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Febraury 13, 2020

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Volume 24, Issue 7

LOCAL

NCFPD to study regional dispatch

Joe Naiman
Village News reporter

The North County Fire Protection District will be participating in a study on a potential shared dispatch facility.

A 4-0 NCFPD board vote Jan. 28, with Ruth Harris absent, authorized the NCFPD board representative to the North County Dispatch Joint Powers Authority (NCDJPA) to continue the exploration of a regional dispatch facility.

“At this point it’s really still just a study. We know that we need to do something with facilities long-term either way,” NCFPD fire chief Steve Abbott said.

An independent study commissioned by the NCDJPA board identified future space and personnel needs which are currently cost-prohibitive. The NCDJPA board negotiated for additional space at its current Rancho Santa Fe Fire Protection District location, and that additional space should meet the

see *NCFPD*, page A-6

McOccupied: Vacant former McDonald’s taken over by homeless

Property owner says deed restrictions have made it impossible for him to sell the building

Will Fritz
Staff Writer

The former McDonald’s location on Main Avenue in downtown Fallbrook has been empty for years.

Or it is supposed to be, anyway.

Brad Fox, who leads the Fallbrook Homeless Advocacy group, went with the San Diego County Sheriff’s Department Homeless Assistance and Resource, or HART, team Tuesday, Feb. 4, to the vacant store to check out reports that several people experiencing homelessness were residing in the building’s basement.

The homeless advocacy group that Fox heads exists to contact homeless Fallbrook residents and try to help them get resources such as transitional housing and addiction help.

It was in that capacity that Fox went with the HART team to the McDonald’s location, where they found “a TV and DVD player, blow-up beds, mattresses, drug paraphernalia, sex toys, you name it,” he said.

see *VACANT*, page A-8



Jake Kruger, crime prevention specialist for the Fallbrook Sheriff’s Substation, said the sheriff’s department frequently goes into the former McDonald’s location at 1050 S. Main Ave. to clear out homeless individuals who illegally occupy the vacant building.

Village News/Will Fritz photo

thisweek

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Calhoun, Lopez, Puerta and Evans honored as students of the month

Jeff Pack
Staff Writer

Fallbrook Union High School’s Kate Calhoun, Alan Lopez and Stefanie Puerta, along with Ivy High School’s Taylor Evans, were honored at the Student of the Month breakfast Thursday, Feb. 6, at North Coast Church.

Calhoun was nominated by Alana Milton and Marin Pinnell.

“She is an amazing student, she has a super high GPA,” Pinnell said. “She earned an AP honors award from the college board for passing four AP tests. She’s also taken advantage of our dual enrollment program and she’s taken five additional college courses at Palomar.”

Pinnell said Calhoun, who is an intern at the Village News and writes for the school newspaper, wants to be a journalist one day.

“Everything Marin said is true,

see *STUDENTS*, page A-9



Stefanie Puerta, Taylor Evans, Alan Lopez, and Kate Calhoun were honored during the Student of the Month breakfast at North Coast Church Thursday, Feb. 6.

Village News/Jeff Pack photo

New sheriff's lieutenant hopes to stay awhile

Will Fritz
Staff Writer

Lt. Arnold Aldana has been running the Fallbrook Sheriff’s Substation for a little over a month now.

He has more than two decades in law enforcement experience now, but being the boss is something that always has its challenges.

“It’s nerve-wracking,” he said. “Even though I’ve been in law enforcement for 23 years, you aren’t really fully ready to do that. You’re the guy, so all eyes are on you, whether it’s from the public or from your department, all eyes are on you.”

That’s not to say he doesn’t think he’s up for the task.

“It’s big but, I mean, I think I’m ready,” Aldana said.

At the very least, he’s as ready as anyone could ever be when handed the task of leading an

see *ALDANA*, page A-9



Lt. Arnold Aldana is the new commander at the Fallbrook Sheriff’s Substation.

Village News/Will Fritz photo in Images

USPS Residential Customer

VILLAGE NEWS



ANNOUNCEMENTS

FCCPC hosts community forum on human trafficking

FALLBROOK – The Fallbrook Citizens Crime Prevention Committee will host a presentation by Alabaster Jar Project, a nonprofit group dedicated to helping raise awareness and advocate for survivors of human trafficking.

Attendees will learn more about the issue of human trafficking and how Alabaster Jar Project is working to end human trafficking and provide housing and resources to the women who have survived this devastating trauma.

The community is invited to join the committee for this presentation Wednesday, Feb. 19, at the Fallbrook Library Community Room from 7-8:30 p.m., 124 S. Mission Road. For more information, call (760) 697-5633.

Submitted by Fallbrook Citizens Crime Prevention Committee.

Blood bank to hold blood drive Feb. 23

FALLBROOK – Albertsons in Fallbrook is hosting a blood drive in partnership with the San Diego Blood Bank Sunday, Feb. 23, from noon to 5 p.m. Albertsons is located at 1133 S. Mission Road, and the blood drive will take place in the parking lot.

Anyone 17 and older, who weighs at least 114 pounds and is in good health, may be eligible to donate blood. A good meal and plenty of fluids are recommended before donation. All donors must show picture identification.

Donors are encouraged to schedule an appointment to donate, but walk-ins are welcome. To schedule an appointment or for more information, visit www.sandiegobloodbank.org or call (800) 469-7322.

Submitted by San Diego Blood Bank.

Program to be on drought tolerant beauties from Down Under

FALLBROOK – Joe Walker of Obra Verde Growers will be the guest speaker at the Fallbrook Garden Club’s general meeting Tuesday, Feb. 25. The presentation will cover everything from propagation and cultural care along with fun facts of some of the varieties.

Founded in 1974 by Joe and Julie Walker, Obra Verde Growers is located in the lush foothills of northern San Diego County. “Obra,” a Spanish word with a triple meaning, is defined as work, product and virtue. “Verde” is also a Spanish word meaning green.

Obra Verde Growers began with a few varieties of waxflower that were being commercially grown in the area. Sensing the need for a propagator of waxflower and other interesting cultivars, Obra Verde seized the opportunity and began to dig its niche.

Over the last 30 years, Obra Verde has expanded its operation to over 100 varieties of species



This Leucospermum Brandi de la Cruz is grown by Obra Verde Growers.

Village News/Photo courtesy of Joe Walker

mostly from Australia, New Zealand and South Africa.

The meeting takes place at the Fallbrook Community Center, 341 Heald Lane. Social time and potluck start at 12:30 p.m., business meeting at 1 p.m., with the program starting at 2 p.m. The public is welcome.

For more information relating to the club and its activities, visit www.fallbrookgardenclub.org.

Submitted by Fallbrook Garden Club.



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Silver Sneakers Chair-Yoga available at two locations in Fallbrook

FALLBROOK – SilverSneakers Chair-Yoga classes are held Wednesdays at United Methodist Church on Winterhaven Road and Fridays at Fallbrook Senior Center on Heald Lane.

Both classes are offered from 10:30-11:30 a.m. and are led by SilverSneakers certified instructor Sandra Buckingham. They are free to anyone who has SilverSneakers membership benefits through their Medicare Health plan.

A \$5 donation is requested of those who do not have SilverSneakers membership. The class is suitable for a wide range of abilities and instructions are given for modifications if necessary.

Yoga has many physical and emotional benefits, and the classes also hold social get-togethers about three times a year where members enjoy getting to know one another better and forge new friendships.

For more information about the classes or SilverSneakers, call Buckingham at (760) 845-6602.

Note that the Fallbrook Senior Center membership dues are \$15 per year and includes lots of fun activities and resources. For more information, call the senior center at (760) 728-4498.

Submitted by SilverSneakers instructor Sandra Buckingham.

Connections Networking to hear presentation from FRHD

FALLBROOK – Rachel Mason, executive director of Fallbrook Regional Health District, will be sharing the latest news from the health district at Connections Networking’s breakfast meeting Wednesday, Feb. 19, from 8-9 a.m.

As it is an open meeting, the group invites the community to join them. A suggested donation of \$10 includes a hot breakfast buffet.


Anyone who wants to attend this meeting should RSVP by Monday, Feb. 17, to Sharon Stika at (760) 519-0361 or glorifyhim1000@aol.com.

Connections Fallbrook Networking Group is a business networking group comprised of local professionals. At every third Wednesday breakfast meeting, the group has an

educational presentation from a local representative to learn what is happening in Fallbrook. Connections meets weekly for breakfast at Trupianos Italian Bistro. To learn more about the group or to join, visit www.connectionsfallbrook.com.

Submitted by Fallbrook Connections Networking Group.


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Free blood pressure screenings offered Feb. 14

SAN DIEGO COUNTY – Love Your Heart is an annual event in which organizations from across the U.S. and Mexico join together to provide free blood pressure screenings to the public on Valentine’s Day, Feb. 14.

Last year over 43,000 people got to know their blood pressure numbers and took charge of their own heart health.

All are invited to the next Love Your Heart event, Friday, Feb.

14, at two local places: Fallbrook Library, 124 S. Mission Road from 11 a.m. to 3:30 p.m. or Fallbrook Family Health Center, 1328 S. Mission Road, from 9 a.m. to noon.

Heart disease is the leading cause of death in the United States, and the second-leading cause of death in San Diego County. Obesity, high blood pressure, high cholesterol, diabetes and a family history of heart disease can put

someone at greater risk of heart disease.

Last year, more than 43,000 people got their blood pressure checked at Love Your Heart sites in the United States and Mexico.

For questions, email loveyourheartsd@sdcounty.ca.gov.

Submitted by Live Well San Diego.

All invited to attend Fallbrook Community Forum

FALLBROOK – The Fallbrook Community Forum will meet Feb. 20 at 10:30 a.m. at FPUD, 990 E. Mission Road. All residents

are welcome to attend and find out what is going on in their community.

The guest speaker will be Tom

Kennedy, the Rainbow Municipal Water District General Manager, who will talk about the proposed move by RMWD and FPUD to deannex from San Diego County Water Authority.

There will also be reports by representatives of Senator Brian Jones, Assemblymember Marie Waldron and San Diego County Supervisor Jim Desmond as well as a report from Fallbrook Community Planning Group First Vice Chair Eileen Delaney.

Palomar College Education Center Director Ryan Williams will be another speaker. The forum is sponsored by the Fallbrook Village Association and the Fallbrook Chamber of Commerce.

For more information, contact forum co-chair Lila MacDonald, (760) 728.5845.

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Fallbrook Regional HEALTH DISTRICT

OPINION

Protecting public health



Assemblymember Marie Waldron
AD-75 (R)

As a member of the Assembly Select Committee on Infectious Disease in High Risk Communities, I do all I can to ensure California remains at the forefront in combating serious threats to public health. Human-immunodeficiency virus, the hepatitis C virus and sexually transmitted diseases are among the most serious public health issues facing our state.

That’s why I have joined Sen. Scott Wiener, D-San Francisco, to co-author Senate Bill 859, requiring the development and implementation of a master plan to combat these diseases, with the ultimate aim of reducing the new infection rate to zero.

In California, the number of persons diagnosed with HIV increased from 124,235 in 2013 to over 135,000 in 2017. Sexually transmitted diseases in general are growing rapidly and are at the

highest levels in 30 years. The increase is greatest among gay and bisexual men, African Americans, and young people between 15 and 24. 400,000 Californians are living with HCV, and most are unaware they have the disease.

Newly reported hepatitis cases increased by 50% between 2011 and 2015 among people under 30. Unfortunately, California has fallen behind other states in combating these diseases.

Our increasing STD rates require immediate action, which is where SB 859 comes in. The bill creates a Stakeholder Advisory Committee, under the direction of the secretary of HHS and the chief of the Office of AIDS to work with appropriate state agencies, including annual reports to the governor and Legislature, regarding development of a master plan to recommend strategies, policies and funding to combat this epidemic.

SB 859 will make California the first state with a comprehensive strategy to combat the interrelated epidemics of HIV, HCV and STDs. Hopefully we can reduce new infections to zero and provide a national example leading to the eventual elimination of these dread diseases.

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.

FPUD and Rainbow make brave move to save ratepayers money

Over the holidays, I received a letter from the San Diego County Water Authority designed to make customers of Fallbrook Public Utility District and Rainbow Municipal Water District worry. The tone of the letter alluded that if the two districts de-annex from the Water Authority, the reliability of our water supply would be at risk and our water prices could go up.

Since I have been to several community meetings where this change was discussed, I knew this insinuation was not true. FPUD and Rainbow have researched this option specifically to keep water rates down for our districts. Reliability would be the same because FPUD would be getting the same water, off the same pipeline, as it currently does.

As wholesale water rates our districts pay to obtain water for us have gone up – the primary driver of increasing rates – FPUD and Rainbow have researched de-annexing from the San Diego County Water Authority and making future payments for the same exact water to the Eastern Municipal Water District in Riverside County.

It is basically a paper change of the middleman. Our districts expect this change to save FPUD about \$4 million per year which will help keep our rates down. Rainbow would save even more.

FPUD and Rainbow are unique among districts that are members of the San Diego County Water Authority. We are on the extreme north of end of the county above most of San Diego County Water Authority’s expensive infrastructure which we don’t use, and we are small rural districts with agriculture versus higher density city areas to our south.

Our districts comprise a tiny portion of the authority and have a correspondingly small say so on where money is spent. The Water Authority wants to keep it that way and have us continue to subsidize water systems in the rest of the county. They are even trying to make it a county wide vote versus leaving the decision to de-annex

with LAFCO – the government regulatory agency designed to approve such changes.

Why would the rest of the county want to vote to let us go if we are subsidizing their costs? It’s the same trap that regularly befalls our area.

It’s a bold proposition for our little districts to take on the “big guns” at the Water Authority for our benefit. The Water Authority doesn’t want to lose the income from our small districts. It therefore wants to fight this and is wasting public funds to do so.

The start of that campaign was the cleverly crafted letter we received suggesting that our rates could go up, safety issues arise and reliability would be in question if our districts de-annexed. The next step will be the Water Authority trying to bury our little districts in paperwork, litigation, sophisticated PR tactics and politics to try to get our districts to give up fighting for what is best for local rate payers.

Thus, de-annexing will take real effort on our districts’ part. FPUD and Rainbow would not be considering moving wholesalers if they were at risk of paying more.

I applaud FPUD and Rainbow for looking for ways to save our districts money and being willing to take on a huge challenge to make it happen. FPUD and Rainbow leadership could be lazy, stay with the status quo and keep passing on higher rates to us – it would certainly be less work for them and they’d take less political heat.

The only time most people call or communicate with their water district is to complain about their bill. I think we should have their back as they go up against a well-oiled machine to keep our bills lower.

Contact our local water districts about ways we can support this: Noelle Denke, FPUD, noelle@fpud.com, 760-999-2706; Rainbow Water, Tom Kennedy, tkennedy@rainbowmwd.com, (760) 728-1178, ext. 130.

And, no, I’m not on any water

The Coronavirus



Supervisor Jim Desmond
District Five

San Diego County, the Centers for Disease Control and Prevention, the World Health Organization and state and local jurisdictions across the nation are closely monitoring the Coronavirus.

It was first detected in December 2019, in Wuhan City, Hubei Province, China, and continues to expand globally. A number of

countries, including the United States, are actively screening incoming travelers from Wuhan.

Measures are in place to prevent infection and spread to county residents. The CDC is the lead agency on detection, quarantine and treatment. The county is working closely with the CDC to assist at the local level and protect the region’s residents.

Although no Coronavirus cases have been confirmed in the county, to date, local health officials know that cases could occur at any time. county Department of Public Health is working with the CDC, the California Department of Public Health and the local medical community and is utilizing standard procedures already in place to isolate, test and investigate patients under investigation.

As residents have seen in media reports some individuals are being brought to Marine Corps Air Station Miramar for quarantine. Rest assured all precautions are being taken to keep San Diego residents safe.

Jones: Newsom and Democrat Legislative Leaders need to get serious about housing

SACRAMENTO – California Senate Caucus Chair Brian Jones, R-Santee, called on Gov. Gavin Newsom and his Democrat colleagues in the Senate and Assembly to abandon their “Sacramento knows best” approach to housing.

“For the last year and half the Governor and Democrat legislative leaders have obsessed over SB 50 and its state mandate approach to housing,” Jones said. “In the end, the Democrat supermajority could barely convince even half of their rank and file members to support SB 50.

“Right off the bat here’s three things to jump-start housing in California:

“Abolish the \$10,000 forced solar power mandate on every new home – if someone wants to get solar and can afford having \$10K added to the price of their home, fine, but if not, our nanny state government should not be forcing the extra cost on every California family.

“Reduce (or eliminate) some of the many fees on homebuyers and homebuilders that keep rising, which in turn keeps forcing the cost of buying a home higher and higher.

“Reform CEQA so that long-planned residential communities get an expedited review through the environmental and judicial process. Democrat politicians routinely do this for billionaire sports team owners and millionaire players for their palaces so why not do this for the hardworking California family looking to buy a home?

“All three of these things

could be accomplished this year. Republicans remain committed to work with legislative leadership and the governor to address and begin to solve California’s housing crisis,” Jones said.

On Jan. 30, Jones rallied the majority of his Republican caucus to withhold support for Senate Bill 50 on the Senate Floor. It was the second vote in two days that the Senate took on SB 50. The measure failed by identical 18-15 votes on consecutive days. Only three out of 10 Republicans supported SB 50, and 15 of the 29 Senate Democrats were unwilling to support SB 50.

district’s staff, a politician, or paid by a district in any way. I was just mad enough after reading the Water Authority’s spin letter to write this one.

Ann Wade

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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
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Plans underway for Arts in the Park, April 26



The new board of directors of Rally for Children includes, from left, Lee Johnson, membership; Judi Groth-Sanacore, vice president; Donna Reisbeck-Stoewer, ways and means; Pat Dales, secretary; Colleen Jackson, community projects; BJ Maus, philanthropy; and Louise Small, president. Not pictured, Robin Parker, treasurer; Marcy Pesceone, vice president; Brenda Carden, ways & means; and Diane Goodrich, community projects.

FALLBROOK – The new board of directors of Rally for Children announces that this year’s Arts in the Park event will be held Sunday, April 26, at Live Oak Park. Rally for Children recently donated \$13,000 to fund several nonprofit groups providing programs and projects to children in the local community.

For membership information, donations or to volunteer at Arts in the Park, visit www.rallyforchildren.org.

Submitted by Rally for Children.

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Hope Clinic for Women to host annual gala



Pam Stenzel will be the guest speaker for Hope Clinic for Women's annual fundraising gala events, Feb. 21 and 22

FALLBROOK – Hope Clinic for Women is pleased to invite the community to its annual fundraising gala events Feb. 21 and 22, where they will host special guest Pam Stenzel, the founder of Enlighten Communications.

Stenzel tackles today's tough issues of sex with candor, insight and humor. She believes in young people's ability and willingness to make good choices, if given appropriate information. She will address concerns related to California's new mandated sex education and HCW's continued focus on delivering the best educational options for teens and young adults.

At the program guests will hear Stenzel share her personal story of being a child conceived by rape whose teen mother chose adoption for her.

- All events will be held at SonRise Christian Fellowship located at 463 S. Stagecoach Lane. Groups are welcome. Seating is limited, so reservations are required for all events.
- Friday, Feb. 21, from 9-11 a.m.: A classroom type session called, "The Good, the Bad and the Ugly" addressing questions related to current California sex ed for moms, dads, teachers, administrators, pastors, etc. – \$25 per person.
 - Saturday, Feb. 22, from 6-6:45 p.m.: A VIP catered event where guests will enjoy delicious hors d'oeuvres prepared by Chef Marissa Gerlach and meet the speaker and other special guests – \$50 per person.
 - Saturday, Feb. 22, from 7-8:30 p.m.: The annual HCW Love Life program that is free to all attending. Music will be provided by Allen Sargent.

Open seating. Those underwriting the Gala receive eight complimentary passes for the VIP event Feb. 22 at 6 p.m. Because this is a major fundraiser for HCW, all guests will have the opportunity to provide a donation at the event.

For reservation information about this year's Love Life Gala events, visit <http://www.fprcforlife.com/Events/Love-Life-Fundraiser> or contact Carolyn at (760) 728.4105, ext 10.

Submitted by Hope Clinic for Women.

