday in a lively, entertaining fashion.

Parade lovers unite. This year there will be three different parades to celebrate the day. For those early birds who like to start the day with a celebration, the city of San Jacinto annual Independence Day parade begins at 9 a.m. Running along the city's Main Street, the annual event takes place between Camino Los Banos and Jordan Avenue.

San Jacinto's annual Independence Day Street festival kicks off immediately following the parade and runs until 1:30 p.m. between Jordan and San Jacinto Avenues and will feature vendors, food and beverages. Stick around San Jacinto for the nighttime show with entertainment kicking off at 5 p.m. at Regional Park, 901 W. Esplanade Ave. in San Jacinto. The free event concludes with a 9 p.m. fireworks show. For more information, visit www.GoRecreation.org or call (951) 654-1505.

In Temecula, the Star Spangled

Fourth of July Parade steps off at 10 a.m., running from arch to arch along Old Town Temecula Front Street, Thursday, July 4. Beginning at the south end of town and heading north this family friendly activity is a great way to kick off the holiday.

Parking is available at the Old Town Parking Garage located south of the Civic Center on Mercedes Street. Keep in mind, Old Town Front Street will be closed from 9 a.m. until about noon. Visitors will be able to access the parking garage until 9:45 a.m. from the north end of town via Mercedes Street and additional handicapped parking will be available in the Sixth Street parking lot.

After the parade in Temecula, head over to the Ronald Reagan Sports Park, 38075 Rancho Vista Road in Temecula, for the city's annual Fourth of July Family Fun and Fireworks event kicking off at 2 p.m. Featuring food, vendors, children's fun zone, live entertainment and fireworks, the city recommends party goers arrive early to secure a parking spot. An Uber and Lyft drop-off and pick-up zone will be located at the entrance to the park off Margarita Road. ATMs will be available on-site, and the CRC pool will be open for use.

Two parades not enough? Then head over to Menifee's for that city's parade at Wheatfield Park,



The Spirit of Great Oak marching band performs in the 2018 Star-Spangled Fourth of July Parade in Old Town Temecula.

Shane Gibson photo

30627 Menifee Road. Sponsored by the Lake Menifee Women's Club this parade steps off at 4 p.m., giving parade goers plenty of time arrive after taking part in activities elsewhere in the region.

After the parade in Menifee, partygoers can stroll through more than 100 food and craft vendors offering their goods and treats. Guests aged 21 and over can enjoy local craft beers in the beer garden hosted by the Menifee Valley Chamber of Commerce. Guests of all ages can enjoy live entertainment throughout the event, family activities hosted by Rec 'N' Trek and local nonprofit vendors and enjoy the fireworks display beginning at 9 p.m. Youth can enjoy the children's zone for \$10 with unlimited access to age-appropriate attractions, hosted by Jump 'N' Party.

For fireworks viewing, the VIP zone is available with unobstructed views. Hosted in part by 101.3 KATY-FM, guests will enjoy unlimited s'mores, soda and water, shaded seating areas, a patriotic

giveaway and fun picnic games. Tickets are \$15 per person or \$40 for a family of four.

Parking will be available at Mt. San Jacinto Community College, and along La Piedra and Menifee Road after the road closure is lifted at approximately 5:15 p.m. If you go be aware of road closures. For more information, contact the Menifee Community Services Department at (951) 723-3880 or www.cityofmenifee.us.

Not to be left out of the fun, Lake Elsinore invites patriots of all ages to head over to its Party in the Park at Summerly Park, 18505 Malaga Road in Lake Elsinore, from 9 a.m. to 1 p.m. Featuring a car show, children's bike parade, jumpers and games, Lake Elsinore will pull out all the stops when it comes to family fun.

While in Lake Elsinore, don't forget about the fireworks display shooting off at 9 p.m. from the T-Peninsula. Paired with a sky concert synced with KOLA-FM 99.0, the fireworks can be viewed

for free from Lakepoint, Summerly, Swick and Matich parks, Whiskers Fishing Beach and a portion of the Lake Elsinore Levee. For a unique viewing opportunity, experience the fireworks from the lake with the purchase of a night lake pass for only \$10.

Not much is more American than a great game of baseball so be sure to grab some tickets to the Lake Elsinore Storm game, when the boys of summer take on the Lancaster JetHawks for a thrilling game on the Diamond. Tickets are \$13, and fireworks will follow the game.

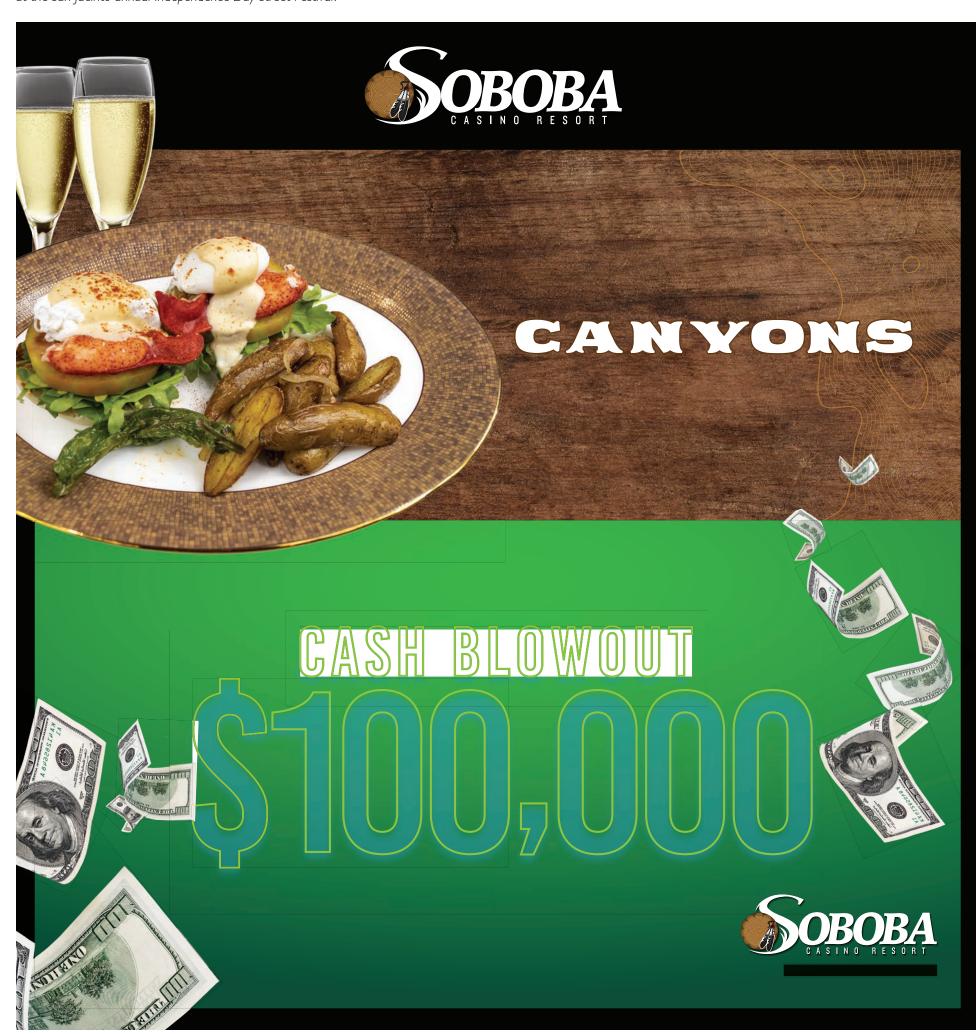
Not planning on going out this Fourth of July; well, that's OK too. As an added bonus, submit photos of your Independence Day fun to *editor@myvalleynews.com* for inclusion in an upcoming edition of Valley News.

Finally, from the Valley News family to yours, have a safe and happy Fourth of July.

Kim Harris can be reached by email at valleyeditor@reedermedia.com.



Face painting is just one of many fun activities planned at the San Jacinto annual Independence Day Street Festival.



LEGALS

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9014033

Name of Business MUSCOVY CREEK FARM 2802 Lakemont Dr., Fallbrook, CA 92028

County: San Diego This business is registered by the following: a. William Harmon Anderson, 2802 Lakemont Dr., Fallbrook, CA 92028 b. Jennifer Joan Anderson, 2802 Lakemont Dr.,

Fallbrook, CA 92028 This business is conducted by a Married Couple

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 06/03/19 LEGAL: 5033

PUBLISHED: June 13, 20, 27, July 4, 2019

FICTITIOUS BUSINESS NAME STATEMENT Name of Business

a. CLEAN MASTER b. CLEAN MASTER CARPET, **UPHOLSTERY & TILE CLEANERS** c. CLEAN MASTERS

d. CLEAN MASTER CARPET CARE 3034 Red Mountain Hts. Dr., Fallbrook, CA 92028 County: San Diego

This business is registered by the following: a. Rita Jo Robinson, 3034 Red Mountain Hts. Dr., Fallbrook, CA 92028 b. Danny A. Robinson, 3034 Red Mountain Hts.

Dr., Fallbrook, CA 92028 This business is conducted by a Married Couple Registrant first commenced to transact business under the business name above as of 12/01/1981

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 06/07/19 LEGAL: 5034

PUBLISHED: June 13, 20, 27, July 4, 2019

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9012829

Name of Business a. MIMI'S BOUTIQUE SOCAL b. THE SPOILED AVOCADO

116 North Main Ave., Fallbrook, CA 92028 County: San Diego This business is registered by the following:

Morningstar LLC, 116 North Main Ave., Fallbrook, CA 92028 This business is conducted by a Limited Liability

This LLC is located in the state of California Registrant first commenced to transact business under the business name above as of 05/20/2014

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF DIEGO COUNTY ON 05/17/19 **LEGAL: 5035**

PUBLISHED: June 13, 20, 27, July 4, 2019

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9014157

Name of Business **CHEF FUR PETS** 380 South Melrose Dr., Vista, CA 92081

Mailing address: 1119 South Mission Rd #117, Fallbrook, CA 92028 County: San Diego

This business is registered by the following: a. Ryan Moore, 3105 Malaga St., San Diego, b. Chad Soren, 1236 Sea Larke Dr., Fallbrook,

CA 92028 This business is conducted by a General Partnership
Registrant first commenced to transact business

under the business name above as of 6/3/2019 THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF DIEGO COUNTY ON 06/03/19

LEGAL: 5036 PUBLISHED: June 13, 20, 27, July 4, 2019

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9013317

Name of Business PELICAN PERFORMANCE

2120 Vista Grande Place Unit 52, Vista, CA Mailing address: 621 Shuboro Street, Vista, CA 92083

County: San Diego This business is registered by the following: Austin David Lewis, 621 Shuboro Street, Vista, CA 92083

This business is conducted by an Individual THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 05/23/19

I FGAL: 5038 PUBLISHED: June 20, 27, July 4, 11, 2019

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9014805

Name of Business LYONS EQUIPMENT TRAINING AND CONSULTING

366 Vista del Indio, Fallbrook, CA 92028 County: San Diego This business is registered by the following: a. Ronald James Lyons, 366 Vista del Indio,

Fallbrook, CA 92028 b. Nancy L. Lyons, 366 Vista del Indio, Fallbrook,

This business is conducted by a Married Couple THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 06/12/19 LEGAL: 5039

PUBLISHED: June 20, 27, July 4, 11, 2019

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9014917 Name of Business

TIANYE VILLAGE SPA 936 E. Mission Rd Ste E, Fallbrook, CA 92028 County: San Diego This business is registered by the following:

Gabriel, CA 91776 This business is conducted by an Individual Registrant first commenced to transact business under the business name above as of 6/13/19

Lian Xiu Mo, 241 S. Del Mar Ave Apt 1, San

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 06/13/19 LEGAL: 5040

PUBLISHED: June 20, 27, July 4, 11, 2019

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9014535 Name of Business

J.B. HAULING 1307 Dorsey Way, Vista, CA 92083

Mailing address: PO Box 4951, Oceanside, CA 92052 County: San Diego

This business is registered by the following: Joseph B. Hurley, 1307 Dorsey Way, Vista, CA

This business is conducted by an Individual Registrant first commenced to transact business under the business name above as of 6/1/2003 THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 06/07/19

LEGAL: 5041 PUBLISHED: June 20, 27, July 4, 11, 2019

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9013631 Name of Business

a. CFH CONSULTING b. CSH REAL ESTATE

c. SILVER DOLLAR ESTATE 3648 Lupine Lane, Fallbrook, CA 92028 County: San Diego

This business is registered by the following: Charles Francis Haczewski, 3648 Lupine Lane, Fallbrook, CA 92028 This business is conducted by an Individual

business under the business name above as of 04/01/2019 THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 05/28/19

Registrant first commenced to transact

LEGAL: 5028 PUBLISHED: June 6, 13, 20, 27, 2019

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9011844

Name of Business FALLBROOK WINDOW WASHING CO. 1174 Senwood Way, Fallbrook, CA 92028

Mailing address: PO Box 185, Fallbrook, CA County: San Diego This business is registered by the following:

Eric F. Williams, 1174 Senwood Way, Fallbrook, CA 92028 This business is conducted by an Individual Registrant first commenced to transact business under the business name above as

of 07/01/1972 THIS STATEMENT WAS FILED WITH THE RECORDER/COLINTY CLERK OF SAN DIEGO COUNTY ON 05/08/19

LEGAL: 5029 PUBLISHED: June 6, 13, 20, 27, 2019

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9012548 Name of Business

a. MARTHAS MAGIC CLEANING b. SISTERS SUPER CLEANING

1568 Knob Hill Rd, San Marcos, CA 92069 County: San Diego This business is registered by the following: Martha Baez, 1568 Knob Hill Rd, San Marcos,

This business is conducted by an Individual Registrant first commenced to transact business under the business name above as of 5/15/19 THIS STATEMENT WAS FILED WITH THE

RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 05/15/19 LEGAL: 5030

PUBLISHED: June 6, 13, 20, 27, 2019

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9015505

HIDDEN FOREST NATURESCAPES 1492 Via Monserate, Fallbrook, CA 92028 County: San Diego

This business is registered by the following: Brook Adam Albright, 1492 Via Monserate, Fallbrook, CA 92028 This business is conducted by an Individual THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 06/19/19

LEGAL: 5045 PUBLISHED: June 27, July 4, 11, 18, 2019

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9015501 Name of Business

a. RATNAVIRA WILDLIFE ART GALLERY b. HIDDEN FOREST ART GALLERY 1492 Via Monserate, Fallbrook, CA 92028

County: San Diego This business is registered by the following: a. Gamini P. Ratnavira, 1492 Via Monserate, Fallbrook, CA 92028 b. Lisa Albright Ratnavira, 1492 Via Monserate,

Fallbrook, CA 92028 This business is conducted by a Married Couple Registrant first commenced to transact business under the business name above as of 10/25/02

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF DIEGO COUNTY ON 06/19/19 **LEGAL: 5046**

PUBLISHED: June 27, July 4, 11, 18, 2019

FICTITIOUS BUSINESS NAME STATEMENT

Name of Business FERN AND HAZEL

File Number: 2019-9015528

35058 Rice Canyon Road, Fallbrook, CA 92028 County: San Diego This business is registered by the following: Karin Ingrid Lamon, 35058 Rice Canyon Road,

Fallbrook, CA 92028 This business is conducted by an Individual Registrant first commenced to transact business under the business name above as

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 06/19/19

LEGAL: 5047 PUBLISHED: June 27, July 4, 11, 18, 2019

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9015595 Name of Business

DIGITAL LIONS 5259 South Mission Rd Suite 703 #325,

Bonsall, CA 92003 Mailing address: 5256 South Mission Road Suite 703 #325, Bonsall, CA 92003 County: San Diego

This business is registered by the following: Ryan Thomas Wittendorfer Loeffler, 5019 Avocado Park 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 06/20/19 LEGAL: 5048

PUBLISHED: June 27, July 4, 11, 18, 2019

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9015851 Name of Business

BAJA BROKERS 4001 Star Track Way, Fallbrook, CA 92028

County: San Diego This business is registered by the following: Baja Concepts Inc., 4001 Star Track Way, Fallbrook, CA 92028

This business is conducted by a Corporation This Corporation is located in the state of CA Registrant first commenced to transact business under the business name above as THIS STATEMENT WAS FILED WITH THE

RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 06/24/19 **LEGAL: 5049** PUBLISHED: June 27, July 4, 11, 18, 2019

FICTITIOUS BUSINESS NAME STATEMENT

File Name of Business RANCHO LOS LOBOS NURSERY 4286 Victoria Lane Fallbrook, CA 92028

Number: 2019-9014067

County: San Diego This business is registered by the following: Robert Edward Schaar, 4286 Victoria Lane

Fallbrook, CA 92028 This business is conducted by an Individual Registrant first commenced to transact business under the business name above as of

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 06/03/19

LEGAL: 5031 PUBLISHED: June 6, 13, 20, 27, 2019

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9015037 Name of Business

a. MICROTEK SWISS b. MICROTEK SWISS PRECISION 560 Industrial Way, Ste. A, Fallbrook, CA 92028

County: San Diego This business is registered by the following: Hector Antonio Santana, 460 Debby St, Fallbrook, CA 92028

This business is conducted by an Individual Registrant first commenced to transact business under the business name above as of 03/25/2019

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 06/14/19 LEGAL: 5042

PUBLISHED: June 20, 27, July 4, 11, 2019

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9014476 Name of Business

a. AUTISM LEGACY FUND

2226 River Run Dr. #163, San Diego, CA 92108 County: San Diego This business is registered by the following: Be Involved Act Now Cure Autism Inc, 2226 River Run Dr. #163, San Diego, CA 92108 This business is conducted by a Corporation

California THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 06/06/19

This Corporation is located in the state of

LEGAL: 5043 PUBLISHED: June 20, 27, July 4, 11, 2019 FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2019-9015094 Name of Business **CORRUPT CANNABIS**

1745 E. Vista Way Suite 10, Vista, CA 92084 Mailing address: 1093 E. Main St. #243, El Caion, CA 92020 County: San Diego This business is registered by the following:

SCZZ Collective, Inc. - Corp, 1745 E. Vista Way Suite 10. Vista. CA 92084 This business is conducted by a Corporation This Corporation is located in the state of

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF DIEGO COUNTY ON 06/14/19

LEGAL: 5044 PUBLISHED: June 20, 27, July 4, 11, 2019

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2019-9014026 Name of Business

CAMPUS SAFETY ALLIANCE 504 E. Alvarado St. #206. Fallbrook, CA 92028 County: San Diego This business is registered by the following: Morgan Richard Ballis, 6463 Rainbow Heights

Rd, Fallbrook, CA 92028 This business is conducted by an Individual Registrant first commenced to transact business under the business name above as of 5/22/19

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF DIEGO COUNTY ON 06/03/19

LEGAL: 5032 PUBLISHED: June 6, 13, 20, 27, 2019

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case Number: 37-2019-00026946-CU-PT-CTL

TO ALL INTERESTED PERSONS Petitioner: KELLY ANN STOKES filed a petition with this court for a decree changing names as follows:

Present Name KELLY ANN STOKES Proposed Name: **ELLE LEE STOKES**

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: 8-15-2019 Time: 9:00 AM Dept: 903 The address of the court is 1100 Union Street,

San Diego, CA 92101 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: MAY 28 2019 Signed: Peter C. Deddeh

Judge of the Superior Court. LEGAL: 5037

PUBLISHED: June 13, 20, 27, July 4, 2019

YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): Daniel G. Esposito, a married man as his sole and separate property Recorded: 11/1/2006 as Instrument No. 2006-0776089 of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 7/5/2019 at 10:00 AM Place of Sale: At the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA 92020 Amount of unpaid balance and other charges: \$1,188,076.78 The purported property address is: 445 HIGHLAND OAKS LANE, FALLBROOK, CA 92028 Assessor's Parcel No.: 121-352-09-00 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 855 238-5118 for information regarding the trustee's sale or visit this Internet Web site http://www.qualityloan.com, using the file number assigned to this foreclosure by the Trustee: CA-18-843298-AB. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The

NOTICE OF TRUSTEE'S SALE TS No. CA-18-843298-AB Order No.: DS7300-18003679 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/26/2006, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF

Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the

best way to verify postponement information is to attend the scheduled sale. The undersigned

real property only. Date: Quality Loan Service Corporation 2763 Camino Del Rio South San Diego, CA 92108 619-645-7711 For NON SALE information only Sale Line: 855 238-5118 Or Login to: http://www.qualityloan.com Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-18-843298-AB IDSPub #0153758 6/13/2019 6/20/2019

T.S. No.: 9462-0543 TSG Order No.: 120408391-CA-MAI A.P.N.: 105-481-05-00 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 08/08/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Affinia Default Services, LLC, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded 08/16/2006 as Document No.: 2006-0584681, of Official Records in the office of the Recorder of San Diego County, California, executed by: DANIEL B. FORSTER AND HEATHER J. MOE, HUSBAND AND WIFE AS JOINT TENANTS, as Trustor, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable in full at time of sale by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association. savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and state, and as more fully described in the above referenced Deed of Trust. Sale Date & Time: 07/15/2019 at 10:00 AM Sale Location: At the entrance to the East County Regional Center by the statue, 250 E. Main St., El Cajon, CA 92020 The street address and other common designation, if any, of the rea property described above is purported to be: 1541 SANTA MARGARITA DRIVE, FALLBROOK (UNINCORPORATED AREA), CA 92028 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made in an "AS IS" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$573.332.76 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call, 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site, www.nationwideposting.com, for information regarding the sale of this property, using the file number assigned to this case, T.S.# 9462-0543. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Affinia Default Services, LLC 301 E. Ocean Blvd. Suite 1720 Long Beach, CA 90802 833-290-7452 For Trustee Sale Information Log On To: www.nationwideposting.com or Call: 916-939-0772. Affinia Default Services, LLC, Omar Solorzano, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge of the debt referenced herein in a bankruptcy proceeding, this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. NPP0354647 To: VILLAGE NEWS INC 06/20/2019,

CLASSIFIEDS

06/27/2019, 07/04/2019

Business Services

Pet Sitting In My Home: Cage free, social environment, day care + long term. Large rooms for exercise and play. References. Call for details. Paulette. 760-723-6675

Employment

Direct Care Staff: Looking for dedicated and committed applicants to work with intellectually disabled adults M-F, training provided. \$12 /hr. Please call 760-451-8692 for more information.

Hair Stylists Wanted at Indigo Blu Salon: Interested or familiar with Aveda culture - Trained by owner and offering a very positive work environment and support. Call 760-556-8017 for an

Garage Sales

Moving Sale 6/22 in Calmin Knolls: Moving sale! Tools, toys, garden equipment, clothing, bedding, kitchen & bath supplies, home decor, and a lovely grandmother and her extended family saving goodbye to their home of so many memories over the last 20 years. Lots of great stuff from great people on a beautiful property - stop by for a great find, or just to say "hello" - you'll be glad vou came :-) 7:30am - 12:00pm 1614 Crown Court, Fallbrook, 92028 Off Reche & Stagecoach in Calmin Knolls

Home & Garden

Owl houses: Rats and gophers have you tearing your fur out? Don't ruffle your feathers,get owls! One pair of barn owls consume 2,000 rodents a year! Three models, one with night vision camera. Now is the best time to have a nest box installed. Please visit www.BarnOwlBoxes.com or call (760) 445-2023.

Real Estate - For Rent

For Rest: 1,000 sqft with Private Entrance, Yard, Kitchenette in Park Like Setting Pet Considered. \$1,400/ Month Call 760-723-6675 Shown by Appt. 1133 Via Encinos Drive Fallbrook CA 92028

Services Offered

Wellspring Herbs and Vitamins: Offering a large selection of high quality Herbs and Herbal Combinations, Vitamins, CBD Oils, Salves and Capsules, Essential Oils, Homeopathic Remedies, Bach Flower Emotional Essences, Teas, Organic Lotions and Skin and Hair Care products, etc. We offer Nutritional Consultations with Iridology and Live-Cell Analysis. Come on in for a FREE Bio Scan. We are open from 10-5 Monday thru Friday and 10-4 on Saturday. We are located at 1223 S. Mission Ed. (Behind Pizza Hut)

Business Opportunities

RESTAURANT FOR RENT: small restaurant for rent in Anza. \$1,100 per month plus utilities. Located at 58581 Hwy. 371 unit #D (951) 763-4395

Gifts /Novelty Items

For Sale: Miscellaneous Furniture. Good condition. Womens Clothing 2X. Buy one, get one free. In Temecula. Call for Details: 951-694-1069

Real Estate - For Rent

For Rent: 1,000 sqft with Private Entrance, Yard, Kitchenette in Park Like Setting. Pet Considered. \$1,400/ Month Call 760-723-6675 Shown by Appt. 1133 Via Encinos Drive Fallbrook

EDUCATION



ESL students celebrate the end of the year at Christ the King Lutheran Church.

Courtesy photo

FALLBROOK - Student participants attending English as a Second Language classes at Christ the King Lutheran Church in Fallbrook celebrated the culmination of another year with a reading of their required essays titled "My Favorite Activity."

To celebrate, they learned about the history of the "Root beer Float," after which each person created their own. One of the student's wrote her essay about the art of shopping in thrift shop stores called "Thrifting." It inspired the school to create their own free

"Thrift Shop" from household items.

After a summer break, classes will resume in September.

Contact Pat Hensley for more information at (760) 723-2294.

Submitted by Pat Hensley.

REDDING - Madison Wright of Fallbrook graduated from Simpson University in April 2019 with a bachelor's degree in psychology.

Wright was also named to the dean's list for the spring 2019 semester. To be eligible for the dean's list, a student must have a semester GPA of 3.50 or higher.

Wright was one of about 100 traditional undergraduates who received their diplomas during a

spring commencement ceremony on campus.

Submitted by Simpson University.

SAN DIEGO - Alexi Eich, Erin Kendrick and Lauren Prahm of Fallbrook graduated from the University of San Diego, May 26. Eich earned a bachelor's degree in international business and

finance, and Prahm earned a bachelor's degree in behavioral neuroscience.

Kendrick earned a bachelor's degree in mechanical engineering from the Shiley-Marcos School of

Engineering and graduated magna cum laude.

Submitted by University of San Diego.

TUSCALOOSA, Ala. -Jeremiah Fuller of Fallbrook was named to the University of Alabama dean's list for spring 2019.

A total of 11,406 students enrolled during the 2019 spring term at the university were named to the dean's list with an academic record of 3.5 or above or the president's list with an academic record of 4.0.

The University of Alabama dean's and president's lists recognize full-time undergraduate students. The lists do not apply to graduate students or to undergraduate students who take less than a full course load.

The University of Alabama, the state's oldest and largest public institution of higher education, is a student-centered research university that draws the best and brightest to an academic community committed to providing a premier undergraduate and graduate education.

Submitted by University of Alabama.

Tigerville, S.C. - Matthew Sandoval from Fallbrook graduated with his bachelor's degree in business administration from North Greenville University at a commencement ceremony Saturday, May 4.

North Greenville University, located in Tigerville, South Carolina, at the foothills of Glassy Mountain, is a coeducational liberal arts institution which provides opportunities for higher education in a biblically sound Christ-centered environment. North Greenville University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award baccalaureate degrees, master's degrees and doctorate degrees in 35-degree programs.

Submitted by North Greenville University.

HEMPSTEAD, N.Y. - Donia Firooz of Fallbrook excelled during the spring 2019 semester, achieving a GPA of at least 3.5 to earn a spot on the dean's list.

Hofstra University is a nationally ranked and recognized private university in Hempstead, New York, that is the only school to ever host three consecutive presidential debates in 2008, 2012 and 2016. Hofstra University is a dynamic community of more than 11,000 students from around the world who are dedicated to civic engagement, academic excellence and becoming leaders in their communities and their careers.