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Important deadlines for March 3 Presidential Primary Election

Tracy DeFore
*County of San Diego
Communications Office*

You have only until Feb. 18 to meet the deadline to register to vote or change your voter registration status in the March 3 Presidential Primary Election. “If you’ve recently moved, changed your political party or changed your name, you’ll need to fill out a new registration form,” said Registrar of Voters Michael Vu. “If you’ve visited the Department of Motor Vehicles in the last two years, confirm your registration to make sure we have your party status on record. You can go online to do so, the process is quick, easy and convenient.” It is critical for you to check your registration status if you want to vote for president. If you are registered with a political party that is different from the presidential candidate you want to vote for, you will need to register to vote with that party and you are

urged to do so before Feb. 18. If you are registered as Nonpartisan (also known as independent, no party preference or decline to state), you won’t see any presidential candidates on your ballot. You have the option to request a ballot for the American Independent, Democratic or Libertarian parties if you want to vote for one of their presidential candidates. If you want to vote for a presidential candidate in the Green, Peace & Freedom or Republican parties, you must register to vote with that party, and you are again urged to do so before Feb. 18. If you’re not sure about your registration, check your status online at [sdvote.com](#). If you’re not registered or need to change your registration, you’ll find that information there, too. There are two important deadlines that are approaching: **Tuesday, Feb. 18** – Deadline to register. You can register at [sdvote.com](#), and if your signature

is confirmed through Department of Motor Vehicles records, it will automatically be sent to the Registrar. If your signature is not confirmed, you can print the form, sign it and mail it to the Registrar. For voters without access to a computer, the forms are available at the offices of the Registrar of Voters, U.S. Postal Service, City Clerk, public libraries and Department of Motor Vehicles. All forms must be postmarked or delivered to the Registrar of Voters no later than Feb. 18. You may register to vote online up until midnight and the Registrar’s office will be open until 8 p.m., Feb. 18. If you miss the deadline you may still conditionally register

and vote provisionally through Election Day. Learn more about Conditional Voter Registration at [sdvote.com](#). **Tuesday, Feb. 25** – Deadline to apply for a mail ballot. You can apply at [sdvote.com](#) or use the application on the back of your sample ballot and voter information pamphlet. You can also request a mail ballot by sending a letter to the Registrar of Voters with your name, registered address, the name and date of the election, the address where the ballot is to be mailed and your signature. Send forms to Registrar of Voters, 5600 Overland Ave., San Diego, 92123, email [rovmail@sdcounty.ca.gov](#) or fax (858) 694-

2955. You can also request a mail ballot by phone at (858) 565-5800. The request applies only to the March 3 election and you must personally make the call. All applications must be at the Registrar’s office by 5 p.m., Feb. 25. Postmarks by that date cannot be accepted. Voters who are already signed up to vote permanently by mail do not need to reapply. For voters who need language assistance, election materials are also available in Spanish Filipino, Vietnamese and Chinese. To learn more about the March 3 election, call (858) 565-5800 or visit [sdvote.com](#).

Burn Institute offers free lifesaving smoke alarm installations for seniors

SAN DIEGO – The Burn Institute’s Senior Smoke Alarm program helps save lives by providing and installing free smoke alarms to eligible seniors in San Diego and Imperial counties. One of the best ways seniors can improve their chances of escaping a residential fire is by making sure their home is equipped with an operating smoke alarm. The Burn Institute is working toward ensuring that every senior’s home has just that. This program will install smoke alarms in every bedroom, in each hallway and on every floor of the home. Trained and screened community partners and volunteers assist the Burn Institute year-round in installing the free alarms. This program is for seniors residing in San Diego County age 62+ and living in their own home. “In a fire, seconds count,” Burn Institute Executive Director

Susan Day said. “Roughly half of home fire deaths result from fires reported at night between 11 p.m. and 7 a.m. when most people are asleep. Home smoke alarms can alert people to a fire before it spreads, giving seniors enough time to get out.” National safety statistics show that adults age 65 and older are two times more likely to die in a home fire than any other segment of the population; for those over age 75 that risk nearly quadruples. Despite these alarming statistics, thousands of seniors throughout San Diego and Imperial counties are living in homes without a working smoke alarm. To register for this lifesaving program or see if you are eligible, call the Burn Institute at (858) 541-2277, Monday-Friday, 8:30 a.m. to 5 p.m., or email [smokealarm@burninstitute.org](#). Another invaluable fire safety

tool each household should have is a fire escape plan. It can take less than two minutes for toxic fumes to overcome a child or an adult and knowing the most direct route out of one’s home can help save one’s life. To create an escape plan, identify two ways out of every room in the home, and know the most direct route to outside. Set a designated meeting place that is a safe distance from the residence and is stationary, such as the light-pole or mailbox. Once one gets out of the house, they should stay out! After an escape plan is created, residents should practice it with all members of the family at least once a year. The Burn Institute offers free fire escape planning guidelines at [www.burninstitute.org](#). *Submitted by the Burn Institute.*

SHERIFF'S LOG

Jan. 31	
E. Alvarado St @ S. Brandon Rd	Traffic pursuit
Feb. 1	
1400 block Knoll Park Ln	Burglary
Feb. 3	
400 block S. Main Ave	Vandalism
Feb. 4	
400 block S. Main Ave	Burglary
900 block Alturas Rd	Arrest: Domestic abuse
40700 block De Luz Rd	Recovered stolen vehicle
1100 block S. Stage Coach Ln	Petty theft
400 block S. Main Ave	Burglary
100 block Ammunition Rd	Arrest: Possession of controlled substance
1000 block S. Main Ave	Arrest: Outstanding misdemeanor warrant
1000 block S. Main Ave	Arrest: Outstanding misdemeanor warrant
900 block Alturas Rd	Child abuse
3400 block Blessed Mother Dr	Fraud
Feb. 5	
900 block Alturas Rd	Arrest: Violation of court order
100 block S. Mission Rd	Arrest: Violation of court order
2400 block S. Stage Coach Ln	Arrest: Possession of marijuana on school grounds
Potter St @ E. Fallbrook St	Arrest: Public intoxication
200 block W. College St	Arrest: Parole violation
1400 block Knoll Park Ln	Burglary
400 block S. Main Ave	Burglary
3100 block Rainbow Valley Blvd	Burglary
Feb. 6	
E. Alvarado St @ Beavercreek Ln	Arrest: Driving on suspended license
E. Alvarado St @ Beavercreek Ln	Arrest: Possession of controlled substance, controlled substance paraphernalia
4700 block Highway 76	Shoplifting
600 block Robby Wy	Death
400 block Ammunition Rd	Vehicle theft
900 block Alturas Rd	Vehicle theft
1100 block S. Main Ave	Arrest: Possession of controlled substance paraphernalia
2600 block Daisy Ln	Arrest: Possession of controlled substance, obstructing an officer
700 block Stewart Canyon Rd	Vehicle theft
600 block E. Fallbrook St	Arrest: Domestic abuse
2400 block S. Stage Coach Ln	Battery
Feb. 7	
500 block Sancado Ter	Disturbance
700 block Morro Rd	Battery
S. Wisconsin Ave @ W. Aviation Rd	Arrest: Possession of controlled substance paraphernalia
Feb. 8	
900 block Felicidad Dr	Battery
200 block E. Aviation Rd	Arrest: Reckless driving, possession of switchblade
1500 block Dentro de Lomas Rd	Violation of court order
1100 block S. Mission Rd	Arrest: Outstanding felony warrant
1100 block S. Mission Rd	Shoplifting
1400 block Alturas Rd	Battery, violation of court order
4700 block Via Serra	Vehicle theft
Highway 76 @ Horse Ranch Creek Rd	Arrest: Possession of controlled substance paraphernalia
5000 block Avocado Park Ln	Child abuse
Feb. 9	
200 block Ammunition Rd	Arrest: Domestic battery
1200 block Old Stage Rd	Arrest; Violation of court order
Feb. 10	
1000 block Tanya Ln	Elder abuse
600 block Hilbert Dr	Arrest: Domestic abuse
Olive Hill Rd @ Mission Rd	Arrest: Possession of controlled substance, controlled substance paraphernalia

NCFPD from page A-1

NCDJPA member agency needs for the near future. Other regional dispatch agencies also have expected long-term facility needs. The NCDJPA, the City of San Diego, the San Diego County Regional Fire Authority (SDCRFA), and the Heartland Dispatch JPA in East County commissioned Citygate Associates to conduct a separate facility space needs assessment. “The city and the county are trying to do something,” Abbott said. The city dispatch center in the Kearny Mesa area is currently 9,900 square feet. The CalFire center in Rancho San Diego, which also handles U.S. Forest Service dispatch, is 3,900 square feet. The NCDJPA dispatch center is 3,800 square feet. The Heartland dispatch operations have 3,400 square feet in El Cajon. The four dispatch centers handled a combined 353,423 incidents in 2018. The report identified numerous opportunities to improve coordination of efforts and the sharing of resources. No specific site was identified, although the City of San Diego and the SDCRFA would like to locate the facility near State Route 52 (which is also close to the county’s Emergency Operations Center

and to Marine Corps Air Station Miramar). Because the SDCRFA contracts with the California Department of Forestry and Fire Protection additional approvals at the state level will be necessary for CalFire to continue, and in order to determine the project’s total scope the city and county requested commitment levels from Heartland and the NCDJPA. The fire chiefs from the NCDJPA agencies expressed a preference for co-location rather than consolidation, and since continuing to explore options does not equate to a commitment the fire chiefs deemed additional study to be in the best interest of the member agencies. “It definitely does not mean that yes, we’re going to go ahead and do a shared dispatch facility,” Abbott said. The city fire department, Heartland, and the NCDJPA all have limited capacity to add staff due to office space constraints, and the city and the North County agency are near building capacity. None of the current facilities have a parking area which could easily accommodate surge staffing in a worst-case scenario. None of the buildings are considered energy-efficient and all lack proper security including secured parking. “Either way we’re looking to put aside funds to take care of the long-term facility needs,” Abbott said. The NCDJPA has eight members

not including contract agencies. The cities of Solana Beach, Encinitas, Carlsbad and Oceanside are members. The Vista Fire Department covers both the City of Vista and the Vista Fire Protection District for unincorporated Vista. The San Marcos Fire Department provides service for the city and for the unincorporated area within the San Marcos Fire Protection District. The North County and Rancho Santa Fe agencies are the two actual fire protection districts in the joint powers authority. The City of Del Mar and the Valley Center Fire Protection District are contract agencies as are the Pala, Pauma, Rincon, and San Pasqual reservation fire departments. The estimated cost to build a suitable facility, based on current site development expenses, is expected to be between \$725 and \$800 per square foot which equates to between \$64 million and \$70 million. That amount excludes the cost of land which will be necessary if one of the agencies does not already have a suitable site. The cost to each agency would proportionally increase to finance the facility. The North County Fire Protection District share for the building only is expected to be approximately \$1 million, which over a 20-year amortization period would equate to approximately \$11 per call and an approximately 15% increase in annual dispatch service fees.

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Employment	Garage Sales	
Caregiver: Retired school teacher in Hemet looking to hire a companion to help with daily tasks, cooking and cleaning, etc. Could be live in, or not. Call Norman at 951-484-3013	Old military stuff bought: Buy old military stuff - all types & condition. Call or text Bob 760-450-8498 http://militarypickers.com	
Professional Seeks Salaried Position: “Creative energetic sales pro with great phone voice and her own office seeks salaried remote employment in Tem/ Murr M-F 951-551-6780”	Personals	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)
CAREGIVERS NEEDED: Seniors Helping Seniors is hiring immediately for a caring and compassionate caregiver in Fallbrook and Temecula areas who are available to work weekends. If interested, please call 760.884.4111 for more information.		

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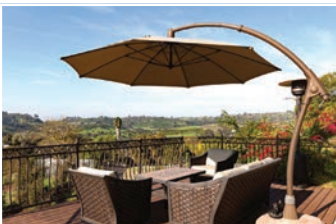
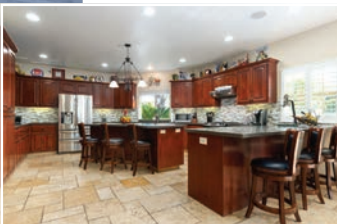
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Located on a beautiful hilltop, you will find this private and secure gated estate home with 360° views to all points on the compass. Enjoy brilliant sunrises and beautiful sunsets. This 3,578 sf home with 4BD and 4BA includes 2 car attached garage & a detached 3 car utility garage. Home boasts seller paid solar panels, agriculture well, and over-sized spa. Home is beautifully maintained and upgraded inside & out. The spacious cooks kitchen with joining family room and fireplace is where you'll spend countless hours entertaining your guests indoors. Outside you have a selection of decks, patios, balconies to take in the breath taking views. Gentleman farmer avocado grove and fruit orchard also has room to add grapes. Floor-plan is perfect for multi-generational households with 2 master suites.

Seller will entertain offers between \$850,000 & \$1,000,000



Entertainer's Delight



198 BRYCE LANE, FALLBROOK

Fantastic entertainment home located in a quiet cul-de-sac with well appointed spacious backyard including pool and spa, outdoor kitchen, lush landscaping, firepit, beautiful hardscape, patio covers and more. This 3 bedroom, 2 bath home with 2 car garage has it all on .41 acre. RV parking with 50 amp breaker electrical service supply. The kitchen boasts designer appliances, stone slab counters, appliance garage, dual drawer dishwasher, extra deep and wide farm sink and views to the lush back yard. Designer touches throughout the home, inside and out.

Seller will entertain offers between \$525,000 & \$600,000



Country Cutie



955 BUENA CAPRI, FALLBROOK

California Bungalow nicely sited on .29 acre cul-de-sac lot. Nicely maintained and upgraded over time, this 3 bedroom, 2 bath home with 2 car garage is that perfect little starter home or charming cottage, perfect for downsizing in those Golden years. An enclosed bonus room provides an all season enhancement to the home's living space. The spacious backyard has room for planting your fall/winter victory garden and your spring/summer vegetable garden. Great access to transportation, shopping and schools.

Seller will entertain offers between \$475,000 & \$550,000



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2019 proved to be an amazing year for Murphy & Murphy and our clients. 2020 is starting off like a shot out of a cannon! We were fortunate to sell every property we had on the books, with strong closings through the entire year finishing strong in December and January. If 4th quarter 2019 is any indication of how 2020 will unfold, strap in, hold on and enjoy the ride! If you are serious about selling your home and want trusted concierge service, please give us an opportunity to show you how we will accomplish success for you and your family. Our homes sell on average in less than 30 days. Kim & Chris have been award winning Realtors in the community since 1997. Murphy & Murphy genuinely care about the well being of the community and our client's needs.

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One of the owners of the vacant former McDonald's at 1050 S. Main Ave. in Fallbrook says the sheriff's department often has to clear homeless individuals out of the building, but he has been unable to sell the property due to deed restrictions that block another food business from opening on the location.



Brad Fox posted photos of the inside of the former McDonald's at 1050 S. Main Ave., showing personal property and evidence that people had been living inside the vacant restaurant, to the 'Friends of Fallbrook' Facebook group Feb. 5.



Fallbrook Homeless Advocacy group leader Brad Fox took pictures of the inside of the former McDonald's at 1050 S. Main Ave. in Fallbrook, where he visited with the sheriff's department Feb. 4 and found evidence that the vacant building was being lived in. The sheriff's department says deputies frequently clear people out of the building.



Windows at the vacant McDonald's at 1050 S. Main Ave. were broken when Village News visited the property Feb. 10.

VACANT

from page A-1

Fox also said they discovered the electrical system in the building had somehow been rigged to provide lighting.

"The floors were filthy and residents had tapped into existing wiring to energize lamps, electrical devices and possibly a heater," he said.

No one was inside the building when Fox and the sheriff's deputies showed up. Fox posted photos of the interior of the building to the Facebook group "Friends of Fallbrook" the day after his visit, where many group members expressed shock at the situation.

But as it turns out, this is not a new problem.

Jake Kruger, crime prevention specialist at the Fallbrook Sheriff's Substation, said that not only did deputies go into the old McDonald's restaurant Feb. 4, but they enter the building on a regular basis to clear out people who are occupying it illegally.

"Our deputies frequently go in there and remove people for trespassing," Kruger said.

In Fox's Facebook group post, he wondered what actions could be taken to deal with the abandoned restaurant property.

"Is it time to demand that McDonald's sell this property and remove this eyesore and health hazard?" he asked in the post. "Is it time to boycott their new store? What do you think Fallbrook? We can't heal homelessness if out-of-town corporations won't be good neighbors."

McDonald's, though, does not actually own the property. It was sold in 2014 to the "R&N Oghassabian Trust," according to property records.

Reached by telephone Feb. 11, one of the people named on the trust, Raffi Oghassabian, said he's been unable to sell or lease the old restaurant in the years he's owned it because the property's deed has restrictions on it that prevent another food establishment from using the location.

Deed restrictions are a tool that some businesses use when selling property to bar any potentially competing business from moving in later.

Oghassabian said the restrictions on his property have stifled any attempts to get another business in there.

He said he's gotten offers, but he's never gotten to the point where the deal actually gets closed.

"Multiple people, banks, to dialysis, to a car wash, not a lot of people are interested," Oghassabian said.

He said he's spent thousands of dollars to repair damages done to the building by squatters.

"Homeless have broken in multiple times," Oghassabian said. "The more I board it up, the more problems I have."

The sheriff's department, he said, has been allowed to clear out trespassers ever since Oghassabian trust purchased the property.

"They've had permission from day one and they do a good job in trying to (clear squatters out)," he said. "They're really trashing the place."

He put the blame on McDonald's, saying he has tried to get the deed restrictions lifted, to no avail.

"We did go to McDonald's, the big bully, I would say, and we did try to reason with them and say we are having an issue with renting it," Oghassabian said. "We even offered to pay more."

But ultimately, they would not agree, he said.

McDonald's provided this statement when reached for comment: "McDonald's and our local Owner/Operators care deeply about the communities where we live, work and serve. We are open to discussing options on the building's use restrictions with the current owner should they reach out."

Fox said he thinks something needs to be done – even without the problem of people squatting in the vacant building, he said he thinks it's a safety issue.

"I do know that it's not OK for people to just abandon their property and let it fester," Fox said.

Will Fritz can be reached by email at wfritz@reedermmedia.com.

2020

HEALTHY AGING

CONFERENCE

The Art of Aging

Youth is a gift of nature,
but age is a work of art.
- Stanislaw Jerzy Lec

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Where

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Speakers

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MD
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Aging Gracefully
Keynote Speaker

Janice Baker
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ALDANA

from page A-1

entire substation. In the 23 years he’s been with the San Diego Sheriff’s Department, he’s done a lot – everything from patrol to detective work.

Originally, he was working in construction. But, he said, he knew once he got married that it wasn’t a long-term option.

“I was working every day, it provided for myself,” Aldana said, “but it wasn’t gonna provide eventually if I had a family.”

Hence, law enforcement.

But he couldn’t just go straight to being a patrol deputy – he had to do something else first.

“I did three to four years in jail,” Aldana said.

No, not like that.

“I started in the jails as a CD, a correctional deputy,” he said.

His very first assignment was at the old Central Detention Facility in downtown San Diego. That jail doesn’t exist anymore, having

been replaced by San Diego Central Jail in 1998.

Aldana said he didn’t want to be working in the jails forever, but he his wife was reluctant to agree to him working on the streets. A lieutenant of his was eventually able to convince her it was the right route, and Aldana went to a law enforcement academy. But once he graduated, there weren’t immediately any openings, and Aldana had to do more time as a correctional deputy, this time at the new central jail and at the George Bailey Detention Facility in Otay Mesa.

Then, finally, he got assigned to patrol out of the Santee Sheriff’s Station. He was there for a while before a position opened up in Fallbrook — so his new gig as lieutenant of the Fallbrook substation is not his first time here.

“My wife and I, we had a family (by that time), and we moved out to Riverside County, where you can get a much bigger house for a lot less money. At that time, I was commuting but an opening

in Fallbrook happened,” Aldana said. “I was able to transfer to Fallbrook, and at that time I was also temporarily assigned to street narcotics and gangs.”

After that, he said, “my career just took off.”

He bounced around investigator assignments at different stations, ending up working across the county as part of a three-member FBI task force, helping to investigate federal crimes like bank robberies with detectives from the San Diego and Chula Vista police departments.