Submitted by Hofstra University.

We typically don't toot our own horn, but the last month has been exceptional for our clients!



Reedernedia

We've helped our clients raise hundreds of thousands of dollars through traditional and social media!

& Murphy Real Estate and the nonprofit Fallbrook Food Pantry to raise about \$100,000 at a golf

We marketed the first ever Rooted in Nature Beer Festival in Wildomar, raising money for the Santa Rosa Plateau Educational Foundation

raised money for Michelle's Place

Johnnie Fiedler, a local mobile mechanic, generate several new jobs in one week

Before that, we helped a local theater company market

These are only a few examples. We can help you too!



Village News



Allow our social media experts to create a plan specifically for your business.

We have helped thousands of businesses like yours over the last 21 years locally.

Consistent, qualified lead flow allows you to capture greater market share and reduce revenue peaks and valleys.

At Reeder Media we are experts at lead generation through Facebook, Google, email, as well as more traditional tools like newspapers and magazines (We own Valley News, Village News, Anza Valley Outlook, Sourcebook magazines and several websites)

The Fallbrook/Bonsall

Village News



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VILLAGE NEWS

ALSO SERVING THE COMMUNITIES OF DE LUZ, RAINBOW, CAMP PENDLETON, PALA, AND PAUMA

June 27, 2019 www.VillageNews.com Volume 23, Issue 26



Kati Youngren leads Danica Ector on Thunder a pony named Thunder during the Marilee Lowe Memorial Horse Symposium at Rider's Field, June 22. The event was held in memory of her grandmother who died April 24.



Jillian Goddard kisses a horse named Cadillac during the Marilee Lowe Memorial Horse Symposium. During the event, visitors were treated to free clinics from experts and demonstrations from professional riders.



Dani Pombardo rides around a barrel in the arena during a workshop at the Marilee Lowe Memorial Horse Symposium at Rider's Field.



Girls lead miniature ponies through the arena Andrew Foulk photos during the Marilee Lowe Memorial Horse Symposium which included pony rides and a petting zoo.



Sean Lindl rides around a barrel in the arena at Rider's Field during the horse symposium held for riders of all ages.



Annie Jenkins, 4, leads Scarlet the pony through the arena during the horse symposium at Rider's Field.



Lauren Lindl rides Beau through the arena during the Marilee Lowe Memorial Horse Symposium. Workshop topics included horsemanship, riding to music and eventing.

REAL ESTATE AND HOME & GARDEN

FALLBROOK - If local juicing oranges and navel oranges. gardeners missed bare root season, it is not a problem. They can catch up by finding deciduous trees at Maddock Ranch Nursery. They have a wide selection of trees, including apples, apricots, apriums, blueberries, figs, jujubes, nectarines, peaches, pears, plums, pluots, pomegranates, almonds and walnuts.

Their citrus trees include white and pink grapefruits, kumquats, lemons, limes, Australian finger limes, Keiffer limes, five different kinds of mandarins, blood oranges,

If someone is looking for something a little bit different, they can check out the guavas, atemoyas, chirimoyas, dragon fruit, guanabanas, ice cream bean trees, mangos, moringas, sapotes and star fruit trees.

Maddock Ranch Nursery, 1163 Ranger Road, is open Monday through Friday from 8 a.m. to noon and 1-4 p.m., and Saturdays from 8 a.m. to noon.

Submitted by Maddock Ranch Nursery.



The Spice Zee Nectaplum is a cross between a plum and a nectarine.

Courtesy photos



A variety of citrus trees is available at Maddock Ranch Nursery.



Deciduous fruit trees are now in stock, ready to plant.



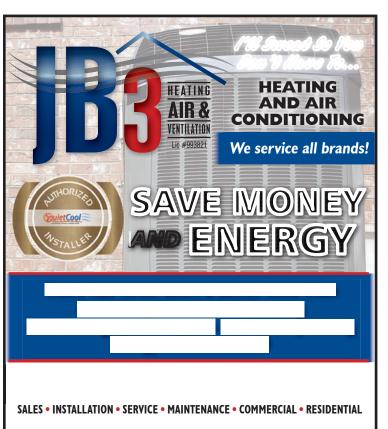




Lemon trees are flowering now.



This peach tree is one of the deciduous trees now at Maddock Ranch Nursery.



We pride ourselves on high quality workmanship, excellent service & affordable pricing.

hero 🍙 benji

Service You Can Trust

Over 30 Years Experience

Family Owned & Operated







choice for REALTOR in Fallbrook and Bonsall! Named #1 COMPASS agent in San Diego by the San Diego Business Journal based on 2018 production. Year to date 2019 closed sales top \$35 Million.* In 2018, The Marelly Group broke all records and Patrick Marelly has:

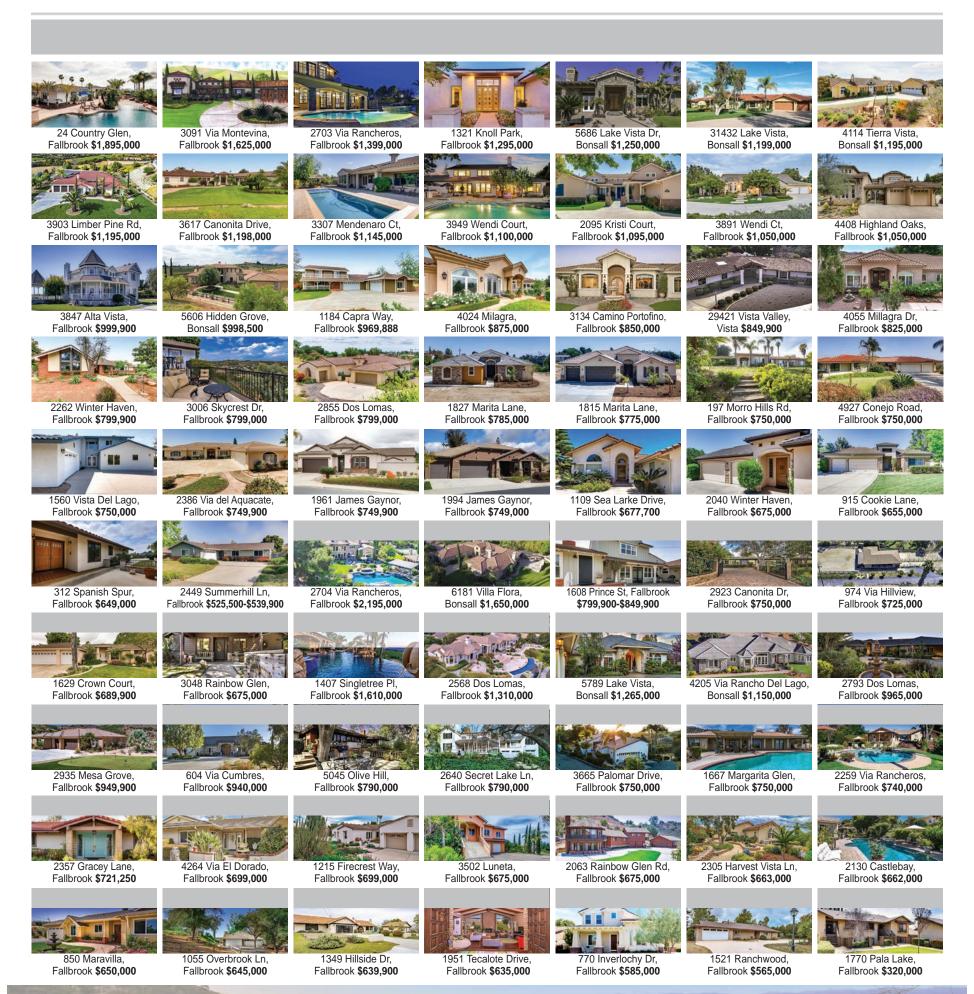
- SOLD 173 homes for a total of \$149 Million!**
- SOLD more homes than any other agent or team!
- SOLD 3X more homes than any local agent!
- SOLD his listings at or over 99% of the asking price!

His sellers net more!

Let Patrick work for YOU to get it SOLD for TOP DOLLAR! Find out HOW to put more money in YOUR pocket...

PATRICK MARELLY Founder/REALTOR

*MLS data thru May 2019. *MLS data thru December 2018.





5256 S. Mission Road, Suite 801 | Bonsall, CA 92003 In the River Village Shopping Center 520 N. Coast Hwy | Oceanside, CA 92054







Beautiful, Well-Maintained Lake Rancho Viejo Home

Built in 2007, 2414 sf, 4BD, 2.5BA, 3 car tandem garage. This well maintained home has it all – paid solar by Baker, saltwater pebble scheen pool & spa, 4' safety fence, quartz kitchen counters & subway tile backsplash, 6-burner Viking range & hood. Kohler chef's sink, SS applcs, built-in entertainment center, professional landscape & more!

List Price \$599,000



Cul-de-Sac Home in Desirable Lake Rancho Viejo

Built in 2010, 2984 sf, 4BD, 1 optional, 3BA, loft. Highly upgraded with gorgeous quality finishes in warm neutral tones make this home look and feel like a model home. Sought after downstairs bedroom, bathroom & office (opt. room). Flagstone patio with redwood patio cover. Low HOA, no Mello Roos, Bonsall School District.

List Price \$624,900



Dual Zoned Commercial – Residential

2 units, main house is 3 BR, 1 BA currently under residential lease until Feb 2020. 1 BR apartment over detached garage currently leased until July 2019. Good cash flow, 6.4%

List Price \$525,000



Backyard is Like a Mini-Resort

Built in 2002, 2462 sf, 4BD, 2.5BA, updated & move-in ready. Great open floor plan with Ig family room & spacious bdrms. Keep cool & save money with solar & a whole house fan. Backyard patio entertaining area & x-lg play station on side yard. No rear neighbors, enjoy open space view. Low HOA, no Mello Roos, Bonsall School District.

Call for Price!



Beautiful View from Hilltop Home w/Grove

4BR, 3BA, lush producing 5.33 acre grove serviced by your own well. Solar panels and well make this home and grove very affordable. Kitchen is a cook's dream with 2 cook tops, SS applcs, Butler's pantry, storage pantry, entertainment deck off the kitchen and dining area. Downstairs is a custom oak bar and game room.

List Price \$950,000



Shows Like a Model – Fall in Love!

Original owner! 3 gorgeous bdrms w/master on separate side of home for added privacy. Office/bonus room is a potential 4th BD. VERY energy efficient Woodside home with solar (owned), radiant barrier roof & more. Single level surrounded by other single level homes. No neighbor behind. Open concept floor plan. Granite counters, island w/ seating, mocha cabinets & ss applcs.

List Price \$415,000



Offering FHA, Conventional, Jumbo, Renovation and VA Home Loans for Primary Residence, Vacation Homes or Investment Properties in 30 states







Bats are the animal most likely to transmit the rabies virus to humans

Tom Christensen County of San Diego Communications Office

Every 10 minutes, someone

in the United States is treated for possible exposure to rabies, according to the Centers for Disease Control and Prevention. Once clinical signs develop,

rabies is almost always fatal, however it is 100% preventable by making sure pets are vaccinated, avoiding contact with wildlife and seeking immediate medical care after being bitten or scratched by an animal.

The Centers for Disease Control and Prevention said that bats are the animal most likely to transmit the rabies virus to humans, and they are the leading cause of human rabies deaths in the United States. The likelihood of humanbat interactions goes up summer months.

Various bat species may be found in all parts of San Diego County, and about 10 rabid bats are detected here each year. The first rabid bat detected in 2019 was found this week in San Marcos, but fortunately there were no known direct human contacts with the animal.

The San Diego County Health and Human Services Agency reminded residents that if they encounter a bat, they should not touch the animal.

"Do not touch a bat whether it's dead or alive," Dr. Wilma Wooten, county public health officer, said. "Human rabies is usually fatal without prompt post-exposure vaccine and treatment."

Rabies transmission can occur from a bat bite or scratch, or it can also be transmitted if the bat's saliva comes into contact with a cut or abrasion or mucous membranes such as eyes, nose or mouth.

If a resident or their pets encounter a bat in their home or any building on their property,

contact the animal control agency that serves the area to come and safely remove it. A list by ZIP code of the animal control services throughout the county may be found at www.sddac. com/content/dam/sdc/das/pdf/ forms/Animal%20Control%20 Agencies%20by%20Zip%20 Code.pdf.

Bats that are not exposed to humans can be rehabilitated at San Diego Humane Society's Project Wildlife. Call (619) 299-7012 for more information.

If for some reason, a resident needs to remove a dead bat immediately, there are steps to ensure it is done properly.

First, pick up the dead bat with a plastic bag or disposable gloves over their hands.

Place both the bat and the plastic bag or gloves into a different plastic bag.

Spray the bag with disinfectant, close the bag securely and keep it in a safe place out of the sun until animal control arrives. If they cannot contact animal control, then dispose of the bags in a covered trash can.

Thoroughly wash their hands and any clothing that may have touched the bat.

"It's important that if direct contact with the bat occurs that the person washes the affected area immediately with soap and water and seeks medical advice immediately," Wooten said.

According to the CDC, if you wake up with a bat in the room, you should assume you may have been exposed to rabies and see a health care provider right away to determine if you need to receive post-exposure treatment.

The last human case of rabies in San Diego County was in 2001 when a man developed the disease after being bitten by a dog on a trip overseas. The last case of human rabies from a bite that occurred in the county was in 1969.







Kim Murphy Murphy & Murphy

All aspects of people's lives are changing more rapidly than many people can fathom. Just the other day, when I started my car, the onboard computer informed me that my left rear tire was low, 7 pounds low, to be precise and that all my other tires were slightly lower than the factory recommended 33 pounds of pressure.

I was impressed and thankful for the information because, by sight, the tire looked exactly like the others.

On top of that, by that evening I received an email reminding me of the low-pressure tire, with recommendations on how to remedy the problem. I didn't question it, I promptly took my

car to Pro-Tire, Indy Performance to repair my tire.

When I shared my story with the owner, he asked me if it bothered me that I was this connected to an artificial intelligence. In this case, "No," I was thankful, but it did run around in my thoughts throughout the day... the benefits of AI, and the entire "Big Brother" aspect versus the benefit of personal service.

A day does not go by that I don't receive an article telling me that clients want the real estate transaction to be easier, faster and less expensive. This interest is a product of Wall Street investing into real estate tech companies.

Technology companies want people to believe that by automating the process, they can eliminate the pitfalls and the Realtor, thereby making the transaction easier, faster and cheaper.

I cross reference that message with the input we receive from clients, and I am not sure that model is what clients really want.

Where am I going with this? Just like the app in my vehicle, there are apps in real estate that automate some of the activities Realtors previously provided. There is an app that will make appointments with sellers for showings, rather than the listing agent making the appointment with the seller.

There is the automated valuation model which places an estimated value on your home. Zillow was the first on board with this tool, with its Zestimate, but there are many other apps that provide the same estimate of value. This was meant to provide an accurate assessment of value that was purely based on recorded sales in the general geographic area.

Realtors provide a better, more accurate, knowledge and experienced based version of this when they create a comparative market analysis for you. The difference is, the Realtor can identify the differences between an updated property and one that is not updated and apply the value accordingly.

I am not debating whether the real estate transaction is challenging or not. It is comprehensive and specific. The purchase agreement is 10 pages long. The listing agreement is four pages long. There are countless disclosures that can be included with these two documents, based on the specifics of each property, making the average purchase agreement package 30 to 40 pages long.

The contracts are updated and amended based on new laws or lawsuits, so that principals and brokerages alike, are fully informed and as much as is possible, protected from lawsuits in the future. So how can this process be made easier, faster or less expensive?

If a buyer or seller subscribes to the real estate "tech firms" philosophy, then automate everything possible and eliminate much of what is considered standard practice, like inspections and repairs, and thereby, they can remove the Realtor from the transaction.

The only thing is, unless sellers are willing to accept less for their homes in the name of expediency, and unless buyers are willing to accept homes that they have not fully vetted, it's difficult to speed the process along.

If disclosures and inspections were removed from the process, a transfer of real estate could be accomplished in 17 to 21 days. If the buyers are not getting a loan for the purchase that time frame could be reduced to two days. But then, who bears the risk, if something goes wrong after closing? If you ask me, it sounds like a recipe for litigation.

So, here's my question? Does the seller or the buyer really want the transaction to be faster and easier, and if so, what risk are they willing to take, and what protections are they willing to give up, in order to accomplish this?

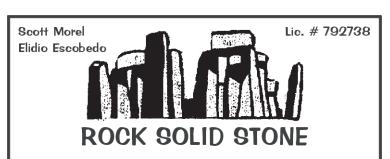
As for cheaper that puts the bullseye directly on the Realtor. An experienced, knowledgeable Realtor sells between 30 and 40 homes a year. That experience is what the Realtor brings to the table in every transaction and provides the guidance for sellers and buyers as they make their decisions.

I'm not talking about an onboard computer alerting me that a tire is low. I'm talking about dealing with a septic system that is compromised or finding a solution to navigating and coordinating a concurrent closing or resolving an issue that shows up on the title report.

Buyers and sellers can rely on automated procedures or rely on agents who only get involved when there is an issue, who don't know them or the property. Or they can work with their Realtor who has been with them every step along the way and pay them for that irreplaceable, experienced and committed fiduciary partnership they have with their clients.

So, Fallbrook, weigh in on this: Do you really want it easier, faster and cheaper, or is this more a case of Wall Street money creating a storyline that moves the market in a direction that only benefits Wall Street?

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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FALLBROOK - The pocket park on Beech Street and South Mission Road, known as Jackie Heyneman Park, got a facelift recently.

Some of the money that paid for the improvements came thanks to a grant the Fallbrook Public Utility District helped secure for the park.

More grant funding is available to residents and businesses in town who want to tear out their thirsty grass and replace it with more sustainable landscaping. The funds are provided by the Metropolitan Water District of Southern California. Anyone in the county can apply.

Metropolitan will give a \$2 rebate for each square foot of grass

RF/MEX

removed and replaced with plants like succulents, poppies and other California natives.

For Jackie Heyneman Park, the turf replacement rebate amounted to \$3,364. The work was coordinated by the Fallbrook Village Association, which also received another grant allowing for other improvements like building a gazebo, new park benches and making the park more handicapped-accessible.

'The support and partnership from FPUD with securing funding for the plants is really appreciated and just shows what a community should really be like," Roy Moosa of the Village Association said

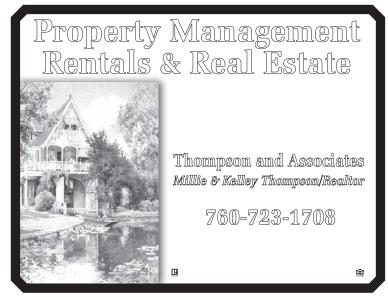
The turf replacement grant

program has been popular in Fallbrook. In the past year, 12 residents or businesses have applied for funding.

An application must be submitted before any work is done and rules require a landscape plan, a watershed approach, efficient irrigation and mulch. Synthetic turf is not eligible for the rebate.

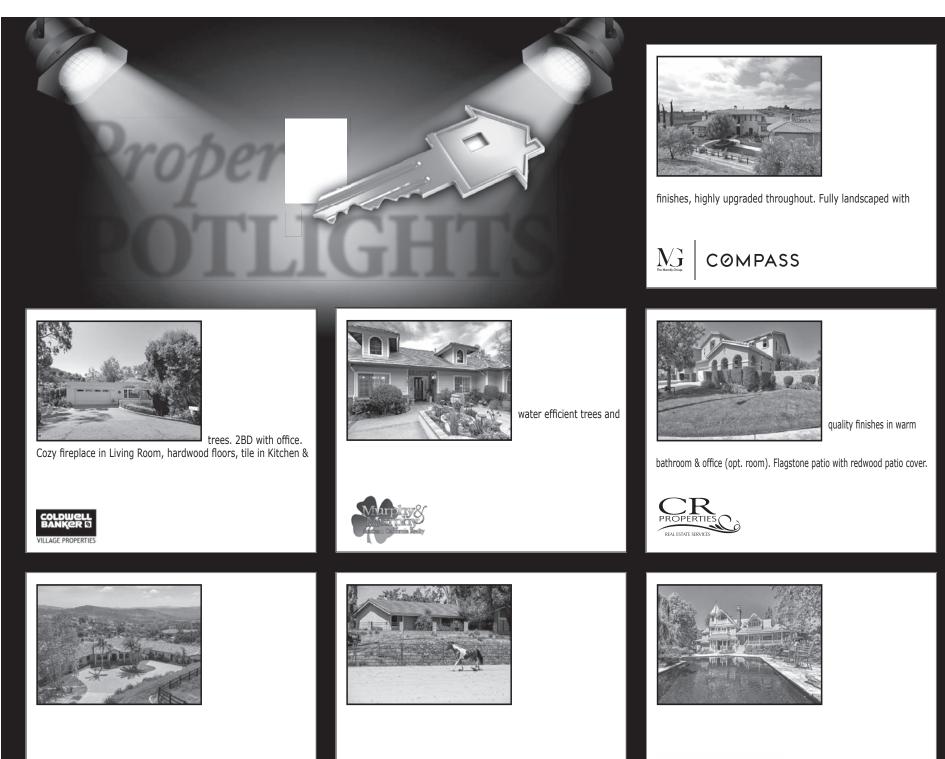
The application and more information can be found at <u>www.socalwatersmart.com</u>. For more rebate information, contact Mick Cothran at Fallbrook Public Utilities District at *MickC@fpud*.

Submitted Fallbrook Public Utilities District.



broadpoint

PROPERTIES



Pacific | Sotheby's

FALLBROOK – Fallbrook residents will have an opportunity to once again assist the Fallbrook Beautification Alliance in wiping out graffiti in Fallbrook while shopping at Major Market. During the months of June, July and August, donations of any amount can be made at the register and will be used to fight graffiti at local streets and parks.

In the first five months of 2019, FBA volunteers cleaned over 1380 "tags" averaging 67 hours of work each month, wiping benches, painting poles and fences and scrubbing sidewalks and walls. That number is double over the same period last year.

Although this increase may in part be attributed to the team's

tracking of where graffiti is most prevalent, FBA historical data indicated that there is a considerable increase in the overall amount of graffiti in this village.

Leaving gang markings in place encourages retaliatory tagging. According to the U.S. Department of Justice, graffiti is not an isolated problem. Further criminal activity as a result of gang graffiti includes public disorder, shoplifting, gang violence and property destruction.

Additionally, the National Association of Realtors said property values decrease of 15% in neighborhoods where graffiti is present.

Fallbrook is Since unincorporated, there are no city or county employees focused on



Fallbrook Beautification Alliance volunteer Dan Clouse uses a brush he engineered to tackle hard to reach graffiti.



A volunteer paints over graffiti at Los Jilgueros Preserve. Courtesy photos

graffiti removal. It rests on the community's businesses, residents and volunteers.

FBA board member Marta Donovan and her small team of volunteers focus on cleaning up the graffiti and eliminate the blight with programs such as Major Market's "Wipe Out Graffiti" campaign to help provide the funds to purchase the cleaning and paint

supplies the volunteers use.

Volunteer Susan Huff developed contacts with San Diego Gas and Electric and other telephone utilities to encourage the cleanup of frequently tagged utility boxes. The paint needed to match existing boxes is unique, and matching the colors to keep the area beautiful is an ongoing challenge, she said.

FBA volunteer Dan Clouse has

engineered a long pole to reach the back of business tagged with

If someone sees graffiti in town, they should report it. By doing so, the tag will be photographed and added to the sheriff's database. FBA volunteers obtain a copy of the graffiti log every week from the Fallbrook Sheriff's department and remove graffiti in the public right of way.

Private businesses and homeowners are responsible for abating graffiti on their own personal property. FBA Graffiti Abatement volunteers do often interact with businesses and residents to share ideas and solutions and to encourage their involvement in the timely removal of graffiti.

Prompt notification helps raise awareness and assists the sheriff in building a database of repeat offenders or problem areas, making it easier to patrol and prosecute. All residents are encouraged to call the graffiti hotline at (760) 451-3144 to submit a report. Callers will reach a recorded announcement and will be prompted to leave a short message with a description of where the graffiti is located.

Anyone who doesn't have the opportunity to donate at Fallbrook's Major Market this summer can consider making an online donation at http://www. fallbrookbeautification.org. All contributions will go toward supplies and resources to clean up Fallbrook.

If anyone would like to be a part of this important effort, there is a 'contact me" form available on the FBA website for volunteers indicate their interest, and they will be personally contacted by a member of the group. Volunteers may choose to help out in their own neighborhood with graffiti removal and trash pick-up, or to help out where needed most.

Submitted by Fallbrook Beautification Alliance.



A volunteer covers up a tagging at Los Jilgueros Preserve.







FALLBROOK – The National Fire Protection Association has modern home furnishings, along announced "Not Every Hero with the fact that newer homes Wears a Cape. Plan and Practice Your Escape" as the theme for Fire Prevention Week, Oct. 6-12. This year's campaign recognizes the everyday people who motivate their households to develop and practice a home fire escape plan; these seemingly basic behaviors can have life-saving impact.

"This year's campaign works to celebrate people of all ages who learn about home fire escape planning and practice, bring that information home, and spur their families to action," Lorraine Carli, vice president of outreach and advocacy at NFPA, said. "From young students who learn about the campaign at school to parents who attend a community event like a fire station open house - all of them truly are heroes because they're taking steps to make their households much, much safer from fire."

"Not Every Hero Wears a Cape. Plan and Practice Your Escape" also focuses on what a home escape plan entails and the value of practicing it. These messages are more important than ever, particularly because today's homes burn faster than ever. Carli

said that synthetic fibers used in tend to be built with more open spaces and unprotected lightweight construction, are contributing factors to the increased burn rate.

"People tend to underestimate their risk to fire, particularly at home. That overconfidence lends itself to a complacency toward home escape planning and practice," Carli said. "But in a fire situation, we've seen time and again that advance planning can make a potentially life-saving difference."

A home escape plan includes working smoke alarms on every level of the home, in every bedroom and near all sleeping areas. It also includes two ways out of every room, usually a door and a window, with a clear path to an outside meeting place like a tree, light pole or mailbox that's a safe distance from the home. Home escape plans should be practiced twice a year by all members of the household.

For more information about Fire Prevention Week and "Not Every Hero Wears a Cape. Plan and Practice Your Escape," along with a wealth of resources to help promote the campaign locally, visit

www.fpw.org.

NFPA has been the official sponsor of Fire Prevention Week since 1922. According to the National Archives and Records Administration's Library Information Center, Fire Prevention Week is the longest running public health and safety observance on record. The president of the United States has signed a proclamation declaring a national observance during that week every year since 1925. Visit www.firepreventionweek.org for more safety information.

Founded in 1896, NFPA is a global, nonprofit organization devoted to eliminating death, injury, property and economic loss due to fire, electrical and related hazards. The association delivers information and knowledge through more than 300 consensus codes and standards, research, training, education, outreach and advocacy and by partnering with others who share an interest in furthering the NFPA mission. For more information visit www.nfpa. org. All NFPA codes and standards can be viewed online for free at www.nfpa.org/freeaccess.

Submitted by NFPA.









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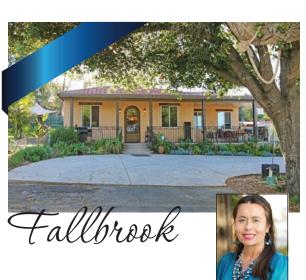






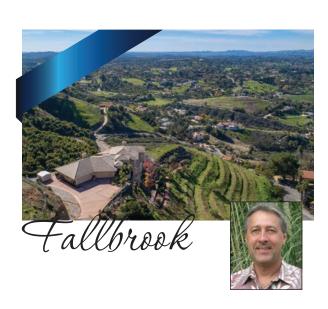
incl. Just fell out of escrow. Seller will consider financing with 50% down.