“That was probably one of the best jobs I’ve ever had, truthfully,” Aldana said.

But all good things must come to an end, and Aldana soon decided he needed to promote. And so, he did, and ended up doing time as a sergeant at sheriff’s stations in Encinitas and Vista. His first assignment as a lieutenant was at the Sheriff’s Communications Center, overseeing dispatch operations and, occasionally, fielding phone calls from reporter

– a Google search reveals that his first interaction with this particular journalist would have been releasing information on such exciting news as a taco shop fire in Vista back in November 2018.

And now, he replaces Lt. Rick Lopez as Fallbrook’s effective chief of police.

Many Fallbrook residents cite homelessness and vehicle burglaries as two of the community’s biggest public safety problems, and Aldana agrees.

Of course, those aren’t issues that are just limited to Fallbrook, and there’s no easy answer to either.

“The scale is a lot smaller because it’s a smaller community, all the crime that happens in a major city does happen here, but sometimes when something major does happen here, it seems bigger because the community is so small,” Aldana said.

One particular issue with dealing with homelessness in Fallbrook is that homelessness itself isn’t a crime.

“A lot of times, our hands are tied,” Aldana said. “If we can get them (shelter), we try to do that, but sometimes they just don’t accept it, and that’s the uphill battle really, for them to get the resources and really accept it.”

But Aldana said he and his deputies will do their best to give back to this town.

“We’re here to hopefully provide the highest quality safety service for the community here,” Aldana said. “We’re here to help and we definitely are grateful for their support, because the community here does support us, and that’s a good thing.”

And while lieutenants do frequently transfer stations, Aldana said he hopes to be in Fallbrook as long as possible.

“The people are great, it’s overall a great community, it really is,” he said. “It’s a hidden gem.”

Will Fritz can be reached by email at wfritz@reedermedia.com.

STUDENTS

from page A-1

Kate is amazing in the classroom,” Milton said. “She has served on our basketball team for the last four years. She has been co-captain for those four years. She has really worked hard to take really challenging classes and get that GPA up.”

Calhoun said she is undecided on whether she will attend the University of Southern California or the University of Santa Barbara and will study journalism with an emphasis in sports media.

“Because I love basketball that much,” she said. “I also want to study business as a minor in hopes of becoming a reporter and a real estate manager.”

Lopez was nominated by Pinnell, who talked about Lopez’s compassion for his fellow students who are struggling with school.

“Teenagers, they’re kind of in their own bubble,” Pinnell said. “But Alan, he knows that there’s a world around him and he cares so much about those around him and

he’s such an inspiration to me and to everybody.”

Pinnell said Lopez gets great grades and almost scored a perfect score on the SAT. She said he also plans on being a clinical psychologist.

“I hope that he can go on to be a really amazing psychologist and help so many people out there,” Pinnell said. “I know he will, he’s Alan, he’s amazing.”

His brother and mother both thanked the committee for honoring him and expressed pride for all that he has accomplished.

“I’ve been through a lot of emotional problems in the past,” Lopez said. “I have everything figured out now. I understand that my classmates are also going through those emotional problems and I just want to be that force of good for them and to show them that they have support. Because I have support, I have all these people in this room supporting me.

“That’s really all I hope to do in life,” he said. “To be that inspiration, to be that force of good for other people. Because that’s the best thing you can do in this world

is to encourage others. To do better than you, to soar higher than you.”

Puerta was nominated by Cindy Jimenez and Kathy Beal. Principal Dr. Narciso Iglesias read a note from Jimenez.

“Stephanie is very deserving of this recognition,” Jimenez wrote. “Stephanie is an extremely focused, motivated and resilient person. She has taken many impactful leadership roles in our school and in our community.”

Jimenez wrote of Puerta’s involvement in FFA and other organizations as well as her role as Miss Teen Fallbrook.

“Stephanie would be an asset to any college and it leaves me no doubt she will be successful in any career she chooses to proceed with after graduation,” Jimenez wrote.

Beal talked about Puerta’s involvement in the community as well as school and congratulated her student for the human being she has become.

“She has the poise and the dignity of a true leader, really a person of royalty,” Beal said. “I would just say that Stephanie has really earned her crown.

“She just works tirelessly and I just want to thank her family for providing such a wonderful opportunity to her.”

Puerta thanked her teachers for their support.

“I think it’s important that we build relationships with our teachers,” she said. “As students, we tend to doze off and not pay attention. Once you have that connection with your teacher you’re able to get more engaged to what they are trying to teach you and get a deeper understanding.”

Puerta also thanked her family and Fallbrook High for supporting her. She said she is waiting to hear back from colleges.

Evans was nominated by Kevin Kent.

“Academically, she does excellent work ... she’s meticulous, she’s thorough with her assignments, she shows great dedication and takes pride in everything she does,” Evans said. “Be it her daily assignments, her tasks at home, or her involvement in multiple athletic teams, she

just seizes everything she does.

“She’s bright, cheerful and a thoughtful young lady and displays a very kind demeanor,” he said. “She represents the best about Oasis and she’s been one of the brightest we’ve ever had.”

Evans’ mother thanked the committee and her teachers and expressed pride in her daughter and for her future.

“Transferring to Oasis has been one of the best decisions that I have made for my academics and for myself,” Evans said. “Oasis High School has given me the opportunity to learn how to be more independent and to learn better time management.

“Those skills that I have learned have undoubtedly benefited me as I leave high school and prepare for college.”

She said she will study child development at Cal State San Marcos and later move into the nursing program.

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



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Village News talks to Carl DeMaio

Julie Reeder and Will Fritz

Village News sat down with Carl DeMaio, one of the candidates for the 50th Congressional District, on Friday, Jan. 31. DeMaio, a Republican, is a talk show radio host and a former San Diego city councilman. The following interview has been edited for clarity and brevity.

Give us some of your background.

I think people know me from whether it was my time on San Diego city council or my radio show on News Radio 600 KOGO-AM. Or the work I’ve been doing for better part of two decades with Reform California, the organization I founded to fight tax increases and stand up for taxpayers against waste, fraud and abuse in government.

They know I’m a fighter, from all that work, they know I’m a fighter. I will stand up and take on the career politicians and put the public interest first. The gas tax repeal last year, I think, was a good example of that. The career politicians from both political parties went into the back room and increased the gas tax. And these people have been stealing our gas tax money every single year. They continue to promise road improvements. They continue to say that they’re going to expand Interstate 15. But instead what they’re doing is they’re shifting the money to everything else but our transportation needs.

So I said, “We got to stop the gas tax,” and we’ve got to then also put accountability on our road repair funds so they can’t raid them and they can’t divert them. In that battle, we were able to send the message by recalling the state senator who was the deciding vote on the gas tax, Josh Newman, the first successful recall of a state senator in 104 years. The first successful recall of any state official in 104 years. And we did that because we were able to give the grassroots a vehicle by which they could have their voice heard.

Now, the gas tax repeal itself was winning until the politicians changed the title and summary on it to deceive voters. Look, they got an ill-got win in 2018, but it’s not going to deter us. We will not stop until we roll back the gas tax as promised and we take the existing gas tax monies which are sufficient to fix roads and we make sure that the money goes only to the roads.

That’s just an example just in the last year of the sorts of fights that I’m willing to wage on behalf of the people and with the people. It’s not me that’s been able to do this. It’s the movement that we’ve been able to build and lead that’s been able to really stand up to the politicians and show them that they are going to face the consequences if they violate their oath and violate their trust of their constituents.

Now, you have other things that you have plans for as well?

Sure, I mean, you have to address a multitude of issues and concerns from the local issues all the way up to the international issues when you’re in Congress.

But the three priorities I think I’ll spend the most time on is No. 1, securing the border, helping President Donald Trump get his

border security and immigration reform program through. The president has not been getting support from even members of his own party in trying to build the wall, reform the immigration laws so that we close the loopholes, stop the sanctuary city policies and end the welfare benefits to illegal immigrants. Those reforms are desperately needed if we are going to have a secure border and we’re going to crack down on the illegal immigration. So I think first and foremost that a lot of my time will be spent on border security.

Second, I do believe that we need someone in California to lead the fight to take back our state from socialism. Gas is \$5 a gallon. Taxes are the highest in the country. Where is that money going? Not to our priorities. It’s going to all sorts of welfare programs. We have one-third of poverty recipients ... of individuals living under poverty in the state of California.

That’s because we are increasing our cost of living exponentially without really looking at how we create jobs and how we get people the earnings and that’s because of the taxes, mandates, regulations and fees. So leading the voice of the forgotten California – to try to take back our state is my second largest priority.

And third, I do believe that we’ve got to change Congress as an institution. And this is what career politicians – I’m going to be the most unpopular guy back there. I believe that Congress has got to live under the same laws as the rest of us – no exceptions. What they’ve done is they’ve voted themselves gold-plated pensions and perks and benefits. They exempted themselves from various laws that we have got to comply with. They don’t pass the budget on time.

So can you give us some examples of that?

So for example, I’m a big supporter of open government. The Freedom of Information Act exempts Congress, so their records are not subject to disclosure. I want every single government document, every single email or text message. I want to know who’s talking to our members of Congress, what meetings they’re having and what dialogues they’re having.

And they should have to put their documents out for public review like any government agency. But they exempted themselves from that. The exempted themselves from OSHA – Occupational Safety and Health Regulations – from sexual harassment requirements from insider trading laws. The list goes on and on of exemptions. No exemptions.

What about health care?

They receive a subsidized health care plan. They do not have to comply with the “Obamacare” program because “Obamacare” is not just the quote “mandated coverage,” which I disagree with because people should be able to make your own health care decisions, but it also is very expensive. Well, members of Congress get massive subsidies through the Office of Personnel Management, so they get gold-plated health care.

You know what my situation is?

Put members of Congress into, no, not just “Obamacare,” put them into the Veterans Affairs health care System.

You want to see change at the VA? Force members of Congress to stand in the same long lines as our veterans and you’re going to see some major reform at that point.

By the way, did you know that members of Congress get their own concierge doctor at taxpayer expense? There’s a House physician on call to see the 435 members of Congress. And so, for anyone who’s ever had a hard time getting a doctor’s appointment, just recognize that your tax dollars are paying for a concierge doctor to, at any, you know, whim, to go to a member of Congress and immediately take care of them.

Again, I want to force members of Congress to live under the same laws as us, no exemptions.

Those are the three priorities: border security, someone to be the voice of opposition in California, and we’ve got to shake up Congress and really have some accountability.

Why don’t you run for a state office?

You know, I think that, as I showed on the radio, that you can use whatever platform you have to try to address the issues that people are concerned about. People would probably say the last person to lead a statewide referendum on the gas tax would be a radio host from San Diego, but no one else was doing it, so I stepped forward and gladly took up the responsibility. As a member of Congress, I don’t care if an issue is local, state or federal, if it’s a concern to my constituents, I’m going to speak out. I’ll provide leadership; I’ll be their voice.

If elected, you’re going to be one out of 435 Congress members. How do you plan to implement your changes in Congress?

This is a common question that I got when I ran for San Diego City Council. Back in 2008, they said, well, you’re just gonna be one of eight. One of eight. You’re not gonna be able to get reform done.

Actually ... shamed them. We put pressure on the members of (the city council).

And so, what you’re gonna see from me is a very activist, a very grassroots-focused member of Congress who is going to speak out on the issues and galvanize public support. I disagree with everything that Rep. Alexandria Ocasio-Cortez stands for. She’s pushing socialism.

However, I do have some respect for the fact that she has galvanized her grassroots supporters to put pressure on Congress to try to get them to adopt socialism, and she’s been successful at that. She’s a freshman. She gets her ideas from a coloring book. OK, so we’re



not talking about someone with a whole lot of resources there, but she’s been effective at driving the debate.

So when I see that on the left, I know that I can take good ideas of freedom, of government accountability, of limited government, of standing up to socialism, I know that I can take those ideas and be as effective in opposition to Ocasio-Cortez.

What are your plans for homelessness?

I have a four-point plan that we’ve put up. And not only is it a policy plan but it’s also a campaign. So the four points are, No. 1 enforce the law – vagrancy, loitering panhandling, drug laws – we have to enforce the law as a mechanism to force people into treatment. That’s the second part, make sure that for everyone who wants to break that cycle of dependency, that we have a treatment program, we have mental health programs and we have a warm place for them to stay. Right now, we’re not requiring that they follow the rules of those programs or that they really commit to the program.

My second reform is that if we’re gonna give someone a warm place to stay, it comes with the strings attached that they have to be clean and sober and they have to go to a program. They have to try to turn their life around.

Third, we need to fund success, not failure. Let’s open up the funding for homeless programs to all providers, including faith-based providers. We’re sitting right now in a homeless shelter. Did you know that I’m the only candidate running for Congress whose campaign headquarters is in a homeless shelter? And I’m proud.

Solutions for Change takes no government money because they don’t coddle. They don’t play by the rules of government, which

says you should allow people to use drugs, you should allow them not to participate in the mental health programs and I say that’s absurd. It’s throwing good money (away). So I want to, with my third reform, open up funding to proven successes like Solutions for Change.

Fourth, we would require that anyone receiving public assistance, homeless individuals or any other public assistance, do put a public works shift every other day, cleaning up the community, doing public works so that we require that they give back in some way to the community.

These are the four points that Californians would like to see us to execute, and I think that these four points will actually address the homeless crisis. Now I can offer a plan, but I’m going to do better than that. I’m going to put it into action for filing a ballot measure in San Diego or putting my plan on the ballot in November.

We only need 58,000 signatures, and I believe that we will make San Diego that center-of-gravity, the ground zero in the debate on what do we do about dealing with the homeless crisis in California? If you want to get coddled, go to Los Angeles or San Francisco. They’re good at coddling, and look at the bad results.

But if you want to get help in breaking the cycle of dependency then in San Diego, we are compassionate but we also require accountability. I want that sort of program here in San Diego, and I believe it will produce substantial success on the homeless epidemic.

Julie Reeder can be reached by email at jreeder@reedermedia.com.

Will Fritz can be reached by email at wfritz@reedermedia.com.

CALENDAR

Feb. 15 – 8:30-10:30 a.m. – The Keeping Fallbrook Litter Free Group Cleanup will be held at Santa Margarita River Hiking Trail and surrounding area in with collaboration with Keep DeLuz Beautiful. Directions: DeLuz Rd north to Sandia Creek Drive. Continue on Sandia Creek Drive to the Santa Margarita River and the trailhead is on the right. RSVP to Marta Donovan (760) 405-4054.

Feb. 28 – 12:15 p.m. – Regency Fallbrook offers a free seminar and complimentary lunch, 609 E. Elder Street. Learn about how to avoid being scammed and about resources that can help if one is targeted. RSVP is required to Michelle, (760) 728-8504 or mway@regencyfallbrook.com.

March 21 – 8:30-10:30 a.m. – Fallbrook Beautification Alliance Community Clean Up will be held at Fallbrook Library and surrounding area, 124 S Mission Road. Meet at lower parking lot. RSVP to FBA Keeping Fallbrook Litter Free Coordinator Marta Donovan (760) 405-4054.

March 21 – 10 a.m. to 2 p.m. – Live Oak Dog Park holds its annual fundraiser, Bark in the Park, including a walk through the park, vendor booths, silent auction and raffle along with demonstrations and contests. For more info, go to liveoakdogpark.org.

March 28 – TBA – Fallbrook

Chorale presents its Dinner Show – “Fallbrook Joe and the Magic Caboose,” an original story featuring the Caboose in downtown Fallbrook and lots of fun songs, including some surfing music! Tickets will be available soon.

April 18 – 8:30-10:30 a.m. – Fallbrook Beautification Alliance Community Clean Up will be held at Ingold Sports Park and surrounding area, 2551 Olive Hill Road. Meet in parking area. RSVP to FBA Keeping Fallbrook Litter Free Coordinator Marta Donovan (760) 405-4054.

April 25 – 9 a.m. to 12 p.m. – Fallbrook Beautification Alliance Community Clean Up will be held at Bonsall Community Church, 31552 Old River Road in collaboration with Lyssa and Jack Flaherty (Bonsall team) and the 18th Annual Creek to Bay Cleanup with ILACSD. RSVP to FBA Keeping Fallbrook Litter Free Coordinator Marta Donovan (760) 405-4054.

April 25 – 10 a.m. to 4 p.m. – Fallbrook Garden Club’s Flower Show & Plant Sale will be at SonRise Christian Fellowship, 463 S. Stage Coach Lane. Includes information booth with Master Gardeners, workshops on various topics and a wide variety of plants for sale. Free admission. Email questions to fallbrookgardenclub@gmail.com.

April 26 – 11 a.m. to 4 p.m. – Arts in the Park includes art-related activities, live entertainment, music, magic and puppet shows for families at Live Oak Park, 2746 Reche Road. Admission is free and food is available for purchase. Parking is \$3 (parking is limited so there will be a free shuttle bus from Potter and Maie Ellis school parking lots). For more information, visit www.rallyforchildren.org.

May 16 – 8:30-10:30 a.m. – Fallbrook Beautification Alliance Community Clean Up will be held at Don Dussault County Park and surrounding area, 832 Alturas Road, Fallbrook. RSVP to FBA Keeping Fallbrook Litter Free Coordinator Marta Donovan (760) 405-4054

May 30 – TBA – The Fallbrook Chorale’s Spring Concert will present “Music of the Masters” with several pieces from John Rutter, Randall Thompson, Beethoven’s “Hallelujah.” More information will be coming.

June 6 – 10 a.m. to 12 p.m. – Fallbrook Beautification Alliance Community Clean Up at Old River Road, Bonsall, in collaboration with Lyssa and Jack Flaherty (Bonsall team) and ILACSD Watershed Warriors. RSVP to FBA Keeping Fallbrook Litter Free Coordinator Marta Donovan (760) 405-4054.

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See the world through watercolors



Joe Fedorchek views the Best of Show winner Stephen Zhang's watercolor painting on display at the Fallbrook Art Center's 11th Annual Signature American Watermedia Exhibition, Feb. 8.

Village News/Shane Gibson photos



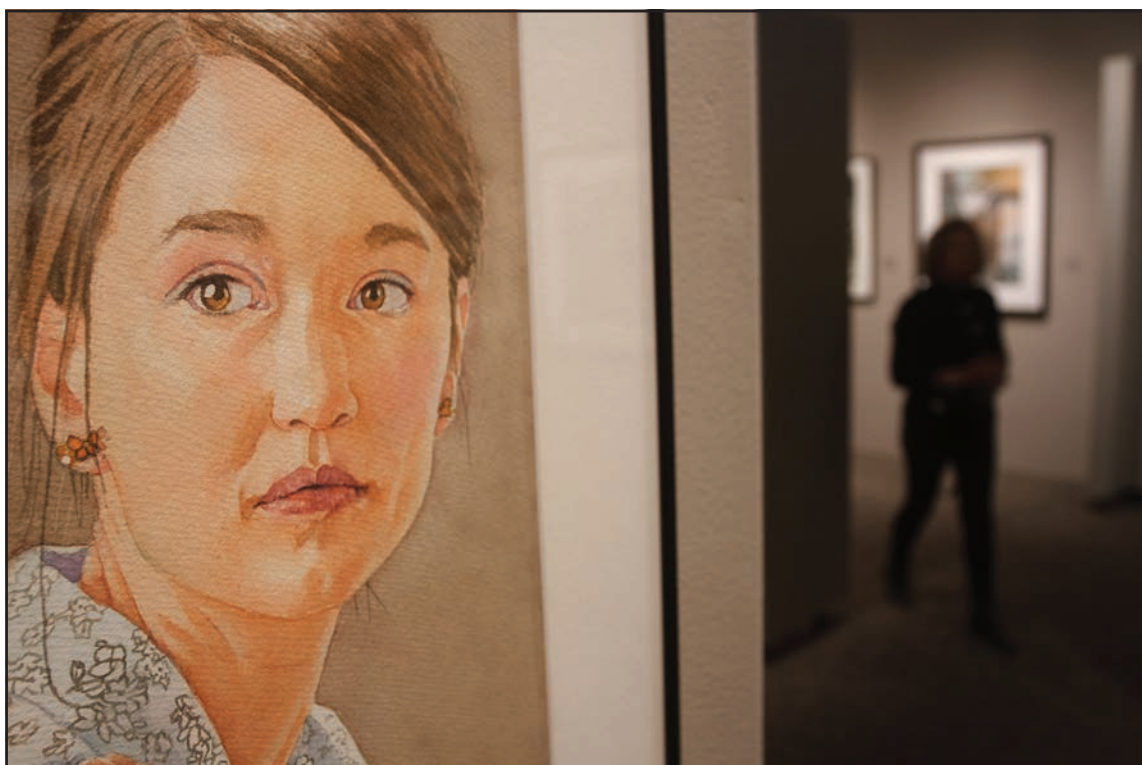
Guests at the opening reception study "Memories Like Butterflies" by artist Karen Heidler at the Fallbrook Art Center.



Visitors can take a close-up look at "universal Canvas" by watercolor artist Bev Jozwiak at the Fallbrook Art Center watercolor show.



First place in the Fallbrook Art Center watercolor show goes to artist Dean Mitchell's "Hidden" painting.



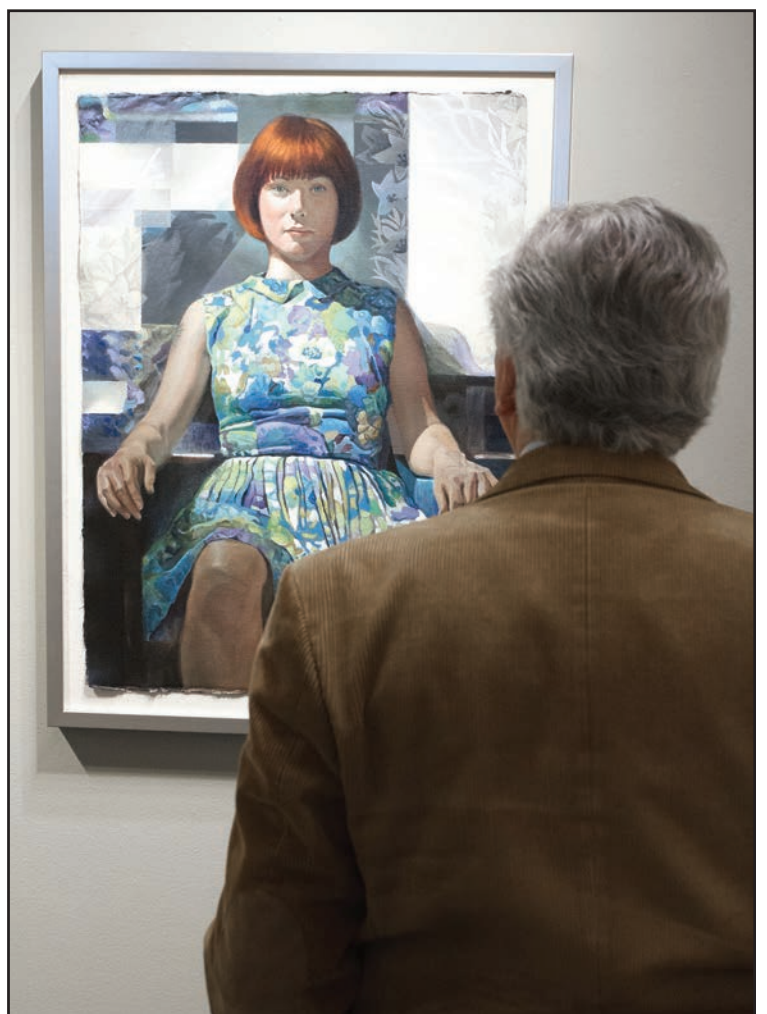
"The Flower" by artist Steve Rothert is on display at the Fallbrook Art Center watercolor show.



People and a puppy view watercolor artist Kathleen Giles "Meat and Potatoes Man" painting on display at the Fallbrook Art Center watercolor show.



Watercolor artist Chuck Rouse views his painting "Barcelona Pasta Girl" on display at the Fallbrook Art Center watercolor show.



"A Touch of Red (Serenity)" by artist Ken Goldman is one of many watercolor portraits to be seen at the Fallbrook Art Center watercolor show.

HEALTH & BEAUTY

Temecula Valley Hospital becomes the first UHS accredited geriatric emergency department in the country

TEMECULA – Temecula Valley Hospital is the first Universal Health Services hospital in the country to achieve accreditation from the American College of Emergency Physicians as a Geriatric Emergency Department.

According to the geriatric emergency department guidelines, “the purpose of the geriatric emergency department guidelines is to provide a standardized set of guidelines that can effectively improve the care of the geriatric population and which is feasible to implement in the ED. These guidelines create a template for staffing, equipment, education, policies and procedures, follow-up care and performance improvement measures.”

According to the 2010 census, more than 40 million Americans were over the age of 65, which was “more people than in any previous census.” In addition, “between 2000 and 2010, the population 65 years and over grew at a faster rate than the total U.S. population.” The census data also demonstrated that the population 85 and older is growing at a rate almost three times the general population. The subsequent increased need for health care for this burgeoning geriatric population represents an

unprecedented and overwhelming challenge to the American health care system as a whole and to emergency departments specifically.”

“We are very proud to be the first hospital in the UHS portfolio to receive this Geriatric Emergency Department Accreditation,” Darlene Wetton, CEO of Temecula Valley Hospital, said. “Our community can trust the care that our Emergency Department staff provides to seniors in a time that they need it the most.”

According to ACEP, the GEDA program is the culmination of years of progress in the emergency care of older adults. The voluntary GEDA program, which includes three levels similar to trauma center designations, provides specific criteria and goals for emergency clinicians and administrators to target. The accreditation process provides more than two dozen best practices for geriatric care and the level of GEDA accreditation achieved depends upon how many of these best practices an emergency department is able to meet. Temecula Valley Hospital has achieved the Level 3 emergency department level and must incorporate many of these best practices, along with

providing inter-disciplinary geriatric education and having geriatric appropriate equipment and supplies available.

Jacquelyn Horton, registered nurse and director of emergency services for Temecula Valley Hospital said, “We have gone above and beyond the criteria to make sure we have a safe and healing environment for our patients who are 65 and older. We have specialized supplies, such as upgraded thicker mattresses throughout our entire Emergency Department, to improve patient healing and outcomes. Our staff cares deeply about making the best experience we can for our patients at Temecula Valley Hospital”

For more information, visit www.temeculavalleyhospital.com.

Submitted by Temecula Valley Hospital.

Jacquelyn Horton, registered nurse and director of emergency services, and Cori Cole, registered nurse and manager of emergency services, with some of their Emergency Department staff are honored for receiving Universal Health Services accreditation for the geriatric emergency department at Temecula Valley Hospital.



Valley News/Courtesy photo

Five ways to keep your heart healthy and strong

Matthew J. Budoff, M.D., FACC, FAHA
Special to Village News

Do you find yourself planted behind a desk or stuck in the car for most of your day? Well, you are not alone. The average American adult now spends roughly 6.5 hours a day sitting – an increase of about an hour a day since 2007¹.

More time spent watching TV, scrolling through social media, and browsing online are to blame for this increase in sedentary behavior. For this reason, I often need to remind my patients that when you sit, you use less energy than you do when you stand or move.

Research has linked sitting for long periods of time with a number of health concerns, including abnormal cholesterol levels, excess body fat, obesity and increased blood pressure². These activities seem harmless enough at first, but they can add up quickly, and can significantly affect the health of your heart.

It is never too late to start taking care of your heart. Here are five ways you can keep your heart healthy and strong³:

Healthy-heart supplements: A healthy lifestyle can help protect

your cardiovascular system and enhance circulation, but adding a heart smart supplement can give your arteries the extra protection they need, especially as you age. I have found that Aged Garlic Extract (AGE) may have the single best impact on heart health than any other known dietary supplement. My research suggests that it supports healthy blood pressure and reduces bad cholesterol levels, reduces plaque (buildup) in coronary arteries and improves the health of blood vessel walls.

Watch what you eat: Eating lean meats, fruits and vegetables is great. But even healthy foods can be a problem if you are consuming two or three times what your portion size should be. Controlled portion size is an important consideration for heart health. Keep lean protein portions to about the size of your palm. A quick way to eat smaller portion sizes is to use a smaller plate. The average dinner plate clocks in at 12 inches, so switching to a slightly smaller plate, like 8 inches, can help you control your portions.

Clock in those hours: Sleep is very important for a healthy heart. Lack of sleep puts you at

greater risk for cardiovascular and coronary health disease. During sleep your body repairs itself, so you do not want to skimp on it. Set a bedtime and stick to it. Aim for 6-8 hours of sleep per night.

Move around: Consistent exercise is a great way to lower your risk of heart disease. Just as exercise strengthens other muscles in your body, it helps your heart muscle become more efficient and better able to pump blood throughout your body. Try exercising for 30 minutes or more on most days. This can help to improve your cholesterol and lower your blood pressure. It has been shown that exercising can also improve your brain health, delaying or stopping the onset of dementia.

Brush and floss: This might sound unrelated to heart health, but you’d be surprised. Several studies show that your dental health and cardiac health are intertwined.

The bacteria in your mouth, when released into the bloodstream, can increase inflammation and lead to hardening of the arteries, which, in turn, can eventually lead to heart attack and stroke. Make sure to brush at least twice each day, and floss once.

I chose the heart-healthy tips above for a reason, they are very achievable. Living a heart healthy lifestyle doesn’t have to be time-consuming or expensive, anyone can do it by making a few small tweaks in their everyday routine. Start moving and practice these five hacks every day to prioritize your heart health.

Matthew J. Budoff, M.D., FACC, FAHA, is Professor of Medicine, David Geffen School of Medicine, Harbor-UCLA Medical Center. He is Program Director and Director of Cardiac CT, Division of Cardiology, Harbor-UCLA Medical Center in Torrance, California. He is also Endowed Chair of Preventive Cardiology, Los Angeles Biomedical Research Institute.

He is at the forefront of the medical community’s efforts to develop early detection methods for cardiac disease, the No. 1 cause of death in the U.S. Budoff works on at least 20 active medical research trials at any given time, and is a frequent lecturer on topics of cardiology at symposia,

congresses and annual conferences on every continent. He has written or co-written over 800 research papers, seven books and 45 book chapters.

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San Diego flu deaths increase, cases continue to decline

José A. Álvarez
County of San Diego
Communications Office

Eleven additional deaths were reported in San Diego last week, bringing this season’s total to 50, the County Health and Human Services Agency announced Feb. 5.

The ages of the new flu deaths ranged from 53 to 80 years of age and all had underlying medical conditions.

The number of new lab-confirmed influenza cases dropped again last week, a sign that flu activity might be easing in San Diego. A total of 1,702 cases were reported in the region last week, compared to 1,884 the previous week.

“Of the 11 influenza deaths reported last week, only two occurred last week,” said Wilma Wooten, county public health officer. “The fact that flu cases continued to decline could be a sign that influenza has peaked in San Diego. However, influenza cases are reported year-round and we could see case increases in the weeks to come.”

The County Health and Human Services Agency publishes the Influenza Watch weekly report, which tracks key flu indicators and summarizes influenza surveillance in the region.

For the week ending Feb. 1, 2020, the report shows the following:

- Emergency department visits for influenza-like illness: 8% of all visits (compared to 8% the

previous week)

- Total influenza deaths to date: 50 (compared to 24 at this time last season)
- Total lab-confirmed cases to date: 13,569 (compared to 3,938 last season)

When to Seek Medical Help

People with influenza-like symptoms continue to crowd local emergency departments and are taxing some hospitals.

County health officials are encouraging people who are sick to first contact their health care provider by telephone or arrange an urgent appointment. You should go to an emergency department when you have any of the following symptoms:

- Difficulty breathing or shortness of breath
- Chest pain or abdominal pain
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that appear to get better, but then return with a fever and worse cough
- How to Prevent the Flu
- People should also do the following to avoid getting sick:
- Wash hands thoroughly and often
- Use hand sanitizers
- Stay away from sick people
- Avoid touching your eyes, nose and mouth
- Clean commonly touched surfaces
- If you are sick, stay home and avoid contact with others

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Thinking About Health: Narrow networks of doctors and hospitals limit patient choice

Trudy Lieberman
Community Health News Service

The next time you hear someone – likely a politician or representative for a medical special interest group – argue that America’s health insurance arrangements are fine because they offer lots of choice for patients, don’t take them seriously.

What choice are they talking about? Almost anyone navigating the health system over the last decade knows that insurers have limited where they can go for care and whom they can see.

The concept of limiting patients’ choice of doctors, hospitals, and other medical services like radiology practices or speech therapy began a few decades back with HMOs. The health management organizations argued that, to assure quality, they were allowing their insured patients to see only the best providers.

The theory sounded good, but in practice the health providers squawked, and networks gradually became more inclusive. That

changed again as costs continued to rise and insurers started to choose only doctors who accepted their fee schedules. Things got kind of muddy for patients because they didn’t know for sure whether a doctor was in the network because they charged low prices or because they offered superior care.

The way networks operate has gotten even more opaque and manipulated, according to new research from Penn State assistant professor of public policy Simon Haeder and his colleagues. Their research tells us more about how insurance carriers are limiting patient choice.

Do insurers deliberately exclude doctors offering certain specialties in the hope of forcing out the “lemons” among their insured patients – those likely to be sick? Haeder told me that may be happening.

For example, diabetics need to see endocrinologists periodically to help manage their disease, but if the insurer constructs a network with no or few endocrinologists, patients may be forced to seek care

elsewhere or pay out of pocket. Such a strategy, Haeder said, allows an insurer “to offload costs” they don’t want to pay.

It’s even harder to find doctors in fields where there are fewer providers such as cardiac surgeons, podiatrists and, in some cases, obstetricians and gynecologists. The problem is even greater in rural areas where it’s common for patients to drive many miles to find a practitioner to treat them.

Haeder and colleagues also found that the problems with network adequacy also applied to coverage offered through Medicare Advantage plans. Sales presentations for MA plans often omit the fact they restrict choice through narrow networks.

Haeder’s study examined MA plan networks in California and found that seniors may have trouble accessing care. His research showed that large numbers of them might have to travel 30, 60, or even 120 miles to find a higher quality doctor.

Furthermore, he noted, an analysis of coronary stent

procedures in New York State showed that provider networks might be more restrictive for Medicare Advantage plan members than for those who get coverage from policies sold in the Affordable Care Act marketplace.

Inaccurate and out-of-date directories also limit patient choice. If directories report that certain specialists for treating kidney problems are located nearby, but when you call for an appointment you find they are no longer practicing, what do you do? Go without care? Pay out of pocket? Or search far and wide for someone who takes your insurance?

When the Affordable Care Act first went into effect and for a few years after that, the media and advocacy groups did point out that many plans had few providers and others offered directories that were out of date. They singled out those plans.

There’s not much of that kind of reporting or outrage these days. Maybe it should come back to highlight the significant barriers

to care Haeder uncovered.

“We thought if we gave people insurance everything would be great,” he told me. “But there’s a difference between having insurance and having access to care.”

The focus of advocates, policymakers, and even some insurers became the premium people would pay. But the premium is only one element of a policy that determines the final bill to the consumer. Coinsurance, copays and deductibles, all of which have risen astronomically in the last few years, are equally important and are contributing to the rising medical debt.

Knowing which providers are in a network is important. So is understanding the games insurers play to do what insurers always do: limit their risk of paying out money for sick people.

Have you had experience finding doctors nearby? Write to Trudy at trudy.lieberman@gmail.com.

Get Acupuncture Fallbrook opens in Fallbrook Family Chiropractic

FALLBROOK – Get Acupuncture Fallbrook has recently opened inside Fallbrook Family Chiropractic, located at 1588 S. Mission Road, Suite 115 in the office building off Grand Tradition Way.

The acupuncture clinic is owned by Malinda Gibbons, L.Ac., a licensed acupuncturist who has

been practicing for over 17 years. She offers acupuncture, cupping and Mayan Abdominal Therapy.

Gibbons has received advanced training in treating pain, sport’s injuries and women’s health issues, including fertility. She utilizes motor point acupuncture, which is a specialized style of sport’s acupuncture that stimulates

the muscles to reset.

For now, Get Acupuncture Fallbrook is a cash practice and does not accept insurance.

“I have tried to keep my prices low so that more people can take advantage of acupuncture,” Gibbons said.

Gibbons is a resident of Fallbrook where her daughter

attends school. She is active in the Maie Ellis PTSA, a member of the Fallbrook Chamber of Commerce and the Connections Fallbrook Networking Group.

She completed her Master of Science in Traditional Chinese Medicine at the Pacific College of Oriental Medicine, San Diego and received advanced herbal training

from Nanjing International University.

For more information, visit GetAcupunctureFallbrook.com or call (619) 244-8998.

Submitted by Get Acupuncture Fallbrook.

Parkinson’s support group to hear about regenerative medicine

FALLBROOK – The Fallbrook Parkinson’s Support group will hold their monthly meeting, Friday, Feb. 28, from 10 a.m. to noon in the Fellowship Hall of Christ the King Lutheran Church, 1620 S. Stage Coach Lane

The meetings are held the fourth Friday of each month. The guest speaker this month, is Dr. David Higgins, who will talk about research in the area of regenerative

medicine, what’s happening in California and the San Diego area for the advancement of Parkinson’s research and new medications and drug therapies.

Higgins is the coordinator of the UCSD Parkinson’s Support Group Network. He earned his Ph.D. in molecular biology and genetics from the University of Rochester followed by a postdoctoral fellowship at the National Cancer

Institute. He worked in the biotech industry for 15 years and has held adjunct professorships at San Diego City College and San Diego State University.

Higgins currently serves as a member of the governing Board for the California Institute for Regenerative Medicine and is a member of the Public Policy Committee at the Michael J. Fox Foundation. He has a family

history of Parkinson’s disease including his mother, uncle, grandmother and great-uncle. He was diagnosed with PD himself in 2011.

In addition, break out groups will be held for a time of sharing. Coffee and refreshments follow the program. The meeting is held in support of people with Parkinson’s disease, care partners and people interested in improving the world

of those affected by Parkinson’s disease.

Fallbrook Parkinson’s Support Group is an affiliate group of North County Parkinson’s Support Group, www.NCPSG.org

For more information, call Irene, (760) 731-0171 or Vicki, (760) 728-7117.

Submitted by Fallbrook Parkinson’s Support Group.

Genetics researchers target cadmium reduction in cacao

Joe Naiman
Village News reporter

The 28th annual International Conference on the Status of Plant and Animal Genome Research took place Jan. 11-15, in San Diego, and the Jan. 12 cacao genomics workshop included a presentation on the attempt to reduce the cadmium content of the bean used for chocolate.

Jim Dunwell of the University of Reading in the United Kingdom addressed the situation including potential solutions in “Molecular Genetic Approaches to Reducing Cadmium Accumulation in Cocoa.” Dunwell said that the European Union recently implemented a cadmium limit which took effect in January 2019.

“During the processing of chocolate, we’re trying to get rid of cadmium,” Dunwell said.

Chocolate is one of the major products with high cadmium levels, and rice grown in China also has high levels of cadmium.

“It’s something which is not good for anybody,” Dunwell said. “It accumulates in your body over your life.”

The source of cadmium could be natural such as volcanic soils, and the use of phosphate fertilizers, mining activity or industrial pollution can also create cadmium in the soil.

“There are hot spots geographically where cacao grown

in those areas produce beans that exceed the limit,” Dunwell said.

The four nations with the greatest cacao production are in western Africa, where the cadmium levels in the soil are the lowest. Although those four nations account for approximately 72% of the world’s chocolate production, some of the highest-quality chocolate is from South American cacao and many of those areas have cadmium levels which exceed the European Union limit. The initial maximum levels allow for a higher cadmium concentration in darker chocolate but no more than 0.00008%; the lowest maximum level is 0.00001% and the limit for cocoa powder is 0.00006%.

“Africa and Asia the range is not too bad, but if you look at the Latin American, South American region the rate is much more,” Dunwell said. “It’s a threat to the livelihoods of particularly sensitive areas of challenged parts of South America.”

Efforts have been made to track the source of cadmium in those areas.

“Some of them are natural geological sources,” Dunwell said.

Other sources are due to fertilizers.