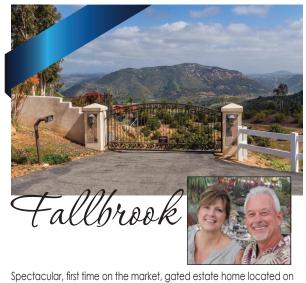


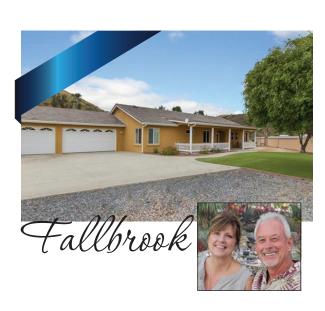




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SHERIFF'S LOG

400 block W Elder St.	Burglary (Commercial)
400 block w eigel St.	Burgiary (Commercial)
June 12 200 block Woodcrest Dr.	Arrest: Flash Incarceration
	Allest. Flash mediceration
June 13 1300 block Macadamia Dr.	Arrest: Possess Controlled Substance
1300 block iviacauanna Di.	Affest: Possess Controlled Substance
June 14	
200 block N. Ridge Dr. 200 block N Ridge Dr.	Burglary (Residential) Take Vehicle W/O Owner's Consent/
-	Vehicle Theft
200 block N Ridge Dr. 4700 block Sleeping Indian Rd.	Grand Theft: Money/Labor/Property Recovery of Stolen Vehicle
	Recovery of Stolen Territor
June 16 1100 block Alturas Rd.	Barrant (Our
	Arrest: Felony Bench Warrant (Our Agency)
3400 block S Old Highway 395 Mission Rd @ Via Montellano	Arrest: Poss Controlled Subs Arrest: Poss Controlled Subs
Mission Rd @ via wiontenanc	Arrest: Poss Controlled Subs Paraphernalia
June 17	
June 17 1200 block S Main Av.	Shoplifting
300 block E Ivy St.	Miscellaneous Incidents
300 block Bottlebrush Way	5150 Mental Disorder 72 HR Observation
4000 block Vista Way	Missing Adult
800 block N Stage Coach Ln.	Found Property
1100 block N Stage Coach Ln. 1100 block N Stage Coach Ln.	Found Property Petty Theft (from Veh)
1100 block N Stage Coach Ln. 3200 block S Old Highway 395	Petty Theft (from Veh) Burglary (Commercial)
200 block Bottlebrush Way	Petty Theft (from Veh)
1000 block N Stage Coach Ln. 1600 block E Mission Rd.	Petty Theft (from Veh) Burglary (Residential)
1600 block E Mission Rd. 300 block Tumble Creek Ln.	Burglary (Residential) Petty Theft (from Veh)
1100 block S Mission Rd.	Burglary (Vehicle)
June 18	
June 18 600 block Rosvall Dr.	Grand Theft: Money/Labor/Property
600 block N Pacific Av.	Courtesy Reports
35200 block Persano Pl. 1400 block Alturas Rd	Arrest: Possess Controlled Substance Arrest: Willful Cruelty to Child
1400 0100x Atturus 100	Without Injury or Death; Spousal/ Cohabitant Abuse With Minor Injury
100 block Olive Av.	Arrest: Possess Controlled Substance
June 18 300 block E Alvarado St.	Other Agency Located Adult/
	Juvenile
2300 block N Old Hwy 395 300 E Alvarado St.	Miscellaneous Incidents Arrest: Federal/All Others
	THIOSE I CO.
June 19 4400 block Estate Dr.	Forgery: False Checks/Records/
	Certificates
2300 block Via Del Robles 4400 block Estate Dr.	Miscellaneous Fire investigation Forgery: False Checks/Records/
	Certificates
3200 block Via Altamira	Take Vehicle W/O Owner's Consent/ Vehicle Theft
35700 block Garrano Ln.	Burglary (Vehicle)
400 block W Fallbrook St. 1500 block Greenacres Rd.	Burglary (Commercial) Access Computer/Alter Data: Devise
	Scheme Defraud
400 block S Stage Coach Lane 1100 block S Main Av.	Lost Article Miscellaneous Incidents
	Wilsonanessa.
June 20	Disorder 72 Hr
100 block Barhaven Ln.	5150 Mental Disorder 72 Hr Observation
1000 block S Mission Rd.	Found Property Purglary (Pagidential)
2600 block Clearcrest Ln. 600 block Elbrook Dr.	Burglary (Residential) Arrest: Battery W/Ser Bodily Injury
UUU UIUUK EJOTT	; ADW with Force:Possible GBI ; Drunk in Public: Alcohol, Drugs,
Tecolote Ln @ S Old highway	Combo or Toluene Arrest: Misdemeanor Bench Warrant
395	(Our Agency)
32900 block Del Cielo Este	Burglary (Vehicle)
June 20	
1600 block S Mission Rd.	Robbery Potty Thoft (from Vob)
100 block Woodstork Ln	Petty Theft (from Veh)
June 22	
Industrial Way @ E Mission	Miscellaneous Incidents
	Arrest: Poss Controlled Subs
Industrial Way @ E Mission Rd.	

June 23

600 block S Main Av.

S Old Highway 395 @ Pala Rd. Arrest: Poss Controlled Subs

Substance

Found Property

Paraphernalia; Possess Controlled

OBITUARIES



Joseph Michael Siva died June 16, 2019, passing into the spirit world. He was born Jan. 30, 1963, the youngest of six children of JoAnn and Harold Siva of Fallbrook.

He lived his first half of his life in Fallbrook, dominating in anything he did. He played tennis, baseball and basketball was his main sport. He was known to cross half court and launch the deep 3, although that was before there was a 3-point line and may be the only man that you ever knew that could throw a horseshoe overhand for a ringer or two.

He is loved by many people. Growing up in Fallbrook, he touched many lives in the most positive way he could. Dec. 13, 1987, was the day his journey began with the love of his life, Jeanine Siva. From concerts to ballgames to just being together, they were inseparable. Joe and Jeanine's first son, Jakee Joseph Siva, was born July 5, 1990. Four years later, Nov. 11, 1994, their second son, James Michael Siva, was born. Joe also raised a stepson, Kevin Mitchell Ostgaard, born Feb. 7, 1986.

Working at Fallbrook's Major Market for 15 years, Joe earned the position of produce manager. Being a tribal member of the Rincon Band of Luiseño Indians, Joe moved his family to the Rincon Indian Reservation in 1994. Three years later, Aug. 2, 1997, Joe married Jeanine in Bonsall.

He spent the next half of his life raising his family with love, pride and true integrity. When he wasn't working, Joe dedicated his time to coaching and watching his boys play baseball and basketball. He was there for anybody who needed help, whether it was kind words or a place to stay. Joe was a rocker, through and through, who loved his music.

At age 25, he started playing guitar. After 21 years of teaching himself and playing, he made a CD with his band Tribal Edge. The Joe Siva Band consisted of his beloved wife Jeanine on vocals, Joe and his brother, Harold Siva Jr., both

shredding guitar, his friend/brother Mike Shaw on drums and friend Jason Wolfe on bass.

Joe took pride in being a hardworking and loving husband, father, grandfather, son, brother, uncle, cousin, nephew, godfather and friend. After he stopped working at Major Market, he worked hard for his tribe for the rest of his days.

Joe was blessed with his first grandchild, Iris Haze Siva, April 29, 2018. He is survived by his wife Jeanine; sons Jakee, James, Kevin; grandchildren Iris, Evan; mother Jo Ann; brothers Harold Jr., Gerald, Greg; sisters Annemarie, Natalia; nephews Travis, Tyler, Andrew, Josh, Cole; nieces Natasha, Danell, Breanna, Melanie, Hanna; Godchildren Andrew, London Jazz; great-nieces; great-nephews and his music.

There are no words to describe this sudden and unexpected loss of such a dignified, proud, loving, beautiful Indian man whose depth and love for life and family knew no bounds.

Services are to be held Friday, June 28, at 10 a.m. at St. Bartholomew Church on the Rincon Indian Reservation, in Valley Center on Mazzetti Lane. Burial to follow at the Rincon Cemetery. Joe's spirit will live on forever.

"Let it flow, right from your heart, straight from your soul, let it go!" – Joe Siva.

Please sign the guest book at Berry-BellandHall.com



On June 8, **LeRoy Cecil Barton** died at age 90. Lee Barton is survived by his wife of 69 years, Donna Ruth Barton; daughters, Laurie Barton and Kristen Barton Krohnfeldt, and sons David and Michael Barton.

Lee, like his father W.H. Barton, successfully owned and operated Chevrolet dealerships. He later retired to a quiet life in Fallbrook where he enjoyed playing golf with his friends and family at San Luis Rey Downs.

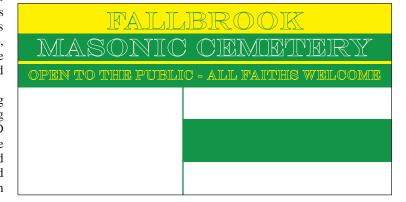
Above all else, Lee was a devoted family man. He loved his family and always put their needs ahead of his own. Parents often comment they would give their lives to protect their children. Lee Barton didn't say it, he did it.

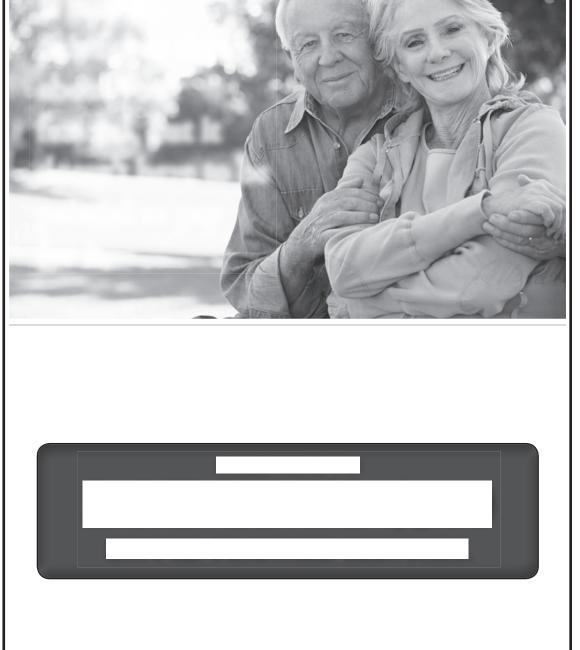
Rest in peace, Lion of the Barton family.

Madeleine M. Schreiner passed away June 17, 2019 at her home in Fallbrook. She was born August 25, 1919 in Great Falls, Montana.

Services will be held Friday, June 28 at Saint Peter the Apostle Catholic Church, 450 South Stage Coach Lane, with the Rosary at 10:30 a.m., Mass at 11 a.m., and Interment at 12:30 p.m., at Fallbrook Masonic Cemetery, 1010 Hillcrest Lane, A reception will be at Saint Peter's hall immediately following interment.

Friends are invited to celebrate Madeleine's life with her family.





Steve McGargill, FDR #1446 • Scott McGargill, FDR #628

























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VILLAGE NEWS

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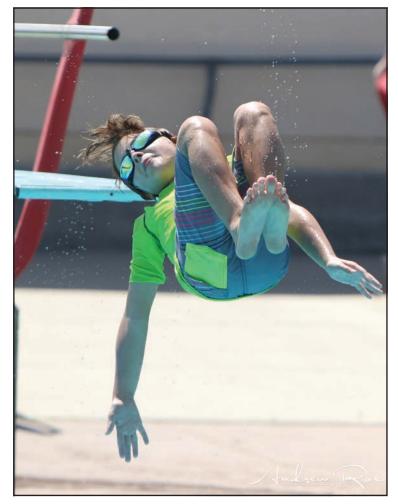
June 27, 2019 www.VillageNews.com Volume 23, Issue 26

Joe Naiman Village News Correspondent

Summer swim lessons at Fallbrook High School's swimming pool began June 10. The lessons are overseen by head instructor Sean Redmond, who is the Fallbrook High School girls swim coach, the diving coach for both Fallbrook's girls and the Warriors' boys, and the director of coaching for the Fallbrook Associated Swim Team.

Six, five-day sessions are held each week until the week of July 29 to Aug. 3. The week of July 1-5 will include July 4 sessions, so those lessons will also be for five days. Each day's lesson will be for 40 minutes.

Each session has up to 10 stations based on skill level. Station 1 is learning to breathe while in the water while stations seven through 10 could be considered preparation for a high school junior varsity team. Fallbrook High School boys swim and girls swim team members will be assistant instructors, and the beginning levels will have no more than four students per instructor while the advanced levels may have six to eight students per instructor. The sessions include a parent-tot class,



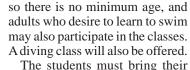
Steve Bauer does a backflip into the pool during open/recreational swim time at Fallbrook High School, June 19.



Children jump and play in the pool during open/recreational swim time at Fallbrook High. The pool offers swimming classes starting at 8:30 a.m., Monday through Friday with open swim 1-4 p.m. Monday through Sunday.



Dave Moran watches children swim at Fallbrook High School during open/recreational swim time which is offered 1-4 p.m. Monday through Sunday.



The students must bring their own swimsuit and towel. Swim caps and goggles are optional. Payment can be made by cash or check, and swimmers or parents can register either at the pool or in advance at http://www.swimfast.com.

Additional information can be obtained by emailing Redmond at *seanmary@aol.com* or visiting http://www.swimfast.com.





A mother and child play in the pool at Fallbrook High School during open/recreational swim time which is for children and adults.



Araceli Escudero laughs with her son Isaiah as the two play at Fallbrook High School during open/recreational swim time.