“Agriculture in many areas depends on the use of fertilizers,” Dunwell said. “Certain phosphate fertilizers in parts of the world have high levels of cadmium in them.”

The cadmium level in phosphate fertilizers varies depending on the source of the phosphate. Russian phosphate has lower cadmium levels, which creates the political risk that Russia will use that advantage as a bargaining tool.

“European agriculture doesn’t want to be dependent on Russian fertilizers,” Dunwell said.

Some of the research involves adjustment of cadmium levels in the soil.

“If you can stop the cadmium from getting into the plant that’s probably the best way to start,” Dunwell said. “Plants don’t need cadmium at all.”

Biochar binding of the soil is one potential solution.

“There is lots of agronomic interest and agronomic activity, but so far it hasn’t been proven,” Dunwell said.

Adjusting the pH level of soil is complicated by the different levels throughout the world.

“There’s a very narrow pH window which you have to calculate,” Dunwell said.

A focus on cacao plant rejection of cadmium through the root stock or through transporter genes is part of the research.

“If we can do that in the long term, we can put that into a breeding program,” Dunwell said. “Cadmium comes in as a kind of hitchhiker. There is no cadmium-specific transporter.”

Most of the genetic work that

has been done in the past uses rice as a model system.

“The idea was to identify the region looking at other species,” Dunwell said. “Rice is the precedent in terms of gene editing.”

Cadmium is believed to be transported into the plant through the Natural Resistance-Associated Macrophage Protein transcriptome. Cacao has five NRAMP genes.

“It’s at one gene that does one thing,” Dunwell said.

A mutagenesis process in the research utilizes downregulation of Heavy Metal ATPase genes, and when the HMA gene NtHMA4 is downregulated a reduction of more than thirtyfold is achieved.

“Mutagenesis has been used conventionally,” Dunwell said.

The NRAMP and HMA genes from were isolated in several accessions which differ in cadmium update.

“We looked at variations between the different accessions that we have,” Dunwell said.

Variants of different transcriptome length were then spliced. The researchers also used

the NRAMP5 gene to transport cadmium from cacao into yeast.

“You can test these variants from different cacao accessions,” Dunwell said.

“The cadmium will have an inhibitory effect on the yeast,” Dunwell said. “It stops yeast growing, but it allows the uptake of cadmium into yeast.”

The purpose of that was for comparison rather than for adding cadmium to yeast, and the experiment confirmed that NRAMP5 encodes a protein capable of cadmium transport.

“We know they’re in the right part of the yeast cell,” Dunwell said. “We’re also interested in cadmium isotope variation. Plants can discriminate between these isotopes.”

Cadmium in nature has eight isotopes.

“We should consider cadmium not as one element but as a series of elements with different isotopes,” Dunwell said.

Joe Naiman can be reached by email at jnaiman@reedermedia.com.

the village beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at

thevillagenews.com

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 Village News

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ENTERTAINMENT

Adventures with the Fallbrook Encore Club

FALLBROOK – The Encore Club recently joined with members of the Newcomers Club for some Newcore special trips. Newcomers and Encore are each a social club serving the Fallbrook, Bonsall, DeLuz and Rainbow communities. Newcore refers to joint activities of these sister organizations.

The Newcore gardening group Happy Diggers enjoyed a trip together to Pechanga for a conducted docent tour of the Great Oak known as Wi’aafal by the Pechanga people.

The tree is recognized as the largest naturally grown indigenous coast live oak in the Western United States. It is believed to be at least 1,000 years old, about 20 feet in circumference, 100 feet tall and has branches spreading out 500-600 feet. Standing under those sheltering branches was a thrill for all those visiting.

The Newcore RV group recently returned from one of their many trips, this time to Las Vegas and nearby points of interest. One side trip was to the Hoover Dam on the Colorado River, with a fascinating history and offering spectacular views. More RV trips are planned including a trip to Sequoia National Park coming up in May.

Encore Club also offers regular monthly activities. Members meet once a month at Christ the King Lutheran Church, 1620 Stage Coach Lane in Fallbrook. Social time with coffee and treats begins at 9:30 a.m. followed by a business meeting at 10.

The next meeting will be Thursday, Feb. 20. There is always an opportunity to sign up for various monthly activities of interest and often a speaker. The next speaker will be Jack Wood, chairman of the Fallbrook Planning Group. He is well known in the Fallbrook community and will be sharing from his wealth of information.

Prospective new members are welcome to drop in to any meeting and get acquainted. For more



Newcore Happy Diggers gardening group gather on Pechanga Reservation by the Great Oak, an ancient and massive California Coastal Live Oak.

information, they may contact membership co-chairs Bobbi Bixby at (562) 673-1250 or Bea Valverde at beavalverde62@yahoo.com or visit www.fallbrookencoreclub.com.

Submitted by the Fallbrook Encore Club.



Some of the Newcore RV group enjoy a visit to the Hoover Dam while on their recent trip to Las Vegas. Pictured from left are, Nanette and Mike Noonan, Beverly and Victor Risling, Jim and Diane Goodrich, and Larry Guthrie.



A glimpse of the Hoover Dam can be seen on the beautiful Colorado River.



This photo shows the spectacular view of the Colorado River near the Hoover Dam.

Say Hello TO EXCITEMENT!

Welcome to a place where people come first and friends know your name. A place where you know your way around and where the staff knows what you like. A place committed to helping you have a good time.

Earn entries every Sunday to be one of four lucky players to win cash prizes or **draw the Queen of Hearts** and win the progressive jackpot. You could win a King's ransom! Drawings begin every Sunday at 7pm starting February 2nd.



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Theater – Out and About

Elizabeth Youngman-Westphal
Special to The Village News

Every now and again a goof up happens. Last Sunday was just such a day. Clearly, I wrote not only the wrong date, but the wrong show on my calendar, consequently, we arrived to a dark theater.

Since I cannot tell you about what I saw, let’s take a look forward to see what shows are here or coming. Grab a pen.

“A Chorus Line” is still playing weekends at The Welk Resort in nearby Escondido until March 27. Box Office (760) 749-3448, sandiegotickets.welkresorts.com

Opening Feb. 28 at The Fallbrook Women’s Club is Curtain Call’s Lux Radio program “Meet Me in St. Louis.” For tickets and the

other dates call producer Mary Fry at (760) 723-2724.

La Jolla Playhouse just opened with “Fly” the continued musical adventures of Peter and Wendy until March 29. Box office (844) 379-0370

Still playing at New Village Arts in Carlsbad is “Murder for Two” a red-hot murder mystery. Box Office (760) 433-3245 until March 1.

Coming up at The Cygnet in Old Town is my all-time favorite “La Cage aux Folles,” running March 11 – May 2, (619) 337-1525.

“Frozen” opens for a short run March 26, Broadway San Diego at the Civic Theater. Tickets go fast, (619) 564-3000.

Lambs Theater in Coronado opens “Alice” Feb. 29 which is a musical adaptation about Wonderland, (619) 437-6000.

The Diversionary Theater will open March 8 with “A Kind of Weather,” (619) 220-0097.

Roustabout Theatre opens with “Guntopia, A Dark Comedy,” running from March 8-19, (619) 728-7820.

Opening Feb. 19 until March 10 at North Coast Repertory Theater in Solana Beach is “The Outsider,” a political spoof. (858) 481-1055.

San Diego Musical Theatre at the Horton Theater downtown is going with “She Loves Me” Feb. 27 – March 8. (833) 428-0947.

It is my hope to share with you my thoughts about “She Loves Me” next issue followed by “The Outsider.”

Elizabeth Youngman-Westphal can be reached at eyoungman@reedermedia.com.

FUHS dancers and athletes partner in annual show



The Fallbrook Union High School Dance Team performs at the start of their annual “Dancing with the Athletes” show which raises funds for the school’s dance team program and performances, Feb. 6.



Fallbrook Dance Team member Bianca Romano dances with Warrior athlete Cooper Riggs during the dance team’s annual “Dancing with the Athletes” show in the Bob Burton Center for the Performing Arts.



Fallbrook Dance Team member Chiara Curnow dances with her Warrior athlete partner Zac Allegro in the annual “Dancing with the Athletes” show in the Bob Burton Center.

LEGALS

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9000246
Name of Business
LIVE OAK PARK COALITION
2476 Reche Rd, Fallbrook, CA 92028
Mailing address: P.O. Box 2974, Fallbrook, CA 92088
County: San Diego
This business is registered by the following:
Live Oak Park Coalition, 2476 Reche Rd, Fallbrook, CA 92028
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first commenced to transact business under the above names as of 09/25/95
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 06, 2020
LEGAL: 5192
PUBLISHED: January 23, 30, February 6, 13, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9001915
Name of Business
LACOUR'S LION'S DEN BARBERSHOP
573 West Vista Way, Ste D, Vista, CA 92083
Mailing address: 5345 Gooseberry Way, Oceanside, CA 92057
County: San Diego
This business is registered by the following:
Coby Brazil LaCour, 5345 Gooseberry Way, Oceanside, CA 92057
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 23, 2020
LEGAL: 5194
PUBLISHED: January 30, February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9000742
Name of Business
ADVANCED CLINICAL RESEARCH INSTITUTE
2041 E. Mission Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Majd Oteibi, 2041 E. Mission Rd, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above names as of 10/01/2014
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 09, 2020
LEGAL: 5195
PUBLISHED: January 30, February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9001638
Name of Business
BELLA LENTE STUDIOS
307 Palm Canyon Drive, Vista, CA 92083
County: San Diego
This business is registered by the following:
Sound and Code Creations LLC, 307 Palm Canyon Drive, Vista, CA 92083
This business is conducted by a Limited Liability Company
This LLC is registered in the state of California
Registrant first commenced to transact business under the above names as of 08/14/2012
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 21, 2020
LEGAL: 5196
PUBLISHED: January 30, February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9001639
Name of Business
PENNY LANE MARKETPLACE
1810 Oceanside Boulevard, Oceanside, CA 92054
County: San Diego
This business is registered by the following:
Sound and Code Creations LLC, 307 Palm Canyon Drive, Vista, CA 92083
This business is conducted by a Limited Liability Company
This LLC is registered in the state of California
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 21, 2020
LEGAL: 5197
PUBLISHED: January 30, February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9002089
Name of Business
CLEAN MADE
195 Avenida Descanso Unit 216, Oceanside, CA 92057
County: San Diego
This business is registered by the following:
Jerrad Bausch, 195 Avenida Descanso Unit 216, Oceanside, CA 92057
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 24, 2020
LEGAL: 5198
PUBLISHED: January 30, February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9002051
Name of Business
FALLBROOK HONEY COMPANY
3915 Sleeping Indian Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
a. William L. Mathewson, 3915 Sleeping Indian Rd, Fallbrook, CA 92028
b. Mary Louise Mathewson, 3915 Sleeping Indian Rd, Fallbrook, CA 92028
c. Christopher Mathewson, 2029 Pheasant Run, Fallbrook, CA 92028
This business is conducted by a Joint Venture
Registrant first commenced to transact business under the above names as of 4/13/91
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 24, 2020
LEGAL: 5199
PUBLISHED: January 30, February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9002677
Name of Business
ESCOBEDO INTERPRETING
1149 Senwood Way, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Maribel Escobedo, 1149 Senwood Way, Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 30, 2020
LEGAL: 5205
PUBLISHED: February 6, 13, 20, 27, 2020

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9002169
Name of Business
RED CLIPPER BARBER SHOP
1979 Oceanside Blvd, Oceanside, CA 92054
County: San Diego
This business is registered by the following:
Noemi C. Dickerhoff, 4038 Pala Rd, Oceanside, CA 92057
This business is conducted by an Individual
Registrant first commenced to transact business under the above names as of 5/10/18
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 27, 2020
LEGAL: 5200
PUBLISHED: January 30, February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9001079
Name of Business
LIVING ZEN BY CARRIE ANN
2449 Summerhill Lane, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Carrie Ann Harris, 2449 Summerhill 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 Jan. 14, 2020
LEGAL: 5201
PUBLISHED: January 30, February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9002501
Name of Business
ROAD RUNNER WATER TRUCKING
4496 Sleeping Indian Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Martha Vazzana, 4496 Sleeping Indian Rd, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above names as of 01/29/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 29, 2020
LEGAL: 5204
PUBLISHED: February 6, 13, 20, 27, 2020

Summons

SUMMONS
FILED 08/21/2019
CASE NUMBER: 37-2019-00042542-CU-BC-CTL
NOTICE TO DEFENDANT:
TO TRANSPORT CORPORATION, STAR RAIN LLC, JUSTO P. FELIX AND JANE DOE FELIX, husband and wife,
YOU ARE BEING SUED BY PLAINTIFF: MOUNTAIN WEST TOWING, INC. dba COUNTYWIDE TOWING, a California Corporation

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below.
You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court from that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.
There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal service program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/ssselfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien; must be paid before the court will dismiss the case.
The name and address of the court:
SAN DIEGO COUNTY SUPERIOR COURT CIVIL DIVISION
330 W. BROADWAY, SAN DIEGO, CA 92102
The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is:
TIMOTHY D. DUCAR, 7430 E. BUTHERUS DRIVE, SUITE E, AZ 85260, (480) 502-2119
DATE: 08/21/2019
CLERK, BY: M. REYES, DEPUTY
Legal #: 5203
Published: January 30, February 6, 13, 20, 2020

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2019-00062287-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
NADIA BEDOLLA
Present Name:
EDDIE CRUZ MORGADO
Proposed Name:
EDDIE CRUZ BEDOLLA
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: 3/3/20 Time: 8:30 AM Dept: N23
The address of the court is 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: NOV 22 2019 Signed: Sim von Kalinowski
LEGAL: 5208
PUBLISHED: February 6, 13, 20, 27, 2020

NOTICE OF PUBLIC HEARING
FALLBROOK PUBLIC UTILITY DISTRICT POTENTIAL INCREASE IN COMPENSATION
FOR MEMBERS OF THE BOARD OF DIRECTORS

NOTICE IS HEREBY GIVEN that on February 24, 2020, the Board of Directors of the Fallbrook Public Utility District will hold a public hearing at 4:00 p.m., or as soon thereafter as practicable, at 990 E. Mission Road, Fallbrook, CA 92028 as part of the Regular Meeting of the Board. The Board will hold the public hearing in order to receive oral and written testimony regarding the proposed adoption of Ordinance No. 346.

Written comments may be filed at any time prior to conclusion of the public hearing. Those desiring to orally comment may do so during the hearing. Written comments should be addressed to the attention of the Board Secretary, at the above-mentioned address.

Upon conclusion of the hearing, the Board will consider adoption of proposed Ordinance No. 346, which would increase the amount of compensation for members of the Board of Directors. A copy of proposed Ordinance No. 346 will be posted in the District's office at least five (5) days before the meeting where the ordinance will be considered. Copies of the Ordinance will also be available at that time by calling the District at (760) 728-1125 or at the District's web site: www.fpubd.com.

Published: February 6, 13, 2020

FALLBROOK COMMUNITY PLANNING GROUP
And
DESIGN REVIEW BOARD
Regular Meeting
Monday 17 February 2020, 7:00 PM, Live Oak School, 1978 Reche Road, Fallbrook
AGENDA as of 01/29/2020

NOTE. NOTE. Due to the resignation of Guy Howard, seat #14, and the passing of Chairman Jim Russell, seat # 2, two seats are open on the Fallbrook Community Planning Group. Interested individuals should contact the chair (see below) to receive an application.

1. Open Forum. Opportunity for members of the public to speak to the Planning Group on any subject matter within the Group's jurisdiction but not on today's agenda. Three minute limitation. Non-discussion and Non-voting item.

2. Approval of the minutes for the meeting of 20 January 2020. **Voting Item.**

3. PDS 2020-ZAP-99-024W1 Discretionary Permit Application for cellular phone site modification for AT&T tower at parcels APN 125-063-09 and 125-063-10 near the intersection of Shearer Crossing and Panky Rd. AT&T agent Elton Stolze, elton.stolze@crowncastle.com, 925-737-1008, Edgare and Elizabeth S. Panky Trust, Pala Gateway, 35008 Pala Temecula Rd., PMB 50, Pala, CA 92059. County Planner Lauren Yzaguirre, lauren.yzaguirre@sdcounty.ca.gov, 858-495-5362. **Public Facilities Committee. Community input. Voting Item. (1/10)**

4. PDS2020-TM-5637 Request to abandon a 12-lot subdivision back to a single parcel for Premier Color Nursery on Winterhaven/Brooke rds. APNs 106-272-14-00 through 106-272-25-00. G&F Properties, John Forester johnforester7@gmail.com, 760-535-4343. County Planner John Leavitt, john.leavitt@sdcounty.ca.gov, 858-495-5448. **Land Use Committee. Community Input. Voting Item. (1/13)**

5. PDS2019-ZAP-19-001, PDS2019-ER-19-02-001 AES Fallbrook 40MW Battery Energy Storage System. The County intends to adopt a Mitigated Negative Declaration in accordance with the California Environmental Quality Act for the battery energy storage system proposed for the 4.22 acre parcel at 1405 East Mission Rd., Fallbrook. When completed, the 20-year project will be turned over to San Diego Gas and Electric through a build-own-transfer contract. The project received preliminary approval first by the Fallbrook Community Planning Group at an 18 February 2019 meeting and subsequently reported on at the 21 October 2019 meeting of the Planning Group. A public hearing on the CEQA findings was scheduled for 5 February 2020. County Planner Nicholas Koutoufidis, Nicholas.koutoufidis@sdcounty.ca.gov, 858-495-5329. **Community input. Voting item. (1/25)**

6. Minor Deviation for replacement signage on existing MUP-10-015. New signage for Soapy Joe's Carwash. Applicant Karl Henning, KHenning@matthewssigns.com, 760-724-7200, **Design Review Committee. Community input. Voting Item. (1/29)**

7. Vote on applicant for Seat #14, Michelle McCaffrey. **Community input. Voting Item.**

8. Ratification of committee assignments for 2020. **Community input. Voting Item.**

NOTE: The Planning Group occasionally has openings on its **Land Use** (Eileen Delaney 760-518-888), **Circulation** (Roy Moosa 760-723-1181), **Parks & Recreation** (Jim Loge 760-712-2773), **Public Facilities** (Roy Moosa 760-723-1181), and **Design Review** (Eileen Delaney 760-518-8888) committees for non-elected citizens. Interested persons please contact the Chairman. This is a preliminary agenda. If any changes are made, a final agenda will be posted at the North County Fire District, 315 E. Ivy Street, Fallbrook, at least 72 hours prior to the meeting. Jack Wood, Chair, 760-715-3359

Published February 13, 2020

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00002414-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
JARROD PAUL JOHNSON AND ALICIA CLAIRE EDINGTON
Present Name:
a. JARROD PAUL JOHNSON
b. ALICIA CLAIRE EDINGTON
Proposed Name:
a. JARROD PAUL JUBEL
b. ALICIA CLAIRE JUBEL
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: March 3, 2020 Time: 8:30 AM Dept: 23
The address of the court is 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: JAN 15 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.
LEGAL: 5202
PUBLISHED: January 30, February 6, 13, 20, 2020

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00001370-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
JOSE LUIS MONTEJO ANDRES
Present Name:
JOSE LUIS ANTONIO ANDRES
Proposed Name:
JOSE LUIS MONTEJO ANDRES
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: March 3 2020 Time: 8:30 AM Dept: 23
The address of the court is 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: JAN 09 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.
LEGAL: 5193
PUBLISHED: January 23, 30, February 6, 13, 2020

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00005129-CU-PT-CTL
TO ALL INTERESTED PERSONS
Petitioner:
JAMES PATRICK CABEBE
Present Name:
JAMES PATRICK CABEBE
Proposed Name:
JALEN VALENCIO
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: March 18, 2020 Time: 8:30 AM Dept: 61
The address of the court is Superior Court, 330 West Broadway, 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: JAN 29 2020 Signed: Lorna Alksne, Judge of the Superior Court.
LEGAL: 5206
PUBLISHED: February 6, 13, 20, 27, 2020

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00004736-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
KAREN STOLTE-BOWEN
Present Name:
ANNA CECILIA BOWEN
Proposed Name:
ANNA CECILIA CARSON
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: 3/19/2020 Time: 8:30 AM Dept: N23
The address of the court is 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: JAN 28 2020 Signed: Sim von Kalinowski
LEGAL: 5207
PUBLISHED: February 6, 13, 20, 27, 2020

T.S. No.: 9948-5586 TSG Order No.: DS7300-19006044 A.P.N.: 158-277-02-00 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 05/31/2005. 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 06/03/2005 as Document No.: 2005-0469529, of Official Records in the office of the Recorder of San Diego County, California, executed by: ALICIA GRAHAM, A WIDOW, 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: 03/06/2020 at 10:00 AM Sale Location: At the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA 92020 The street address and other common designation, if any, of the real property described above is purported to be: 743 VALLEY CREST DRIVE, OCEANSIDE, CA 92054 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: \$187,146.60 (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, (800) 758-8052 for information regarding the trustee's sale or visit this Internet Web site, www.homesearch.com, for information regarding the sale of this property, using the file number assigned to this case, T.S.# 9948-5586. 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, 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. NPP0367257 To: VILLAGE NEWS INC 02/13/2020, 02/20/2020, 02/27/2020

T.S. No.: 9948-5524 TSG Order No.: DS7300-19005641 A.P.N.: 171-040-46-00 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 04/08/2002. 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 04/18/2002 as Document No.: 2002-0328241, of Official Records in the office of the Recorder of San Diego County, California, executed by: HOLLY J. SHEPHERD, A MARRIED WOMAN, AS HER SOLE AND SEPARATE PROPERTY, 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: 02/28/2020 at 09:00 AM Sale Location: East County Regional Center, 250 E. Main Street, El Cajon, CA 92020 The street address and other common designation, if any, of the real property described above is purported to be: 2242 THUMBKIN LANE (Unincorporated Area), VISTA, CA 92084 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: \$138,543.37 (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, 1-800-280-2832 for information regarding the trustee's sale or visit this Internet Web site, www.auction.com, for information regarding the sale of this property, using the file number assigned to this case, T.S.# 9948-5524. 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.auction.com or Call: 1-800-280-2832. 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. NPP0366517 To: VILLAGE NEWS INC 01/30/2020, 02/06/2020, 02/13/2020

TSG No.: 170072988 TS No.: CA1700278253 APN: 157-841-26-00 Property Address: 5727 DARTMOOR CIRCLE OCEANSIDE, CA 92057-5650 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 12/13/2004. 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. On 03/04/2020 at 10:00 A.M., First American Title Insurance Company, as duly appointed Trustee under and pursuant to Deed of Trust recorded 12/22/2004, as Instrument No. 2004-1201852, in book, page, of Official Records in the office of the County Recorder of SAN DIEGO COUNTY, State of California. Executed by: JOSEPH CAPOZZOLI AND KRISTIE J. CAPOZZOLI, HUSBAND AND WIFE AS JOINT TENANTS, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2924(b), (Payable at time of sale in lawful money of the United States) At the entrance to the East County Regional Center by the statue, 250 E. Main St., El Cajon, CA 92020 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 described as: AS MORE FULLY DESCRIBED IN THE ABOVE MENTIONED DEED OF TRUST APN# 157-841-26-00 The street address and other common designation, if any, of the real property described above is purported to be: 5727 DARTMOOR CIRCLE, OCEANSIDE, CA 92057-5650 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, 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, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$ 620,284.32. The beneficiary under said Deed of Trust has deposited all documents evidencing the obligations secured by the Deed of Trust and has declared all sums secured thereby immediately due and payable, and has caused a written Notice of Default and Election to Sell to be executed. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located. 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 or visit this Internet Web http://search.nationwideposting.com/propertySearchTerms.aspx, using the file number assigned to this case CA1700278253 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 sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagee, the Mortgagee or the Mortgagee's attorney. Date: First American Title Insurance Company 4795 Regent Blvd, Mail Code 1011-F Irving, TX 75063 First American Title Insurance Company MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE FOR TRUSTEES SALE INFORMATION PLEASE CALL (916)939-0772NPP0366399 To: VILLAGE NEWS INC 01/30/2020, 02/06/2020, 02/13/2020

T.S. No. 19-58962 APN: 176-081-06-00
NOTICE OF TRUSTEE'S SALE
YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 9/15/2005. 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.
A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a 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 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. 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.

Trusitor: LYNN SULLIVAN, A MARRIED WOMAN AS HER SOLE AND SEPARATE PROPERTY
Duly Appointed Trustee: ZBS Law, LLP Deed of Trust recorded 9/22/2005, as Instrument No. 2005-0820141, of Official Records in the office of the Recorder of San Diego County, California,
Date of Sale: 2/28/2020 at 9:00 AM
Place of Sale: Entrance of the East County Regional Center, East County Regional Center, 250 E. Main Street, El Cajon, CA 92020

Estimated amount of unpaid balance and other charges: **\$390,909.55**
Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt owed.

Street Address or other common designation of real property: **980 HEATHER DRIVE
VISTA, California 92084**
Described as follows:
As more fully described on said Deed of Trust

A.P.N #: **176-081-06-00**
The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. 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.

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 (800) 280-2832 or visit this Internet Web site www.auction.com, using the file number assigned to this case 19-58962. 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.

Dated: 1/27/2020 ZBS Law, LLP, as Trustee
30 Corporate Park, Suite 450
Irvine, CA 92606
For Non-Automated Sale Information, call: (714) 848-7920
For Sale Information: (800) 280-2832 www.auction.com

Michael Busby, Trustee Sale Officer

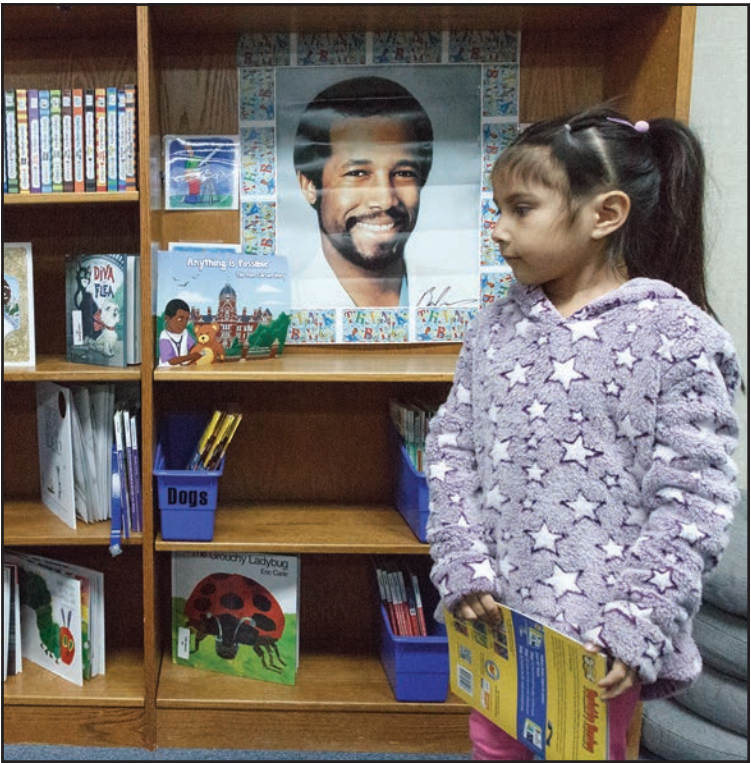
This office is enforcing a security interest of your creditor. To the extent that your obligation has been discharged by a bankruptcy court or is subject to an automatic stay of bankruptcy, this notice is for informational purposes only and does not constitute a demand for payment or any attempt to collect such obligation. EPP 31015 Pub Dates 02/06, 02/13, 02/20/2020

EDUCATION

New reading room is out of this world



Fallbrook STEM Academy fourth grade student Paul Rosales looks at the new space themed details of the school's new reading room funded by the Ben Carson Reading Project.



Fallbrook STEM Academy kindergartner Jacquelyn Rodriguez grabs a book at the school's new Ben Carson Reading Room.



Co-founder of the Carson Scholars Fund Candy Carson, wife of U.S. Housing and Urban Development Secretary Ben Carson, meets students at the Fallbrook STEM Academy during a ceremony to celebrate the opening of their new reading room, Feb. 5.



Fallbrook STEM Academy students check out their new reading room inside the school's library. Village News/Shane Gibson photos



Fallbrook STEM Academy students celebrate the opening of their new reading room with a ribbon cutting. The reading room is part of the Carson Scholars Fund's Ben Carson Reading Project initiative.



Students at the Fallbrook STEM Academy celebrate the opening of their Ben Carson Reading Room.

APN: 173-310-21-40 TS No: CA07001088-19-1 TO No: 8758718 NOTICE OF TRUSTEE'S SALE (The above statement is made pursuant to CA Civil Code Section 2923.3(d)(1). The Summary will be provided to Trustor(s) and/or vested owner(s) only, pursuant to CA Civil Code Section 2923.3(d)(2).) YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED January 18, 2013. 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 PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On April 3, 2020 at 10:00 AM, at the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA 92020, MTC Financial Inc. dba Trustee Corps, as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust recorded on January 25, 2013 as Instrument No. 2013-0054120, and that said Deed of Trust was modified by Modification Agreement and recorded October 4, 2017 as Instrument Number 2017-0456832, of official records in the Office of the Recorder of San Diego County, California, executed by KAREN ROSSI, A SINGLE WOMAN, as Trustor(s), in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., as Beneficiary, as nominee for AMERIFIRST FINANCIAL, INC. as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is provided to be: 1301 ISABELLA WAY, VISTA, CA 92084 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 without covenant or warranty, express 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. The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$191,213.76 (Estimated). However, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on 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 California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. 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. 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 Xome at 800-758-8052 for information regarding the Trustee's Sale or visit the Internet Web site address www.Xome.com for information regarding the sale of this property, using the file number assigned to this case, CA07001088-19-1. 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. Date: 01/29/2020 MTC Financial Inc. dba Trustee Corps TS No. CA07001088-19-1 17100 Gillette Ave Irvine, CA 92614 Phone: 949-252-8300 TDD: 866-660-4288 Frances DePalma, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ONLINE AT www.Xome.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: Xome at 800-758-8052 Trustee Corps may be acting as a debt collector attempting to collect a debt. Any information obtained may be used for that purpose. Order Number 69309, Pub Dates: 02/13/2020, 02/20/2020, 02/27/2020, VILLAGE NEWS

Fictitious Business Name	Fictitious Business Name
FICTITIOUS BUSINESS NAME STATEMENT File Number: 2020-9002416 Name of Business FISHER CONSULTING 5155 Via Malaguena, Oceanside, CA 92057 County: San Diego This business is registered by the following: Greg Newcomb Fisher, 5155 Via Malaguena, Oceanside, CA 92057 This business is conducted by an Individual Registrant first commenced to transact business under the above names as of 01/21/2020 THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 28, 2020 LEGAL: 5209 PUBLISHED: February 13, 20, 27, March 5, 2020	FICTITIOUS BUSINESS NAME STATEMENT File Number: 2020-9001548 Name of Business FANTASTICOS MEXICAN FOOD 1117 S. Mission Rd, Fallbrook, CA 92028 County: San Diego This business is registered by the following: Fantasticos Mexican Food LLC, 1117 S. Mission Rd, Fallbrook, CA 92028 This business is conducted by a Limited Liability Company This LLC is registered in the state of CA THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 17, 2020 LEGAL: 5211 PUBLISHED: February 13, 20, 27, March 5, 2020
FICTITIOUS BUSINESS NAME STATEMENT File Number: 2020-9003782 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: Rimpac 98, Inc., 511 S. Park View St. Apt 330, Los Angeles, CA 90057 This business is conducted by a Corporation This Corporation is registered in the state of CA THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 28, 2020 LEGAL: 5210 PUBLISHED: February 13, 20, 27, March 5, 2020	FICTITIOUS BUSINESS NAME STATEMENT File Number: 2020-9003706 Name of Business THE WHEELCHAIR LADY 2656 Olive Hill Rd, Fallbrook, CA 92028 Mailing address: 855 S. Main Ave., Ste. K-390, Fallbrook, CA 92028 County: San Diego This business is registered by the following: Erin Lynn Kellar, 2656 Olive Hill Rd, Fallbrook, CA 92028 This business is conducted by an Individual THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 11 2020 LEGAL: 5212 PUBLISHED: February 13, 20, 27, March 5, 2020

See the world through watercolors



Joe Fedorchek views the Best of Show winner Stephen Zhang's watercolor painting on display at the Fallbrook Art Center's 11th Annual Signature American Watermedia Exhibition, Feb. 8.

Village News/Shane Gibson photos



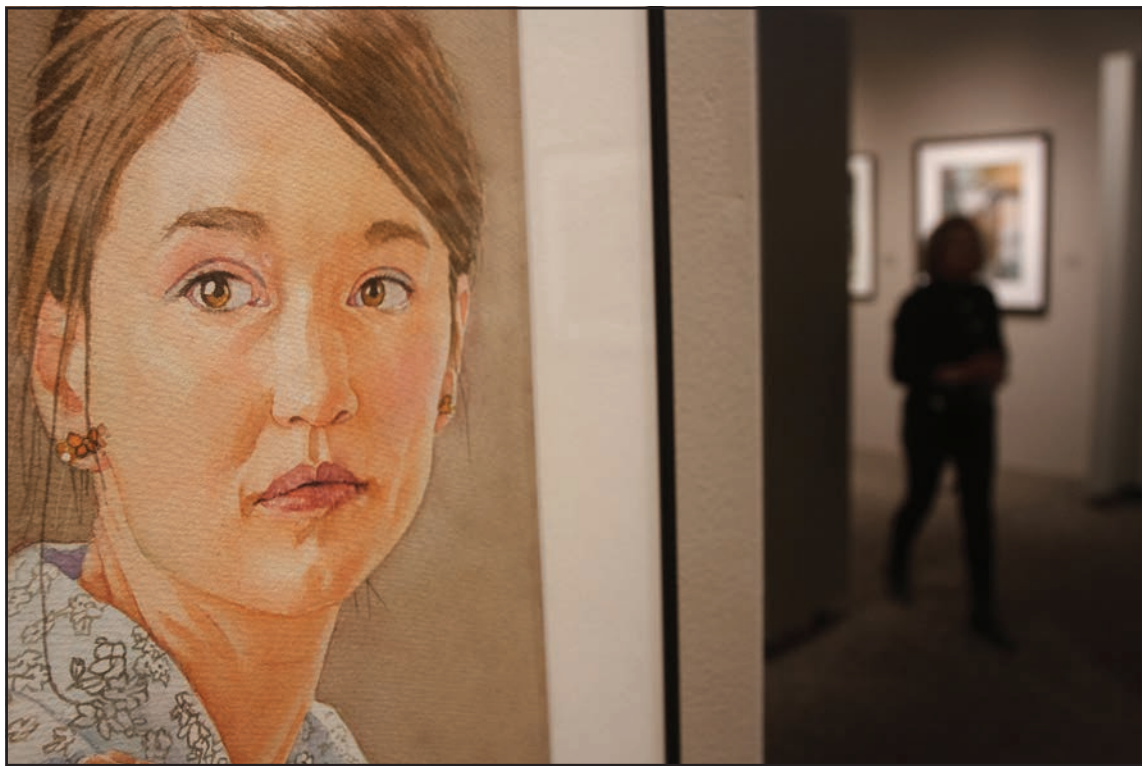
Guests at the opening reception study "Memories Like Butterflies" by artist Karen Heidler at the Fallbrook Art Center.



Visitors can take a close-up look at "universal Canvas" by watercolor artist Bev Jozwiak at the Fallbrook Art Center watercolor show.



First place in the Fallbrook Art Center watercolor show goes to artist Dean Mitchell's "Hidden" painting.



"The Flower" by artist Steve Rothert is on display at the Fallbrook Art Center watercolor show.



People and a puppy view watercolor artist Kathleen Giles "Meat and Potatoes Man" painting on display at the Fallbrook Art Center watercolor show.



Watercolor artist Chuck Rouse views his painting "Barcelona Pasta Girl" on display at the Fallbrook Art Center watercolor show.



"A Touch of Red (Serenity)" by artist Ken Goldman is one of many watercolor portraits to be seen at the Fallbrook Art Center watercolor show.

Jackie Heyneman Park opens with improvements



Jackie Heyneman Park supporters celebrate the completion of renovation to the park with a ribbon cutting held by the Fallbrook Chamber of Commerce. The park is owned by the Fallbrook Village Association.

Village News/Shane Gibson photos



Visitors gather near the gazebo at Jackie Heyneman Park in Fallbrook during a reopening celebration for the completion of renovations which included the addition of ADA parking, wheelchair accessible picnic tables, new drought tolerant landscaping, new trash cans.



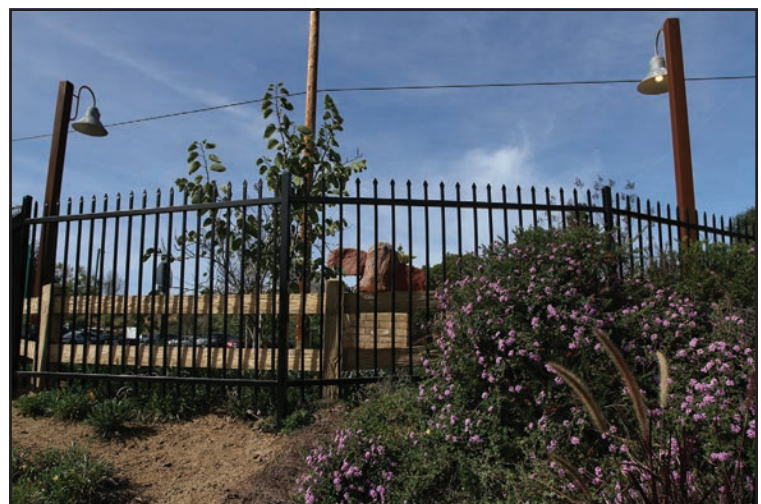
Jackie Heyneman welcomes guests and thanks those who helped with the renovations at Jackie Heyneman Park during a reopening ceremony, Feb. 5. The park's renovations include fencing with locking gates and a gazebo.



San Diego County District 5 Supervisor Jim Desmond acknowledges the successes of Fallbrook and the renovations of the Jackie Heyneman Park during a speech at the reopening ceremony.



Jackie Heyneman celebrates with her friends after cutting a ribbon in celebration of the completed renovations at Jackie Heyneman Park in Fallbrook.



A wrought iron fence around Jackie Heyneman Park is one of the renovations made at the park which is at the corner of West Beech Street. and South Mission Road and is open daily, 8 a.m. to dusk.

REAL ESTATE AND HOME & GARDEN

AmeriCorps team working on projects in Riverside, San Diego counties

Jeff Pack
Staff Writer

An AmeriCorps National Civilian Community Corps Pacific Region team, Blue 8, is assisting with projects throughout the region through April 9.

The team is comprised of 10 young adults from across the United States who are serving together to get things done for a 10-month service term.

“AmeriCorps, the National Civilian Community Corps is a program for 18 to 24-year-olds from all over the nation to come and basically just dedicate 10 months of service to give back to America and back to the communities that we serve in,”

Katie Chookagian, the media representative for AmeriCorps NCCC team Blue 8, said. “There’s different regions throughout America. And we were all assigned to the Pacific region, which includes California, Nevada, Utah, Washington, Oregon, Montana, Hawaii and Alaska. And then the Pacific islands as well. We just get assigned different projects. We do three to four projects during our service term.”

So far, the team has been working at Habitat for Humanity Inland Valley’s ReStore building furniture, did a weekend Independent Service Project with I Love A Clean San Diego in Fallbrook, helped clear a watershed area of trash as well as



AmeriCorps National Civilian Community Corps Pacific Region team, Blue 8, poses for a photo at the Santa Margarita Ecological Reserve where they are living during their service term working on the Riverside Communities Partnership Project.

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ACCREDITED BUSINESS

County, Solana Center offering discounted rain barrels

Gig Conaughton
County of San Diego
Communications Office

It’s been pretty dry so far this winter, but the National Weather Service says there’s still going to be rain as we head toward spring.

And you still have time to make sure you catch every drop, cut your water costs and protect our beaches by ordering a discounted \$90, top-of-the-line rain barrel, thanks to the County’s Watershed Protection Program, the nonprofit Solana Center and Rain Water Solutions.

And your final cost could be as low as \$25 with the help of a couple of rebates.