Adrian Del-Razo smiles as he splashes in the pool at Fallbrook High School during open/recreational swim time. Season passes are available.



A woman holds onto her child as the two play in the pool during open/recreational swim time.



Jenny Pawlowski holds onto her son, Jessie, as they play in the pool at Fallbrook High during open/recreational swim time. The pool offers parent/tot classes for 2 and under (offered at 9:15, 10:00 and 10:45 a.m.).

SPORTS

Jeff Pack

Writer

Next school year, Darriale Yarbrough will compete for the California State University San Marcos track and field team, and it will represent the next chapter in her athletic journey as one of Fallbrook High School's most successful track athletes over the last four years.

During her career, she has won the Valley League 100-meter race and long jump championship almost every year, was the CIF Division I Champion in the 100 meters her sophomore year, finished second in the CIF finals in the long jump in 2019 and has competed as part of the 100-meter relay team as the anchor throughout her four years on varsity. She qualified for the California State meet twice.

She was named MVP for the girls' team all four years at Fallbrook High and recently was named as one of the school's Senior Athletes of the Year.

She is clearly pretty darned fast – not bad for an athlete who doesn't necessarily like running.

"After playing soccer for three years and realizing that I'm relatively fast, I felt I'd be better running a straight line for 12.5 seconds than running around a field for 30-40 minutes,

Get to know **Darriale Yarbrough**

Favorite subject in school and why?

"PE/Track. I truly don't have any interest in any other subject.'

Favorite teacher and why?

"All of my female teachers I've had over the years. They've all been so sweet and seemed to see potential in me."

Favorite band/musical artist?

"I don't really have one. My taste in music's too varied."

Favorite TV show?

"Criminal Minds" or "Hannibal."

Favorite movie? "Into the Spiderverse"

Favorite book? "Silence of the Lambs"

Yarbrough said. "Despite the fact that I absolutely hate running or exercising in general, there's something about the intensity that competition brings to me that makes the sweat and fatigue completely worth it. It's especially fun when you see improvement in yourself and your team."

Before coming to Fallbrook High, she had only competed in the Don Dornan Games once, in her sixth-grade year. She picked up track and field after playing her freshman year of soccer, then never looked back.

"It gives me a sense of accomplishment, like 'This is something I did and I'm proud of what I've done so far, hopefully, I'll get better next time," Yarbrough said. "It gives me a drive nothing else at the moment gives me. I definitely love the rush that the competition gives me. It pumps me up for whatever race or event I'm about to do and it's such an amazing feeling. Completely washes away most of my anxiety I might have."

She said her favorite personal accomplishment was qualifying for state competition.

"When I found out I won first place for the 100 meters during CIF," Yarbrough said. "When I was told I was going to state, I nearly cried on the spot.

"I didn't really do all that well, but having the chance to go and experience that for myself was intense, especially since I was only a sophomore when I went. I wish I had the chance to go again, but I'm grateful I went at all."

She said this year could have gone smoother, but an injury held her back a little.

"I wish I could've pushed myself harder," Yarbrough said. "I'm honestly amazed that, even though I had a pulled hamstring and went through the routine of healing it and pulling it over the course of a month, I was able to get to CIF for my third year."

She said she is proud of what she accomplished with her teammates on the relay teams.

"Nearly every competition we did our relay in, we improved our times," Yarbrough said. "From 51.5 seconds to 51, to 50, to 49, all the way to 48.74 as our best. It was amazing, dropping nearly 4 seconds. And that's not an easy

She said she was influenced by fellow competitors.



Darriale Yarbrough has starred on the Fallbrook High School track and field team since she came to the campus as a freshman four years ago. She was recently named as one of the school's Senior Athletes of the Year.

"Definitely Allison Felix and most along the way. "They're what I strive to be with my sprints and my long jumps respectively. And they're just so fun to watch compete, it gets me pumped and want to start running

or jumping." She said her mom helped her the

Ivana Španović," Yarbrough said. "She's my biggest motivator, mentor, everything," Yarbrough said. "I don't think I'd get anywhere without her support if I'm being completely honest.

"I'd love to shoutout all of my coaches I've had over the years, as without their help, I wouldn't

be where I am today. I'd also like to shoutout my 4x100 teammates: Erin, Jade and Hannah. I couldn't ask for a better relay team, and I hope they all go on to do great things in track."

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

Joe Naiman

Village News Correspondent

Four members of Fallbrook High School's baseball team were given all-league honors by the Valley League coaches.

Harrison Brown and Josue Navarro were members of the allleague first team. Zach Allegro and Grant Knox received secondteam designation.

"We have a lot of respect out

there, especially when it comes to our pitching staff," Fallbrook coach Pat Walker said of having four all-league players.

Three of Fallbrook's all-league players were pitchers who also played in the field. Brown played outfield and third base when he was not on the mound. Allegro was a right fielder as well as a pitcher. When Knox was not pitching he played third base. Navarro was Fallbrook's catcher.

Ramona High School posted a 13-2 record to win the Valley League championship. San Pasqual High School took second place with a 9-6 mark. Fallbrook's 13-15 overall record included an 8-7 statistic in Valley League play.

"We finished third. San Pasqual and Ramona pretty much dominated all-league," Walker said.

Brown, who was a senior, was

on the Valley League second team in 2017.

"Threw strikes," Walker said. "We knew we were going to get five, six, even seven innings out of him.'

Westmont College will experience Brown's talents next

"I think he's going to be a very good college player," Walker

Navarro, who was a junior,

led the team with a .382 batting average and his 34 hits, 22 runs scored, 22 runs driven in, 11 doubles and seven home runs were also team highs. His fielding percentage was .978.

"If he keeps working hard he's got an opportunity like Harrison had to get a baseball scholarship," Walker said.

Allegro and Knox were also juniors during the 2019 season.

Joe Naiman

Village News Correspondent

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> Grant Knox, a third baseman, was a member of the all-league second team.



Joe Naiman

Village News Correspondent

The CIF San Diego Section individual tennis tournament was played May 13-21 on the Morley Field courts in San Diego, and Fallbrook High School sophomore Ethan Lenaway reached the second

"He was probably a kid who should win one round," Fallbrook coach Bill Lenaway said.

The first two singles rounds were contested May 13. Ethan Lenaway began play with a 6-4, 6-1 victory over Serra freshman Chaneol Choi. San Diego High School junior Conan McCormack then eliminated Lenaway in a 6-0, 6-1 match.

Three Fallbrook players competed in singles at the CIF tournament, but neither of the other two won a match. The contest between Fallbrook senior Noah Potraz and Del Norte High School junior Joseph Li ended as a 6-1, 6-0 victory for Li. Fallbrook's other singles player, senior Richard Herrera, lost a pair of 6-0 sets to Eastlake High School sophomore Sebastian Castaneda.

Two Fallbrook doubles tandems also participated in the CIF

tournament, although neither advanced past the first round May 14. Due to Advanced Placement testing at Eastlake High School that day the Eastlake doubles players were unable to participate and alternates took their places. The third alternate in doubles was the St. Augustine duo of senior Eugenio Castas and junior Diego Gutierrez, who placed sixth in the Western League tournament. Castas and Gutierrez replaced the Eastlake partners as the first-round opposition for Fallbrook junior Anthony Vazquez and sophomore Chase Che. The St. Augustine players took a 6-1, 6-0 win over their Fallbrook counterparts.

Bill Lenaway said that the alternates might be stronger than automatic qualifiers from weaker conferences. Castas and Gutierrez also won in the second round before falling to the tournament's fourth seed.

Fallbrook's other doubles team in the CIF tournament consisted of sophomores Cole Traut and Nash Youngren. The University City tandem of senior Abdul Buzeriba and sophomore Richard Jason placed fifth in the Eastern League tournament to earn a berth in the CIF tournament and a first-round match against Traut and Youngren. Buzeriba and Jason won 6-4 and 6-2 sets to end Fallbrook's day on the courts.

"Nash and Cole had a nice match. They'll learn from it," Lenaway said.

Buzeriba and Jason then won their second-round match before losing to the tournament's third

"Tough draws and tough matches, but still a good experience for them," Lenaway said of Fallbrook's players.

"All of them, that's their first trip here," Lenaway said. "It's all a brand-new experience the first time."

Two of Fallbrook's players were

"I'm just glad that Richard and Noah got to come once before they graduated," Lenaway said. The other five Warriors will need to qualify for the CIF tournament by placing high enough in the league tournament, but should that happen the CIF tournaments won't

"We'll use this as experience to get better for next time," Lenaway

Joe Naiman

Village News Correspondent

Fallbrook High School's boys lacrosse team had a 15-3 regular-season record, including a 4-1 Valley League mark to place second in the six-team standings. The Warriors won their first CIF playoff game before losing in the Division II quarterfinals.

"We actually had a very good season," Fallbrook coach Mike Zinniger said. "Record wise it was pretty successful, and I think individually a lot of the players overachieved this year. They just came together as a team."

This year's team included 13 seniors. "A lot of these kids have been playing together since seventh grade," Zinniger said.

Three of the Warriors' four losses, including the playoff defeat, were by one or two goals. The exception was a 12-5 home game April 30 at Valley Center High School, which was also the only blemish on the Warriors' league record.

"They're just a very talented team," Zinniger said of the Jaguars. "We played them really hard, but we were just overmatched."

The game decided the league championship, but Valley Center needed a strong finish to prevail over the Warriors.

"It was pretty close at halftime," Zinniger said.

Including the playoffs, Fallbrook outscored opponents by a cumulative 266-95 margin, and the margin was 239-66 during the regular season.

Two of the Warriors' victories were by shutout with the Warriors winning 16-0 both in the March 12 contest at home against Classical Academy and March 27 at Otay Ranch High School.

In two other games, the Warriors allowed only one goal, and the Warriors also allowed two goals twice and three goals two times. Fallbrook allowed five goals or fewer 15 times.

"That kind of says a lot about our defense," Zinniger said. "They were just a solid, solid defensive unit.'

An April 6 non-league home game against Hilltop High School was a 17-4 Fallbrook victory. Fallbrook was given the fourth seed in the Division II playoffs and Hilltop had the 13th seed, so the Lancers returned to Fallbrook for a May 8 playoff game. This time the Warriors were on the winning end of the 14-4 final score.

"Just from the outset we just kind of set the tone in the first quarter," Zinniger said. "They just came together quickly.'

A large enough lead during the third period allowed Zinniger to play seniors who were not starters.

The Francis Parker Lancers were the fifth seed and traveled to Fallbrook for the May 11 quarterfinal. The Warriors held leads of 9-8 at halftime and 11-10 after the third quarter, but the Lancers rallied for a 15-13 triumph.

"Kind of disappointing. We blew a fourth-quarter lead," Zinniger said. "It was one of those games. That's lacrosse. It's never over 'til it's over."

The loss finalized Fallbrook's record at 16-4. Francis Parker subsequently defeated top-seeded Eastlake in the semifinals and lost to second-seeded Granite Hills by one goal in the championship game.

Zinniger was the Warriors' junior varsity coach from 2016 to 2018 before replacing Brian Kimmell this year.

"I just really enjoyed it and had a lot of fun and am looking forward to coming back next year,' Zinniger said of his first season as head coach. "I look forward to 2020."

Joe Naiman

Village News Correspondent

The Valley League boys volleyball coaches recognized four Fallbrook High School players at the postseason meeting in which the all-league teams were chosen.

Sean Wenzel was selected as a member of the Valley League's first team. The second team included Eric Leon. Tommy Pestolis and Dominik Torrescano were recognized at the honorable mention level.

'It was good for our kids to get rewarded," Fallbrook coach Chip Patterson said of having four allleague players. "It's good to see them be recognized."

Wenzel, who was a junior during the 2019 season, was a middle blocker for the Warriors. "I'm extremely proud of him," Patterson said.

"He did everything well," Patterson said. "He has grown tremendously since his sophomore year. He has grown every year."

Patterson expects that growth to continue into 2020.

"He is going to be a real strong force to be reckoned with next year," Patterson said. "I think he will be highly recruited by a lot of colleges.'

Leon, who graduated in June, was the Warriors' setter. Leon was the only all-league Fallbrook player with a previous all-league honor; he was also on last year's Valley League second team.

Pestolis and Torrescano were also seniors; Pestolis was Fallbrook's libero and Torrescano was a middle blocker.

The three all-league seniors based their college choices on academic options rather than on opportunities to play college volleyball, but they received interest from college coaches.

"We really have a lot of colleges now who look into Fallbrook kids," Patterson said.

Fallbrook took third place among the five Valley League teams with a 4-4 league record. The Warriors had a 17-15 overall figure.

loe Naiman

Village News Correspondent

The 2018-2019 high school seniors who signed letters of intent to play college football include Dean Janikowski, who lives in Fallbrook and attended Cathedral Catholic High School.

Janikowski will be a kicker for the Washington State University

"I'm just excited to move on to the next level and play some football," Janikowski said.

Janikowski was both the punter and placekicker for Cathedral Catholic. He said he expects to be the placekicker only at Washington

The offer from Washington State allows Janikowski to play in a Power Five conference and to stay on the West Coast.

"The PAC-12 conference was my dream conference," he said.

Three of the other five schools Janikowski was considering are also in the PAC-12: Arizona, Arizona State and Utah. Janikowski was also considering the University of Michigan and San Diego State University.

"I really liked the location of it. I liked the atmosphere of it. It felt like home. And I love the football they play there," Janikowski said of choosing Washington State.

Washington State is in Pullman, Washington.

"The football atmosphere is really cool," he said.

The Holiday Bowl features a PAC-12 team against a Big Ten squad, so Janikowski might return to San Diego County if the Cougars play in the Holiday Bowl during his seasons at Washington

Mike Leach is Washington State's head football coach. Leach's wife, Sharon, moved from San Bernardino to San Diego when she was in seventh grade

and attended Pershing Junior High School and Patrick Henry High School before leaving San Diego to attend Brigham Young University.

"I'm excited to play for him," Janikowski said.