Just order an Ivy rain barrel at <https://www.rainwatersolutions.com/products/sandiego> and choose to pick it up at the Solana Center’s offices in Encinitas or at one of two special events – Saturday, Feb. 22, in Spring Valley or Saturday, Feb. 29, in Ramona.

The rain barrels will not be shipped. Order your rain barrel by Feb. 16 to pick it up from 9 a.m. to 1 p.m. Saturday, Feb. 22, at Spring Valley’s Mount Miguel High School at 8585 Blossom Lane. Order by Feb. 22 to pick your barrel up from 9 a.m. to 1 p.m. Saturday, Feb. 29, at the Ramona Community Center at 434 Aqua Lane.

If you can’t make either event, you can also pick up your barrel at the Solana Center’s Encinitas offices at 137 N. El Camino Real from 8:30 a.m. to 4 p.m. Tuesday’s through Thursdays, or from 9 a.m. to 1 p.m. Saturdays.

County residents can apply for a \$35 rebate that can shrink their rain barrel’s cost from \$90 to \$55 if they get their water from the Metropolitan Water District of Southern California – either through the San Diego County

Water Authority or its participating member agencies in San Diego County.

In addition, the County of San Diego is giving out its own \$30 discount to residents living in unincorporated areas on the first 200 rain barrels ordered, which can shrink your final cost to just \$25.

Having a rain barrel can let you “harvest” rain right off your roof and use it to keep your gardens or lawns green the old-fashioned way. That can cut your water costs and even help protect our local beaches by preventing excess rain from washing pollution off our roofs and yards, and down our streets to the ocean.

The Ivy Rain Barrels have a locking, child-proof lid, are made of 100% recycled material, have overflow ports, protective screening to keep mosquitoes out, a ¾-inch ball valve to connect to your garden hose or to another barrel, and they don’t need pumps because they use gravity to dispense their collected rainwater.

Order and buy your barrel

Go to the County/Solana Center’s events website. Scroll halfway down the page and choose one of the three locations to pick up your rain barrel – at Spring Valley’s Mount Miguel High School, the Ramona Community Center, or the Solana Center in Encinitas. Once you choose a location, you can order and pay for your rain barrel with a credit card.

If you live in an unincorporated community or area and not in a city, remember to check the “unincorporated” box to make sure you are given the County’s \$30 discount. The discount will be automatically applied to your purchase price when you’re buying your rain barrel.

You may buy as many rain barrels as you’d like, but the



Metropolitan rebate and County discount are limited to two per household.

Finally, remember that your rain barrel will not be delivered. You can pick it up at any of the three pickup locations.

Apply for your rebate(s)

\$35 rebates from the Metropolitan Water District are available within 90 days of ordering/buying your rain barrel, so as soon as you order your rain barrel go to

Metropolitan’s SoCalWaterSmart rain barrel rebates webpage, <http://socalwatersmart.com/en/residential/rebates/available-rebates/rain-barrels-cisterns/>. Rebates are available on a first-come, first-served basis.

Pick up your rain barrel!

When you buy your barrel(s), Rain Water Solutions will email you a confirmation of your purchase (look for the email with the subject line “Order#...

confirmed”). Remember to bring your confirmation email with you when you go to your chosen location to pick up your barrel. And remember to leave room in your car! Solana Center officials say that barrels fit easily in any four-door sedan or SUV and even into some two-door cars.

For more information, go to <https://www.rainwatersolutions.com/products/sandiego>.

Kindle the flame with your valentine, not your house!

QUINCY, Massachusetts – As Valentine’s Day approaches, the National Fire Protection Association encourages everyone to keep in mind candle safety tips to avoid a not so lovely evening.

“Though candles add ambience, they can also result in an unplanned visit from your local fire department,” says Lorraine Carli, vice president of Outreach and Advocacy for NFPA.

According to NFPA research, between 2013 and 2017, U.S. fire departments responded to an average of 7,900 home structure fires that were started by candles per year. These fires caused an annual average of 80 civilian fire deaths and 720 civilian fire injuries annually; with three of every five (60%) home candle fires occurring when something that easily burns was left or came too close to the candle. More than one-third (37%) of home candle fires started in the bedroom.

Five things you should know to avoid a candle fire:

Keep candles at least 12 inches from anything that can burn.

Blow out all candles before you leave a room or go to bed.

If a candle must burn continuously, be sure it is enclosed in a glass container; or placed in a sink, on a metal tray, or in a deep basin filled with water.

Hand-held candles should not be passed from one person to another at any time.

Never leave children alone in a room with a burning candle.

NFPA always reminds the public to make sure they have working smoke alarms and to develop and practice an escape plan. For more information about candle safety, visit <https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Top-fire-causes/Candles>.

Submitted by the National Fire Protection Association.

Sunshine Properties recognizes its top producers for 2019



Sunshine Properties’ top producers for 2019 are, from left, Della Wells, Sergio Garcia and Rourke Van Elderen. Not shown: James Forester.

Village News/Courtesy photo

FALLBROOK – Sunshine Properties Real Estate has announced its top producers for 2019. In first place is Sergio Garcia, who exceeded \$10.4 million in sales. Rourke Van Elderen exceeded \$4.4 million in sales for second place. Tying for third place are Della Wells and

James Forester who each exceeded \$4.1 million in sales.

Broker and owner Samee Foster said, “I am so proud of our agents here at Sunshine Properties Real Estate. You don’t build a real estate business; you build competent, ethical, honest agents and they build the business.

“We are well rooted and have the most experienced and hard-working agents in the real estate business since 1976 (44 years),” Foster said.

Submitted by Sunshine Properties Real Estate.

Property SPOTLIGHTS!

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Real Estate Round-Up: My final thoughts on Measure A and Measure B



Kim Murphy
Murphy & Murphy Southern
California Realty

I spent last week in Anaheim with the California Association of Realtors Board of Directors. Two topics dominated many of the committee meetings: Fair Housing and Housing Availability. They can be tied together, but that is the subject for another week.

San Diego voters have an opportunity to alleviate one of the issues, that of housing availability, which directly affects affordability. I'm hoping that as a county, we make the right choice. We need housing. I can't imagine anyone debating me on that.

If we can increase the housing supply, we will ease the affordability problem that exists. Less than 30% of the residents of San Diego County can afford to purchase the median priced home. The Area Median Income in San Diego is 2019 was approximately \$86,000. The current median priced home requires an income of approximately \$110,000.

So how do we bridge the gap? By building more supply of affordable workforce housing. We're not talking about Section 8 housing, low income housing or housing for the homeless; we're talking about homes in the communities that our law enforcement, firefighters, teachers and nurses live in.

Measure A, if passed, will change the way proposed housing developments will be approved. It will take the process out of the hands of the county land use and planning departments and out of the hands of the board of supervisors, all of whom, evaluate the big picture of providing homes for those that currently don't own one, and place it in the hands of the general voting population. Not your neighbors, but voters from the entire county, will be deciding what is best for your community.

In cities, the city planners and council members make those decisions. Generally, proposed projects don't go before the voters; the decision is made by the people elected or hired to look at the plan for that community, and then approved, modified or rejected.

If Measure A passes, proposed neighborhoods with more than six homes in the semi-rural and rural areas will be decided by the voters. I don't know about you, but I'm good at being a real estate broker. I'm not an electrician or a plumber, and I'm certainly not a land use and planning specialist.

Another thing, if you live in Sycamore Ranch, Lake Rancho Viejo, Horse Creek Ridge and many other planned neighborhoods, understand that if Measure A had been in place 30 years ago, it might not exist today.

It is because of the current process that those parcels were able to be rezoned to accommodate those neighborhoods.

If changes need to be made there are other ways to accomplish this, but this measure is too far-reaching and will be in place for nearly 20 years.

Approval would saddle our children with this economic stifling referendum. Businesses will relocate when their employees cannot afford to live near where they work. New businesses won't open shop in San Diego County, for the same reasons. The overall economic well-being will be forever damaged.

Don't believe me, check out the results of SOAR in Ventura County to see what has happened since they passed that initiative. Both the Democratic and Republican parties say vote no on Measure A. Why? Because they know we need homes and they believe the county staff and board of supervisors are better prepared to determine what that should look like.

Measure B proposes a development of approximately 2000 homes at the Northwest corner of the intersection of Deer Springs Road and Interstate 15. It will be a 100% carbon neutral neighborhood. Every home will be solar powered, and every home will have an electric vehicle charging station in the garage. Deed restrictions exist on the development so that 60% of the homes will be for people at 100% or lower of the AMI; 500 of the homes are designated for law enforcement, firefighters, teachers and nurses, and 10% of the homes are for people at 60% of the AMI or lower, so it will provide housing for seniors and first time homebuyers.

The developers, as part of the approved project, are required to widen Deer Springs Road from the 15 to Twin Oaks Valley Road, which is in dire need of widening.

All of this, and it will replace the huge fire hazard of acres and acres of wild untamed vegetation that currently exists. Think of the Bonsall fire from a little over two years ago. It started in the wild untamed hills and ran right through every structure it encountered. Open space is not our friend when it comes to deterring fires and managing those that occur.

This measure is sponsored by the developer, Newland Sierra, because despite the fact that this development went through the entire process for approval, including the firefighters, and was approved by the board of supervisors, some special wealthy interests decided to oppose it and take it to the voters. These special interests do not care about you or me.

Ask yourself, do your adult children or adult grandchildren live in California? And then ask yourself if they own a home? Or are they priced out of ever being able to have the American Dream for themselves? I hope you will think of everyone in the county that wants the same thing that you wanted 20, 30, 40 or 50 years ago: a place to call home.

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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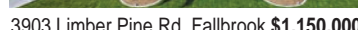
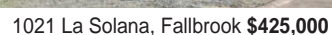
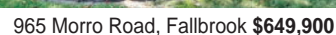
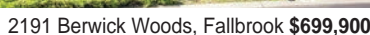
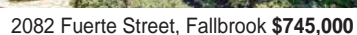
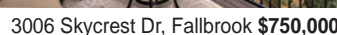
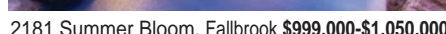
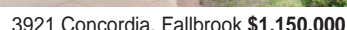
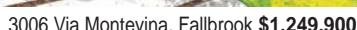
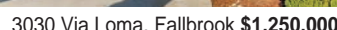
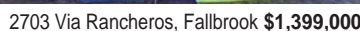
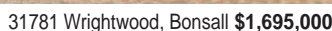
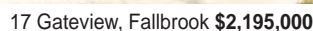
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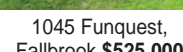
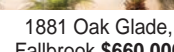
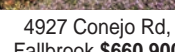
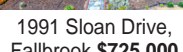
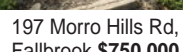
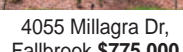
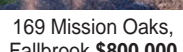
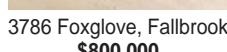
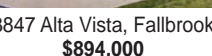
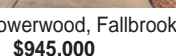
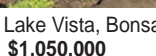
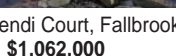
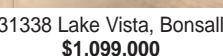
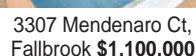
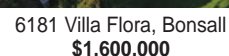
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When to prune and fertilize rose bushes

Frank Brines
Master Consulting Rosarian

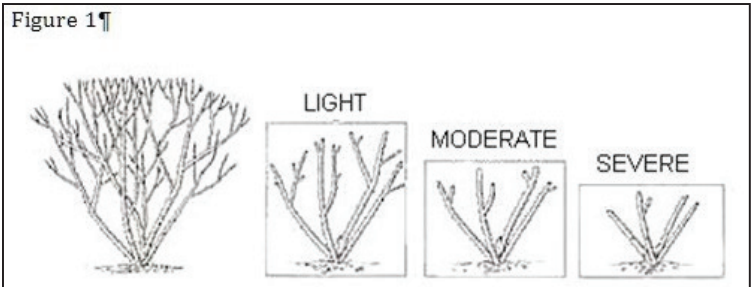
In southern California winter is usually short and sometimes confusing. Winter for some plant life is a time of withdrawal that precedes renewal. For roses, it is necessary to help them in that process. Now is the time to perform a few procedures to help

improve soil conditions. If you haven't began or finished pruning, don't fear. There is still plenty of time to have blooms for rose shows or special spring events. The recent rainy periods and warmer-than-usual weather which has created a great environment for fungi diseases; examine the roses and, if any rust is found, remove all the leaves from the plant at once

Bypass pruners have a sharp cutting blade, which slices through the cane, and a dull curved non-cutting blade, which holds the cane in place during the cut. The sharp blade "bypasses" or over shoots the dull curved blade. It's a good idea to have a range of pruner sizes handy. Each size has a limit to the diameter thickness for which it is most efficiently used; using too small a pruner on too large a cane can damage both. At minimum, have a pair of loppers and a standard-sized pair of hand pruners that fit comfortably in your hand. A saw can be handy if you have some older plants with large canes that may need to be removed. All tools should be kept clean, sharp and in good repair. Rubbing alcohol is ideal for cleaning cutting blades, before and during the job. It also helps prevent transmitting diseases from plant to plant, and you can use it as first aid for punctures and scratches to the skin. A good pair of leather gloves are necessary with long sleeves or separate pair of sleeves to protect the arms.

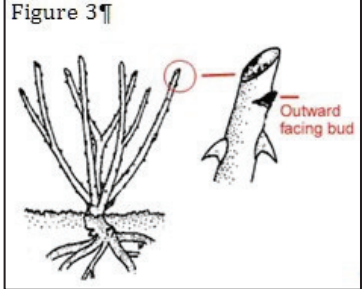
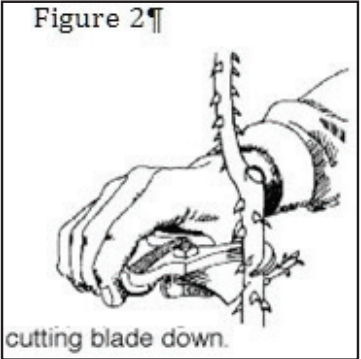
damage to the cane, keep this rule in mind: The sharp blade should always face the part that will be left. This position will minimize the crushing of the cane or stem as it will be the part that is discarded. This rule also works for preparing stems for arranging or putting into a vase. Now, decide what style of pruning feels comfortable. Buds are found in the "axil" where a leaf meets the cane; leaves spiral around the cane at about 1.5-inches intervals. This position places outward-facing buds about 4-inches apart. If a gardener prunes lightly to moderately, and if frost damages the tender young growth, then they can still re-prune to the next bud down. In Southern California, rose bushes can grow quite large, so start with some gross pruning to bring the project down to size. I use loppers to cut every bush down to about 3 feet high. This size lets a gardener examine the structure of the bush, and to use their hand pruners to more easily remove canes that are twiggy, dead, crossing other canes or passing through the center of the plant. Also remove old leaves along the way so the structure of the plant is easily seen. After removing all that stuff from the interior of the bush, do the final pruning. Attempt to leave a domed top to the degree possible so the plant will bush out in a pleasing, balanced manner. A gardener will make two kinds of cuts. Some cuts remove an entire branch; make these flush with the surface of the parent cane. Other cuts simply shorten a cane. It is important to position your pruners to minimize damage to the plant. Position the pruners so the noncutting blade is in contact with the portion of the cane that will be removed, and the cutting blade is on the side of the cut that will remain on the plant. (See Figure 2.) This will make more sense when you a gardener is actually holding the pruners and getting ready to cut. Also, always prune above an outward facing bud with an angled cut. (See Figure 3).

For shrub roses, cut them back to conform to the space they are meant to fill, inspect and clean out dead and diseased material from the center, shorten canes and remove about one-third of the growth. A word of caution when pruning: Look for the small nests of hummingbirds, as this time of year is the nesting period for two varieties in our area. Also, if a gardeners discovers praying mantis egg cases on any branches they remove, find a place to put them where they will be undisturbed and hatch out so the garden can benefit from the offspring.



reset the hormonal clock and get them ready for a great year of rose blooms. That's the main purpose for pruning. According to all accounts and experienced rosarians, the proper time is "late winter." This phrase has many meanings in an area like Southern California which has numerous weather zones. The important thing is gardeners want to prune late enough to avoid risking frost damage to the tender growth that will emerge as a result of pruning. In most of the region, the last average frost date is mid-March, so that means gardeners are probably safe pruning in mid to late February. It is always a gamble, and the best advice is to watch the weather. If there is winter rain during January or February, pruning can be held off awhile since these rains are cold making the ground colder and wetter than usual. This year the weather hasn't been severe enough to actually prevent new growth. I have observed that pruned or not, new growth is appearing and buds forming very short canes. Different parts of a yard may have other conditions effecting gardening. A south facing wall backing the plants will be warmer than a shadier area. Soil composition will have differing effects. A generous layer of remaining mulch will

and discard into green waste bin. I do this step anyway on every bush before pruning because it helps me see the structure clearly. As I said before, the major late-winter pruning reset the plants' hormonal clock. A wake-up call to begin a new life cycle-like restarting a factory. After this pruning, gardeners can usually expect a flush of blooms 8 to 12 weeks later, depending on the temperatures during that period – the warmer it is, the shorter the time to blooms. But all things being equal, if they prune in the latter half of February, they will likely have blooms for 2020 rose shows scheduled in mid- to late-April. If a gardener would like blooms for a specific date, count backward approximately 10 weeks from that date. Pruning should be complete on this date. The following procedures mostly apply to hybrid teas and floribundas, but are reasonably serviceable for minis. They are not really applicable to climbers, ground cover roses, trailers or shrub roses – all those types have their own pruning methods. Before pruning, be sure to have good pruning tools and gloves with arm protectors, long handle loppers and sharp clean "bypass" hand pruners. What does "bypass" mean? Take a look at the pruners:



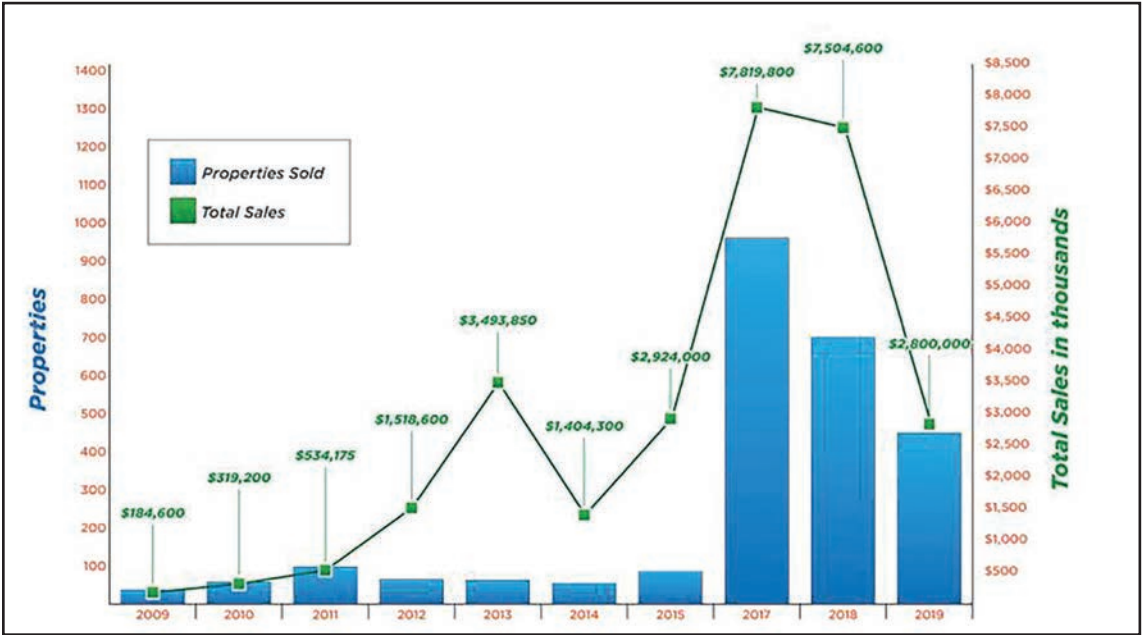
Clean the ground thoroughly of all rose debris and dispose of all cuttings and other materials in the green waste bin and put it on the street: Do not compost it. Apply a dormant spray to the plants and the soil surface to ward off diseases. Then apply 2-4 inches of composted mulch to cover the entire garden area. The first fertilizing time will be when new growth is about 2 inches long. I recommend lower values of the three elements (Nitrogen [3], Phosphate [4],K Potassium [3]) with slightly higher value for Phosphate. In two weeks begin with heavier feeding every two weeks for great blooms or at least monthly. Now would be the best time to assess the irrigation system for any needed repairs while there is no new growth and mulch has not been spread. Be sure to visit Rose Haven Heritage Garden, 30592 Jedediah Smith Road in Temecula. The cross street is Cabrillo Avenue. For more information, visit www.TemeculaValleyRoseSociety.org. Spread the word and spread the joy of roses.