Janikowski is the oldest of three children. His sister, Maegan, was a junior at Cathedral Catholic during the 2018-2019 school year and plays soccer. His brother, Zack, graduated from eighth grade this year and plans to be part of the 2019 Cathedral football program.

The lifelong Fallbrook resident attended St. Peter the Apostle Catholic School before his four years at Cathedral Catholic. He played flag football for St. Peter's but did not play Pop Warner Football or American Youth

Football. Janikowski also played three years of varsity soccer for Cathedral Catholic. The striker in that sport has played club soccer with Temecula United for nine

"That's where I get my kicking from," he said.

The Dons won the CIF San Diego Section's Open Division championship in Janikowski's freshman soccer season while reaching the Southern California regional playoff championship game. Soccer has separate Southern California and Northern California

regional playoffs. Cathedral won the Western League championship during all three of Janikowski's soccer seasons with the Dons.

In addition to his sports activity, Janikowski has been in Fallbrook 4-H Club for eight years.

Janikowski was both a tight end and a kicker during his freshman and sophomore years. He made the Cathedral Catholic varsity as a sophomore.

"My sophomore year I started sticking with just kicking because I knew I had a future in that," he

Former San Diego Chargers placekicker John Carney now has a training camp in Carlsbad. Janikowski has worked with Carney and has also worked with Temecula native John Baron II, who was San Diego State University's placekicker from 2016 to 2018.

As a senior Janikowski made eight of his ten field goal attempts and did not miss a point after touchdown kick.

"I had a future in it and I wanted to go to D-I. Finally signed with Washington State, my dream school," Janikowski said. "I'm excited for it all."

If Janikowski does not play professional football, he hopes to start his own company after he finishes college.

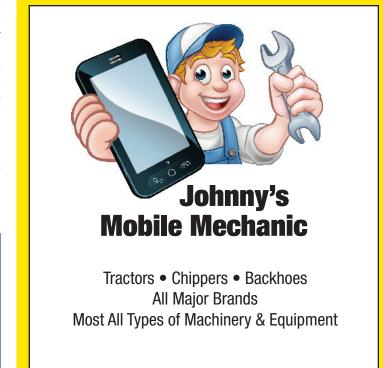


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BUSINESS

Rick Monroe

Special to Village News

The manager of Fallbrook's only cemetery with remaining plots said its new Rose Garden scattering area is becoming an attractive option for families opting for cremation of a loved one.

"I enjoy helping families and seeing all their needs are met," Kathy McGoldrick, manager for the last 18 months of Fallbrook Masonic Cemetery, said.

It is nearing its 100th anniversary. A new feature at the cemetery is their Rose Garden scattering area, located on a hillside with grass and a giant pine tree in the center and four cement benches. And of course, they have rose bushes. Instead of headstones, an individual's name can be engraved on the back of the bench.

She described the Rose Garden as a peaceful, beautiful and quiet area with a nice breeze. An additional plus is that can help with keeping cemetery expenses to a minimum.

After all, it can be expensive to die. With the separate mortuary cost and a full casket burial in Fallbrook Masonic Cemetery, she said the price tag could easily total \$15,000. However, McGoldrick said that she knew for many families, it's an expense that may be difficult to handle. She said she likes to help people with end-of-life decisions – including cost-saving options.

Both mortuaries and cemeteries have pre-purchase plans that make it easier during that difficult period when a family has to make difficult choices. The ad for the cemetery in the Village News doesn't mention pre-need purchases, but it's becoming more common occurrence for local families.

"I'm not a salesperson, but my personal experience is that people randomly come to me about their death arrangements. They are brave enough to talk about it, so their children don't have to worry about it," McGoldrick said. "When they come in, I show them the cemetery, the different areas. We have a large book of maps and pinpoint a plot, dual plot or family plot. They get an invoice and deed — a certificate of purchase. Some prepay and others go with 12 monthly payments without finance charges."

McGoldrick said there are many options, including full-body burial and cremation, for people to consider as well as costs for formal gravesite services and an open or closed casket.

She said that nationally, about 65% of people choose cremation and that percentage is about the same here. She also mentioned that more than half of the people elect to take the ashes of their loved one home in a container, rather than interment.

"I feel I'm helping give people an ease of mind, so when they need our services, decisions are already made and it's taken care of," she said.

The cemetery is separate from the mortuary. While Fallbrook Masonic Cemetery is the only local cemetery with plots available, Berry Bell & Hall is the only mortuary in Fallbrook.

The Rose Garden is dedicated to Daniel "Danny" Sanchez and his wife Virginia. Sanchez is a longtime member of Fallbrook Masonic Lodge 317 and worked at the cemetery.

"When Virginia died two years ago, Danny spoke to my husband John to ask what could be done to memorialize her," she said.

The garden was built over a two-year period and, in May 2018, Virginia's ashes were scattered at the new site.

McGoldrick has been manager for a year and a half. Her involvement started with husband John McGoldrick, a Mason, being



The rose garden at the north end of Fallbrook Masonic Cemetery, for the scattering of Lucette Moramarco photo ashes, is dedicated to Daniel and Virginia Sanchez.

on the board of directors. Kathy McGoldrick said her husband noticed the grass was dying, and the property seemed to be poorly managed. After giving that update to the board, the members suggested he become manager. He assumed that role in September 2016 and changes for the positive occurred, but after a year and a half, he was offered a job in another profession that she said he couldn't refuse.

"I had helped during that time," Kathy McGoldrick said. "Mostly with cataloging the plots, and was offered the position of manager."

There is new grass on half the property, and 10 new trees are on order. Other improvements are also planned.

The cemetery has 7,000

interments, with eight of its 10 acres developed. McGoldrick said there is enough property for another 5,000 burials.

Helping grieving families is part of the job, but that part of the job is less intense than she expected, she said, and described her demeanor as being more patient and understanding.

"By the time they work with the mortuary and come here for the burial, many are over their serious grieving, especially when it's an elderly person who dies. Often, the family is prepared," McGoldrick said. "They are more distraught when it's not expected or, even more difficult, when it's a child."

The sign over Fallbrook Masonic Cemetery lists it as having opened in 1921. McGoldrick said the cemetery's first major event was a Memorial Day service in 1922. The cemetery has veterans buried from World War I, World War II, the Korean War and the Vietnam War.

She said the most famous person buried there is Edwin "Duke" Snider, who passed Feb. 27, 2011. The longtime Fallbrook resident is best known as a Hall of Fame baseball player for the Dodgers, but he was also a World War II veteran.

Fallbrook Masonic Cemetery is located at 1177 Santa Margarita Road. Office hours are Monday through Friday, 9 a.m. to 5 p.m., with visiting hours seven days a week, 8 a.m. to 5 p.m. For information, call (760) 980-0013 or find them on Facebook.

SAN DIEGO – With summer just around the corner, San Diego Gas and Electric is encouraging customers to enroll in a Level Pay program that will help them avoid spikes in their energy bills and provide them with more predictable payment amounts throughout the summer and beyond.

The Level Pay program is available to all SDG&E residential and small business customers, except Net Energy Metering customers. NEM customers include those who have solar or wind systems; these customers have the option to make one lump sum payment once every 12 months after a true-up of their energy use and generation.

For those customers enrolled in Level Pay, their monthly bill is based on the average dollar amount of their previous 12 months' bills. Even if their energy usage goes up or down, Level Pay customers will pay the same amount each month for the first three months. Adjustments are made to the monthly payment amount every three months based on actual energy use.

"We want our customers to enjoy summer without having to worry about unpredictable bill spikes due to heat waves," Scott Crider, SDG&E's vice president of customer services, said. "Enrolling in Level Pay is a great option and will give our customers a more predictable bill throughout the year."

Customers can enroll for Level Pay and watch a brief video explaining the program at www. SDGE.com/LPP. Additional bill assistance programs for customers who meet income or other criteria are also available, with savings of

Village News

up to 30 percent per month.

Customers who do see a spike in their bills during the summer as a result of their cooling system are also encouraged to look at new technology to help them reduce their energy cost. For example, new smart thermostats can be paired with smartphones, so customers can turn on their air conditioning remotely to precool their home while they are at work or school. By doing this, the house cools down at a slower pace, during off-peak, lower cost hours; the AC doesn't have to work as hard – and uses less electricity.

Additionally, customers can learn more about how their home uses energy and view usage by month by logging onto the SDG&E My Account portal to view their energy data and set up a bill alerts for their homes and businesses. Summer electricity prices are in effect from June 1 to Oct. 31.

SDG&E is an innovative San Diego-based energy company that provides clean, safe and reliable energy to better the lives of the people it serves in San Diego and southern Orange counties.

The company is committed to creating a sustainable future by providing around 45% of its electricity from renewable sources; modernizing natural gas pipelines; accelerating the adoption of electric vehicles; supporting numerous nonprofit partners and investing in innovative technologies to ensure the reliable operation of the region's infrastructure for generations to come.

For more information, visit <u>SDGEnews.com</u>.

Submitted by San Diego Gas and Electric.



Taking part in the Congressional Record Certificate presentation are, from left, Siegrid Stillman, Courtesy photo Fallbrook Union Elementary School District governing board president; Francine Busby, district director for U.S. Congressman Mike Levin, and Brian Frost, principal of Mary Fay Pendleton School.

FALLBROOK – Fallbrook Union Elementary School District welcomed Francine Busby, district director for U.S. Congressman Mike Levin, CA-49, who presented a Congressional Record Certificate honoring district and school site leaders from Mary Fay Pendleton Elementary School.

Busby presented the certificate to the FUESD governing board members as part of the June 17 board meeting. District leadership

and governing board members, including board president Siegrid Stillman, met recently with Levin as part of an ongoing effort to advocate for continued Impact Aid funding.

Impact Aid dollars directly benefit military connected schools and districts across the United States. Busby mentioned during her presentation that Levin read into the Congressional Record letters and cards written by military connected students attending Mary Fay Pendleton School thanking elected officials for continuing to fund Impact Aid for schools located on military installations.

Mary Fay Pendleton School is a K-8 school located aboard U.S. Marine Corps Base Camp Pendleton, one of eight schools within FUESD.

Submitted by Fallbrook Union Elementary School District.

WINE & DINING

FALLBROOK - Going to a barbecue and can't think of a different side to bring? Try this side that will feed and please a hungry crowd.

The colorful salad pairs well with barbecued tri-tip, chicken, ribs and fish.





The sauce for the salad tastes great and is easy to make.

Rainbow vegetable salad is sure to be hit at any summer gathering.

Michele Howard photos

Start to finish: 30 minutes, 10 min. active time Servings: 20 1/2-cup servings

Ingredients:

- 1 14.5-ounce can French cut green beans, drained
- 1 15-ounce can Le Sueur peas, drained
- 1 11-ounce can white corn, drained
- 2 cups sweet onion, chopped small
- 2 cups celery, chopped small
- 2 cups red and/or orange bell pepper, chopped small Sauce:
- 3/4 cup white sugar
- 1/2 cup canola oil
- 1/2 cup white vinegar
- 1 teaspoon celery seed
- 1/2 teaspoon ground black pepper

1/2 teaspoon salt

Directions:

Place all six drained vegetables in a large bowl.

In a small saucepan add the six sauce ingredients and simmer on low to dissolve the sugar, set aside and let cool. Once the sauce has cooled, gently pour over vegetables and stir with a wooden spoon so as not to tear up the beans.

Refrigerate and serve cold as a side.

The salad lasts a week in the fridge, but usually it will be gone in a couple days.









This colorful salad goes great with chicken and other classic summer sides.







Kenny Metcalf performs as Elton and The Early Years Courtesy photo Friday, June 29, at Thornton Winery in Temecula.

Jeff Pack Writer

For adults of legal drinking age in the Temecula Valley, they really have no reason to be bored, thirsty or hungry this weekend.

From tribute bands to unique dining experiences and motorcycle race watch parties - Temecula Wine Country has enough to capture the interest of just about everyone.

Elton John Tribute by Kenny Metcalf

6 p.m. (gates open at 5 p.m.) Friday, June 28, at Thornton Winery

Kenny Metcalf as Elton and The Early Years Band is the Ultimate Elton John Tribute show. They were recently hand-picked to be featured on Mark Cuban and Ryan Seacrest's network AXS TV show "The World's Greatest Tribute Bands" presenting their accurate Vegas-style production, featuring the music, costumes and famous antics of Elton John

"Elton," as portrayed by Metcalf, has the voice and appearance of Elton John when he was young. From rhinestones to sequins, every detail has been meticulously recreated into elaborate costumes such as the famous Los Angeles Dodgers uniform.

Generation Idol, a Billy Idol tribute, will open the show starting at 6 p.m.

General admission tickets are \$25 in advance and \$30 at the door, and seats are first-come, first-serve. Food is available for purchase.

VIP tickets are available for assigned seats in the first six rows of the audience. Dinner tables are available and each reservation requires a general admission ticket and a separate dinner reservation. VIP ticket holders can purchase food and beverages at the food grill before and during performances.

All club members will receive a 10% discount but no complimentary glasses are available on special events. No outside food or wine allowed.

Thornton Winery is at 32575 Rancho California Road in Tem-

For more information or to buy tickets, visit www.thorntonwine. com or call (951) 699-0099.

Donut Bar Pop-up

5 to 9:30 p.m. Friday, June 28, at Peltzer Winerv

Donuts and prosecco? Sure,

why not? Peltzer will be host to a Donut Bar pop-up and they will be serving favorites such as Homer's donut to French toast, butter beer and the grilled cheese donut.

Children love donuts, but this event is for ages 21 and older.

If guests buy a bottle of Peltzer prosecco, they will throw in a carafe



Peltzer Winery invites everyone out for a Donut Bar pop-up event, complete with Peltzer prosecco and live music on Friday night.

of orange juice. And if someone

can't survive on donuts alone, the

Devilicious food truck and The

Wood Fire Gourmet will be on hand

Mrs. Jones' Revenge will provide

Peltzer Winery is at 40275 Calle

live music from 5:30-9:30 p.m., too.

Contento in Temecula. For more

information, visit www.peltzer-

winery.com or call (951) 888-2008.

Prix Fixe Friday and Sunday

5:30 to 7:30 p.m. Fridays and

For just \$40 each diner will get

Sundays at Meritage at Callaway

a starter, entree and dessert at the

delicious Meritage restaurant at

Callaway Winery on Friday and

at 32720 Rancho California Road

in Temecula. Call (951) 587-8889

Half-price apps at Mount Palo-

11 a.m. to 6 p.m. Friday, June 28,

Listen, we like a good deal when

we can find one. That's why we sug-

gest checking out Mount Palomar Winery's Annata Bistro for some

half-price appetizers – like the

chardonnay steamed mussels or

charcuterie platter – all day Friday.

the deal, and it can't be combined

33820 Rancho California Road

in Temecula. Visit www.mount-

palomarwinery.com or call (951)

Live music by the Generation Gap

1 to 5 p.m. Saturday, June 29, at

Grab those picnic baskets and

head over to the recently reopened

with any other special.

676-5047.

Somerset Winery

Guest can buy two entrees to get

Mount Palomar Winery is at

Meritage at Callaway Winery is

Sunday evenings.

for more information.

at Mount Palomar Winery

serving from 3-9 p.m.

Nights

Somerset Winery for some live music by the Generation Gap.

Listen to some music while trying out Somerset's wine or their now famous sangria while you picnic. Get there early to grab a table or bring chairs or blankets.

For those who have no interest in preparing a picnic, they sell cheese, dips, breads and desserts in the tasting room. No outside alcohol is allowed.

Somerset Winery is at 37338 De Portola Road in Temecula. Visit www.somersetvineyard.com.

Wine Club Mediterranean Luncheon

Noon to 3 p.m. Saturday, June 29, at Falkner Winery

Members of Falkner's food and wine clubs are invited to another exclusive club event featuring a Mediterranean lunch and wine tasting - only for food and wine club members - which means guests had better sign up soon or find a friend that already has one.

The event will include a fourcourse lunch paired with Italianstyle and syrah wines and will be held downstairs from the Pinnacle Restaurant among the wine barrels.

Wines to be poured will include selected vintages of their amantes, syrahs, dry Luscious Lips sangiovese, cachets and reserve sangiovese wines. The cost \$64.95 per person plus

tax with 12 wines poured. This event is open to members, their spouse or significant other, and up to two guests. The event is for guests ages 21 and older.

Contact Holly for reservations at (951) 676-8231, ext. 109, or email wineclub@falknerwinery.com.

Falkner Winery is at 40620 Calle Contento in Temecula. Visit www. falknerwinery.com.

Champagne Yoga

11 a.m. to noon Sunday, June 30, at Wiens Family Cellars

Yoga teacher and reiki master Kim Plancich will lead a one-hour Yoga Flow class for all levels with a glass of Wiens' Amour De L'Orange Champagne, of course. The class will be held at the Vineyard View lawn.

Attendees should bring a yoga mat and water, additional wine tasting is available in the tasting room, and guests are welcome to bring a picnic lunch.

To reserve a spot, send \$20 on Venmo to @Mamagawdess or PayPal to kimberleyannspace@ gmail.com. Email Plancich for other options.

Wiens Family Cellars is at 35055 Via Del Ponte in Temecula.

Signature Food & Wine Series Noon to 2 p.m. Sunday, June 30, at Monte De Oro Winery

Monte De Oro's Signature Food and Wine Series is a culinary offering by the winery's food and wine experts using the freshest ingredients in a three-course showcase featuring Monte De Oro's awardwinning wine.

Chef Dre is at it again with herb bruschetta as a starter, summer strawberry salad for first course, roasted pork chop for the second course and raspberry chocolate cake to finish.

Tickets are \$50 to \$55 and can be purchased at http://shop.mont- edeoro.com.

Monte De Oro Winery is located at 35820 Rancho California Road in Temecula. Visit www.montedeoro.

Assen MotoGP Watch Party 10 a.m. to 2 p.m. Sunday, June

30, at MotoDoffo

MotoDoffo at Doffo Winery invites MotoGP fans to join them for a race watch party of Round 8 of the series at the TT Circuit Assen in Assen Netherlands. The race track is known in the motorsports world as "The Cathedral."

According to MotoDoffo, "This is the biggest sporting event of the year in the Netherlands, and it we will try to match their enthusiasm here at Doffo Winery as we welcome special guest Eric Bostrom to this one. Bostrom has raced professionally, has done TV shows, and is an all-around great guy, so this is a unique opportunity to meet the man himself.'

It is free to attend, and coffee, pastries, food and wine will be available for purchase.

MotoDoffo at Doffo Winery is at 36083 Summitville Street in Temecula. Visit www.doffowines.com.

Dog Day Sunday

All day Sunday, June 30, at Carol's Restaurant at Baily's Winery

Bring those well-mannered pooches for lunch on the patio in wine country, and all dogs will receive a free raffle ticket for a bottle of Baily wine. Anyone who buys a Dog Day T-shirt and their dogs wear it when they come back the next time will get a free doggie entree.

Carol's Restaurant at Baily's Winery is at 33440 La Serena Way in Temecula. Call (951) 676-9463 or visit www.bailywinery.com for more information.

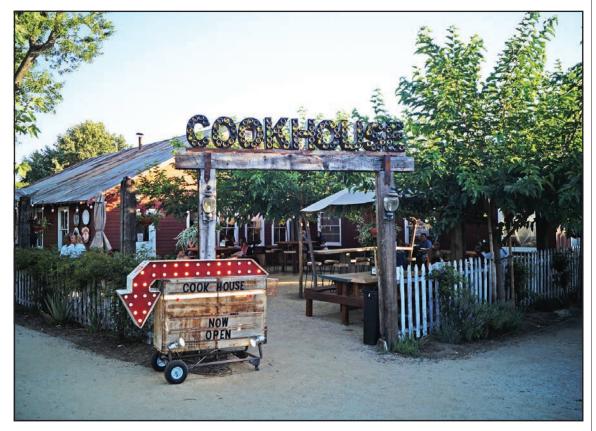
Jeff Pack can be reached by email at jpack@reedermedia.com.



First Temecula Vineyard Since 1968 Where Wine Quality Matters



June 27, 2019 <u>www.VillageNews.com</u> / The Fallbrook Village News / **D-7**



The Cookhouse Food Hall at Vail Headquarters in Temecula is now open for business.

Jeff Pack photos

Jeff Pack Writer

If residents listen really closely, they can still hear the cook at the old Vail Ranch ringing the dinner bell and calling the ranch hands in for supper when they visit The Cookhouse Food Hall in Temecula.

OK, that might be an exaggeration but considering the historic building The Cookhouse occupies and the style and nature of the multi-restaurant establishment, visitors can at least pretend for a moment.

Conceptualized and operated by Arteco Partners, the first-ofits-kind food hall in the Temecula Valley is located in the historic Vail Headquarters and offers four dining options to visitors.

From the left the right, visitors can choose from the vegan-spun traditional Mexican food offerings of Amo Nakatl Asada, a longtime favorite, at the Temecula farmers market; the traditional chicken wing operation, Wingman's Wings, the last to join the lineup; the seafood-centric La Isla Ceviche, also a favorite at farmer's markets all over Southern California; and the Smok'd Hog, arguably the anchor that offers all varieties and styles of barbecue goodness.

I visited the establishment on a whim Friday night, hoping it was fully open to the public and was thrilled to find out it was.

Employee Ariel Concepcion, who greeted me at the door, said all the restaurants were a work in progress, fine-tuning their menus and getting it all together. She told me to order from one or all of the restaurants and pick a seat, choosing from the communal dining tables, tables for four or the picnic tables outside.

Chris McAfee of the Smok'd Hog gave me a rundown of what was happening on their side of the building.

'My partner Chris (Lamantia), he started this full time four years ago in San Diego," McAfee said. "The creative minds behind this property had been traveling, they came to the shop down there and told us they had a space available."

He said at that time, the plan was to make the facility just one restaurant and McAfee and his partner thought that was too much for them at the time. But after Arteco Partners reconceptualized the project, they were "all in." They will also run the Daisy Bar, still under construction next door, when it opens sometime in July.

The Smok'd Hog offers re-

gional barbecue. "Our brisket is Texas-based, our



After ordering from one or more of the four restaurants, guests can choose where they will sit from the communal dining tables inside or outside tables.

pulled pork we do kind of like a Carolina vinegar base," Lamantia said. "We have multiple sauces so we can cover those bases too. We do a sweet heat, which I would say, is more like this area with some cilantro in it. We do an Alabama white chicken ... so, we try to do all these different regions and that would be crazy to do anywhere else but here.

"It's what we do here, and we do everything from scratch," Lamantia said

I ordered the Cubano sandwich, and it was one of the best I've ever enjoyed.

Temecula's Lucero Amador of Amo Nakatl Asada told me about how they got involved in The Cookhouse.

"We started at the farmers' markets ... and people started knowing about us and we got really popular," Amador said. "The owner (of the building) came in and liked it so much and asked us if we wanted to be in here. We were more than happy to have this opportunity."

She described her restaurant's vegan take on traditional Mexican cuisine.

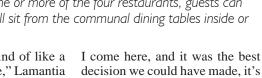
'We try to do all the traditional things, but obviously make everything plant-based," Amador said. "It's a better alternative; it's healthier. You can eat a normal

portion and feel nice and full." Kevin Williams is the owner of Wingman's Wings, the last restaurant to sign up.

"We're the best traditional fried wings, definitely an original staple out in Riverside, but now we're home in Temecula," Wil-

liams said. After working in catering, attending farmers' markets and pop up locations for years, he said they had tried to get into another Arteco Partners project, the Food Lab up north, but they were too

"They proposed an idea that



awesome," Williams said. He said they make traditional bone-in fried wings.

"It needs to be crispy on the outside and juicy in the middle, it's the original wing from New York; Buffalo, of course," Williams said. "Our take on it is we add original seasonings and original sauces that are all homemade, and we hand-spin them every single time, fresh to order. Never frozen wing, cooked to order."

I ordered the traditional wings with Soulbaby sweet sauce, and it ticked all the boxes.

Jessica Lugo, her stepfather Ruffo and mother Monica Orihuela run La Isla Ceviche, another farmers market favorite that made the leap into the food hall brickand-mortar space.

"We're so excited," Lugo said. "It's been a year's process and finally we're open, and it's such a relief that we're open."

She said La Isla Ceviche will continue to attend farmers' markets, festivals and cater special events while operating inside The Cookhouse.

'We do everything Mexican seafood," Lugo said of the menu. "Everything was made fresh this morning. We use wild and local caught fish, halibut and sea bass. Our recipes were all passed down, from all my grandma's and her father's recipes.

"When you eat here, it just really makes you feel like you're at

home at our house," Lugo said. The smoked bluefin tacos I ordered were awesome and fla-

There is plenty of communal seating inside the food hall and a few four-seat tables available. Outside there's seating for another

30 to 40 people at picnic tables. Inside the food hall, visitors can do some shopping at the Super Mix Mercantile.

The Cookhouse Food Hall at Vail Headquarters is open from 11 a.m. to 9 p.m. seven days a week, but the hours may change once the bar opens and everybody gets settled.

Vail Headquarters is located at 32115 Temecula Parkway in Temecula. For more information, visit www.cookhousefoodhall.com.

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



Fireworks will be launched from Pechanga's rooftop Thursday, July 4, in honor of Independence Day at 8:45 p.m. and be visible from many places in south Temecula.

Jessica Newton

Special to Valley News

The Fourth of July is the first major holiday of the summer season, so fireworks and a buffet full of food is the only way to kick it off. Make a night out of it by indulging in an Independence Day feast at one of Pechanga's 13 restaurants. After that, relax with a full belly while "oohing" and "aahing" at the patriotic fireworks display shooting off from the rooftop of Pechanga's casino tower Thursday, July 4.

The Pechanga Buffet will offer its Independence Day menu Friday, July 5, and Saturday, July 6, from 9 a.m. to 11 p.m. Adults are \$36.99, children ages 3-11 are \$22.99 and ages three and under are free. The 460-seat Pechanga Buffet features fresh seafood selections, a loaded patriotic all-American station, four meats from the grill including fire-grilled New York steak and smokehouse pork spare ribs, a station of carbs galore, authentic favorites from the Far East, and this is only the beginning. Top it off by digging in to the extensive dessert station equipped with a make-yourown-sundae bar. Brunch enthusiasts should come hungry between 9 a.m. and 3 p.m. Dinner at the Pechanga Buffet gets underway from 4 p.m. to 10 p.m.

The free fireworks start at 8:45 p.m. and will be visible from many areas of south Temecula. Technicians expect the show to run for about eight minutes. The exhibition offers a fun way to celebrate the fourth for resort and casino guests, as well as the entire Temecula Valley community to enjoy. Spectators will be able to view the fireworks from Pechanga's large parking area beyond the Pechanga Gas Station along Pechanga Parkway. Parking is free and available on a firstcome, first-served basis.

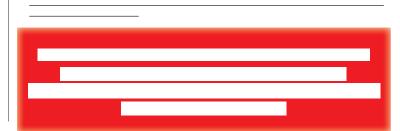
Guests may bring low-backed portable chairs and blankets. RV parking is prohibited with the exception of the Pechanga RV Resort. No day camping, grilling, open flames, glass, alcoholic beverages or illegal substances will be permitted at this fireworks viewing. Guests are asked to follow posted directional signage for appropriate areas in which to park on the Pechanga property.

As a pillar and partner of the Temecula Valley community, Pechanga offers the free Fourth of July fireworks celebration as a way to encourage family and friends to share in the spirit of freedom and independence fought for by millions of servicemen and women. including hundreds of thousands of Native American enlistees.





Jack Carnitas and Soy Al Pastor tacos from the Amo Nakatl Asada are vegan, like everything on their menu.



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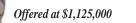


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