Registration opens for online county auction, featuring over 400 properties

Bidders must register by Feb. 20 to participate



This timeshare on Coast Boulevard in La Jolla is one of more than 400 properties in the county's 2020 online property auction. Village News/Courtesy photo



SAN DIEGO COUNTY – San Diego County Treasurer-Tax Collector Dan McAllister announced bidder registration is underway for the 2020 online property tax auction, with more than 400 properties up for sale. "This is our 40th annual property auction, and we want every single parcel sold so it can get back on the tax roll, generating revenue for the county," McAllister said. Anyone around the world can bid during the online property tax auction from Feb. 28 to March 4. But to participate, bidders must register before Feb. 20 at the Treasurer-Tax Collector's tax auction website, <http://sdttc.mytaxsale.com>. They must also submit a refundable \$1,000 deposit and a nonrefundable \$35 processing fee. "We have 53 residential or commercial properties, 324 timeshares, and 65 parcels of land for sale. All minimum bids total \$12,675,400," McAllister said.

"People who are interested in the auction should sign up for our e-notifications at www.sdttc.com to receive email reminders before important deadlines." All sales are final, so this is a buyer beware sale. The TTC recommends beginning the research process on its website. Owners of the auctioned properties can still avoid going to sale; they have until 5 p.m., Thursday, Feb. 27, to redeem their parcel and pay all taxes and fees owed. Before the sale, every effort is made to contact the owners of these properties to notify them about the impending sale. "Our online auction platform has allowed us to make this auction available to people around the globe," McAllister said. "Last year, we sold 449 properties for \$2.8 million."

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BUSINESS

Hasvold named President of the North San Diego County Association of Realtors

Jeff Pack
Staff Writer

Chris Hasvold, who owns Coldwell Banker Village Properties along with his wife, Lisa, was named President of the North San Diego County Association of Realtors (NSDCAR) for the year 2020.

“Basically, the President’s role is to lead the board and the board’s role is to set the vision for the organization,” Hasvold said. “So, it’s a big picture look at the industry at things that are affecting the real estate industry, not just in North County, but really in the state. And there’s more change going on in our industry right now than I’ve ever seen in 40 years in the business.”

Hasvold, who was named Realtor of the Year for the group in 2015, has served on the NSDCAR board for the past seven years, which has a membership of more than 6,000 realtors.

He has also served as a director with the California Regional MLS for a year and a half and the California Association of Realtors for almost three years.

One of the biggest issues facing the industry, Hasvold said, is coming from venture capitalists. He said the changing landscape means he and the rest of the board are constantly working to advocate for the realtors he represents.

“From literally billions of dollars of venture capital money coming into the real estate industry, trying to displace agents from the transaction and all the online stuff,” he said. “Companies like Opendoor, they got over a billion dollars. They come in and they just buy homes directly from the seller and then try and flip them. And while that may sound like it’s appealing to some people when you really look at the numbers, it’s not. Sellers are paying a huge discount just for what they perceive as a convenience.

“The agent is still critical to the transaction. And I’m going to quantify that by saying if it’s done well, like 90% of the people who are buying or selling a home still prefer an agent, if it’s a good agent and they’re well trained in the profession. (Buying a home) is something that we do every several years for most people.

It is the largest financial investment they ever make. And they want someone who’s an expert who can guide them through the process. And there’s no machine, there’s no algorithm that can replace a professional Realtor.”

It’s his commitment to his craft and his more than 40 years of experience that makes him invaluable to his colleagues.

“My passion since I got in the business 40 years ago has been to become as proficient and knowledgeable about every aspect of the business as I can and also carries over now to my office, trying to train my agents that way,” Hasvold said. “Because there are frankly a lot of agents out there who aren’t very good, just like in any profession. And unfortunately that affects the reputation of the rest of us. So it’s my passion to try and elevate the professionalism so that we are considered like attorneys and accountants and things that people respect and will work with.”

That’s why he volunteers a significant amount of time perfecting his craft and helping others through the home buying process, whether it is on behalf of the realtors or the homebuyers.

“It takes a lot of time, but it’s a reason I volunteer,” he said, noting he would be spending the rest of the week in Anaheim at another conference. “Again, it’s taking time away, but the primary thing I’m up here for is I’m on the standard forms committee. There’s only, I think, 18 of us in the whole state who actually write all the contracts and create the addendums and make the changes to make sure that we’re following the law and things are happening. And that’s a huge commitment, but it allows me to have intimate knowledge of our transaction and be able to share that not only with my office but other agents too.”

Hasvold offered three points of emphasis for realtors working in the business.

“No. 1 is education,” he said. “It’s a very complex transaction and that’s because of the laws of the state of California. Every word of every sentence of every paragraph in our contracts is really written as a result of a previous lawsuit somewhere.

“(No. 2) you can’t really teach morals or character, right?” he said. “But you try and promote that. And (three) really good client service. I mean that’s our legal requirement, but it also has to be our passion to put our client’s interest first and help them to a transaction. I mean other than death and divorce, moving, buying or selling a home, this is one of the most emotional things people go through. So, it’s not just, you know, a sterile transaction. It’s part psychologist, part therapist and part friend.

“There’s a lot of things that go into making a good agent, helping to shepherd somebody through a transaction. That’s the stuff that can’t be replaced by a machine or a computer.”

He said selling properties in Fallbrook and Bonsall is different than most places in the county.

“Most of the agents who are used to working in cities don’t understand the challenges we face here,” he said. “Things like septic systems, which when I moved from LA, I didn’t even know what that was or what kind of impact that had on what you could build, where you could build on a lot.

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“Most of the agents who are used to working in cities don’t understand the challenges we face here,” he said. “Things like septic systems, which when I moved from LA, I didn’t even know what that was or what kind of impact that had on what you could build, where you could build on a lot.

We have private roads that have easements and restrictions and things and who’s going to maintain them and things like that, that people in the city just expected to call the city and they come out and fix things.

“Property corners is a big deal, right?” he said. “You live in a tract home and whatever your four walls are that the developer built, that’s your property. Well, in Fallbrook, more often than not, where you see a fence or where you see what you think is a property line isn’t. There are issues like that in rural communities that we have to deal with that makes it challenging. When agents come from other areas who don’t know anything about that, how can they adequately represent a seller when they don’t even know what they don’t know?”

It’s that sort of knowledge that he hopes to pass on to NSDCAR member realtors – and he encourages others to volunteer as well.

“I mean the fact that you’re elected to the board of directors and from the board of directors, you’re elected to this position, that certainly shows that people have confidence in your ability to lead the organization,” Hasvold said. “So, that’s flattering. It is a big responsibility and a huge time commitment. The other part of that is I’m a big believer in that everybody needs to give back to their industry in some way. This is kind of the culmination of my volunteering on an industry basis at this level.”

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



Chris Hasvold of Coldwell Banker Village Properties was recently named President of the North San Diego County Association of Realtors. Courtesy photo/Village News

Early voting begins for March 3 presidential primary

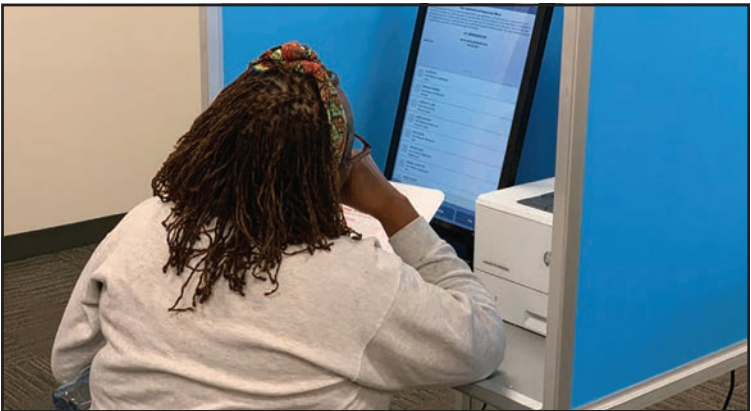
Tracy De Fore
San Diego County Communications Office

Voters interested in casting their ballots early for the March 3 presidential primary election can now do so at the County Registrar of Voters office, 5600 Overland Ave., on the County Operations Center campus in Kearny Mesa.

Early voting began Monday, Feb. 3, and will continue from 8 a.m. to 5 p.m., Monday through Friday until the polls close Election Day. The office will also be open 8 a.m. to 5 p.m., Saturday, Feb. 29, and Sunday, March 1, for weekend voting.

Over 1.3 million mail ballots were sent out through the U.S. Postal Service Feb. 3, and voters could find them in their mailboxes as early as that same day.

“If you know how you want to vote, grab that mail ballot when you get it, mark it and send it back in right away,” Registrar Michael



An employee tests a ballot marking device at the Registrar’s office in November. Village News/Courtesy photo

Vu said. “The sooner we get the ballot back, the sooner we can start processing it so it will be counted right when the polls close at 8 p.m. March 3.”

You’ll also find something new in your mail ballot packet this year – an “I Voted” sticker.

Mail ballots are convenient for voters who’d rather not make a special trip to the Registrar of

Voter’s office to cast their ballots or wait for the polls to open Election Day. Registered voters can request a mail ballot until Feb. 25.

Meantime, the Registrar is still looking for poll workers, especially bilingual poll workers. For more information, call (858) 565-5800 or visit www.sdvote.com.

Harris & Associates given Rainbow MWD design contract for pipeline upgrades

Joe Naiman
Village News Correspondent

Harris & Associates has been awarded the Rainbow Municipal Water District contract for the design portion of the district’s next pipeline upgrade project.

A 4-0 Rainbow board vote Jan. 28, with Helene Brazier absent, authorized Rainbow general manager Tom Kennedy to execute a contract with Harris & Associates and appropriated the \$399,540 Harris & Associates will be paid.

“This is the second phase of our ongoing effort to take care of our highest-priority pipelines,” Kennedy said.

In January 2018, the district completed a Water Pipeline Condition Assessment which prioritized existing pipelines for rehabilitation and replacement.

The first phase, which covers the highest-priority pipelines, is

currently in the design stage. The design is nearing completion and a construction contract will likely be advertised for bid early this year.

The next group of priority pipelines will be constructed after the Harris & Associates design work is complete and the construction contract process determines a contractor.


The Harris & Associates design work will prepare plans, specifications and an estimate suitable for bidding. The design covers seven pipeline replacements or rehabilitations totaling approximately 7,500 feet of eight-inch, 10-inch and 12-inch diameter pipeline.

The eventual construction phase will replace approximately 2,600 feet of 10-inch pipe along North River Road, 2,160 feet of eight-inch pipe along Rice Canyon Road, 930 feet of eight-inch pipe on the Thibodo Line which connects to

the Little Gopher Canyon Road line, 739 feet of 12-inch pipe along Rainbow Glen, 670 feet of eight-inch pipe along Nella Lane, 200 feet of eight-inch pipe along Tecalote Drive at Millagra Drive and 140 feet of eight-inch pipe at Via Monserate by the Gaines Line extension.

Rainbow staff issued a request for proposals to design firms Sept. 19. Two companies responded by the Oct. 24 deadline. The proposals were reviewed and evaluated based on the executive summary, project description, ability to meet Rainbow’s schedule, consultant identification, project organization and experience, past performance, local experience of the firm and creative alternatives.

The staff evaluation determined that Harris & Associates, which is based in Concord and has an office in Temecula, was the more qualified firm to perform the design work.



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Jackie Heyneman Park opens with improvements



Jackie Heyneman Park supporters celebrate the completion of renovation to the park with a ribbon cutting held by the Fallbrook Chamber of Commerce. The park is owned by the Fallbrook Village Association.

Village News/Shane Gibson photos



Visitors gather near the gazebo at Jackie Heyneman Park in Fallbrook during a reopening celebration for the completion of renovations which included the addition of ADA parking, wheelchair accessible picnic tables, new drought tolerant landscaping, new trash cans.



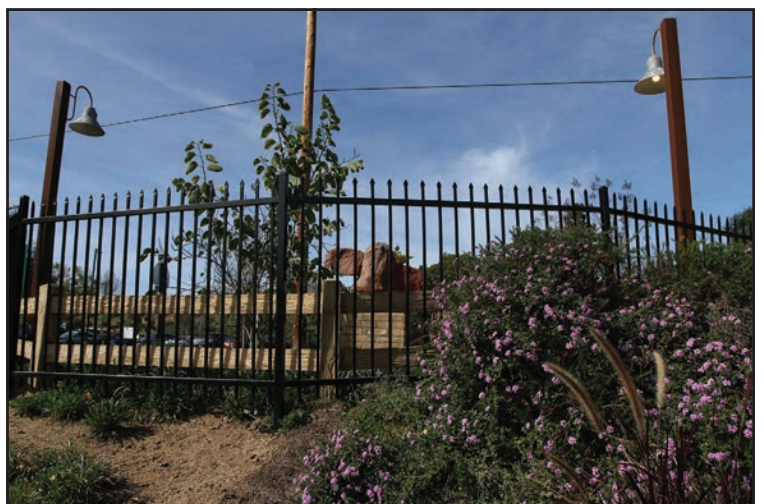
Jackie Heyneman welcomes guests and thanks those who helped with the renovations at Jackie Heyneman Park during a reopening ceremony, Feb. 5. The park's renovations include fencing with locking gates and a gazebo.



San Diego County District 5 Supervisor Jim Desmond acknowledges the successes of Fallbrook and the renovations of the Jackie Heyneman Park during a speech at the reopening ceremony.



Jackie Heyneman celebrates with her friends after cutting a ribbon in celebration of the completed renovations at Jackie Heyneman Park in Fallbrook.



A wrought iron fence around Jackie Heyneman Park is one of the renovations made at the park which is at the corner of West Beech Street. and South Mission Road and is open daily, 8 a.m. to dusk.

Warriors win first wrestling league championship in school history

Joe Naiman

Village News reporter

For the first time in school history Fallbrook High School won a wrestling league championship.

The Warriors’ 60-24 home victory Feb. 6 against Valley Center gave Fallbrook a 5-0 league record for the season, and the Warriors had an overall dual meet record of 6-0.

“I’m on Cloud 9 as a coach,” Fallbrook head coach Cristian Vera said. “We’ve never had this kind of success.”

The Warriors won all five of their league meets despite forfeiting at least two weight classes in the first four and one in the finale against Valley Center.

“The one thing we never lost was the mental toughness,” Vera said.

Fallbrook had a 1-4 record in league meets last year, but the 2019 Warriors also had only one senior. Vera noted that last year’s freshmen and sophomores, as well as the 2018-19 juniors, worked to improve themselves.

“The difference was everybody on this team had the desire,” Vera said. “When everybody wants to be champions it motivates the team do better.”

Orange Glen High School was moved from the North County Conference to the Coastal Conference in 2016, but the Patriots remained in the Valley League for wrestling. The Warriors’ Jan. 16 meet at Orange Glen began league competition this year.

A wrestler may compete in the weight class immediately above what he scales but cannot compete in a lower weight class. Until the end of the season the Warriors could not field both a 160-pound grappler and a 170-pound matman, so Vera forfeited the 170-pound division.

A season-ending shoulder injury to Frank Greenwood led to forfeits in the 182-pound bracket throughout the league season. Johnny Bermudez was also unavailable Jan. 16, so Fallbrook forfeited the 220-pound bout. Orange Glen had wrestlers in all 14 weight divisions.

In addition to those 18 points by forfeit, the Patriots added 12 points with two pins and six points from two decision wins. Fallbrook won seven of the 11 contested matches, including six by pin, for a 39-33 victory.

“I don’t discredit Orange Glen whatsoever,” Vera said. “We definitely had our work cut out for us.”

Wrestling meets have two systems for points: one for match scoring and one for team scoring for the meet. For each match a wrestler is awarded one point for an escape, two points for a takedown, two points for a reversal, two points for a near fall lasting two to five seconds, and three points for a near fall lasting at least five seconds. (An infraction awards the opponent one point for the first and second offenses and two points for the third offense.)

The team whose wrestler wins a match by a decision obtains three points, although a major decision which means a margin of at least eight points provides four team points and if the margin reaches 15 points a technical fall worth five team points is declared.

A pin, or fall, is worth six team points as is a forfeit which is usually due to a school not filling a weight class rather than for a disqualification, and if an injured wrestler is unable to continue the other team also receives six points.

“One pin is worth two decisions,” Vera said.

“We want to pin and not get pinned,” Vera said. “They’re both very important.”

Matthew Kendall pinned his 145-pound opponent 26 seconds into the match and Kevin Sanchez won the 132-pound bout by pin 34 seconds after it began. Pins were also obtained by 113-pounder Ethan Ellefsen, 126-pounder Chris Beltran, 152-pounder Ethan

Aguila and 195-pounder Carlos Hernandez.

Javier Montoya won the heavyweight bracket with a 5-0 decision. Although Marco Arias Jr. was pinned by his 120-pound counterpart and Tavian Sorensen lost the 160-pound match by fall, Angel Leon limited Orange Glen’s 106-pound representative to a 6-2 decision victory and Uriel Juarez lost a 7-2 decision in the 138-pound match.

“It was a very hard-fought dual,” Vera said.

“They rallied together and they did exactly what they needed to do, which was pin and not get pinned,” Vera said. “I’m very proud of the boys and how they performed. There’s no better way to start off the league season with a win.”

Ramona hosted a tri-dual Jan. 23 in which Fallbrook and Escondido joined the Bulldogs. In a tri-dual a wrestler from each weight class competes against his two counterparts, and the scoring is based on the head-to-head results for each set of two schools.

Ramona would end the season with a 4-1 league record, so Fallbrook’s 45-27 victory over the Bulldogs was the deciding competition for the league championship. Fallbrook defeated Escondido by a 54-22 score.

Fallbrook forfeited the 170-pound and 182-pound classes against both Jan. 23 opponents. “It’s important for us to try to make up that gap,” Vera said.

“The best way to do that is to get those bonus points,” Vera said. “The majority of the matches that we wrestled were mostly pins.”

Ramona and Escondido obtained six points apiece because Fallbrook forfeited the 170-pound class, but none of the three schools had a 182-pound wrestler so all of those matches were double forfeits with neither team being given points. Ramona forfeited the 195-pound weight class to give Hernandez the win, and he also won that match by forfeit against Escondido, whose forfeits gave Bermudez the 220-pound victory and Montoya the heavyweight win.

The 11 contested matches between Fallbrook and Ramona consisted of one Fallbrook decision win, one Ramona decision win, six Warrior victories by pin, and three Bulldog victories by fall.

Cole Mattson wrestled in both the 106-pound and the 113-pound class for Ramona this year and won all five of his league bouts. In the competition against Fallbrook he was paired in the 113-pound match against Ellefsen. Mattson and the Bulldogs were held to three team points as Ellefsen limited the margin of Mattson’s victory to 6-4. Fallbrook’s decision win was also by two points; Aguila had a 3-1 victory in the 152-pound bout.

A knee injury kept Juarez from competing Jan. 23, so Alex Calvillo was Fallbrook’s 138-pound representative. He lost by pin against his Ramona opposition, as did Arias and Bermudez. Leon, Beltran, Sanchez, Kendall, Sorensen, and Montoya all pinned their Ramona counterparts.

“It was a very impressive showing on our end,” Vera said.

The win over Ramona was Fallbrook’s first since the Warriors were moved to the Valley League for the 2014-15 seasons.

“Ramona has essentially been the team to beat for the last few years in the Valley League,” Vera said. “They’ve always been very tough.”

Last year Ramona and Escondido shared the league championship with 4-1 records.

Eight of the nine contested matches against Escondido were decided by fall with Sorensen’s loss by major decision being the exception. Ellefsen and Calvillo were pinned while Leon, Arias, Beltran, Sanchez, Kendall and Aguila won by fall.

“They performed very well,” Vera said. “All of our wins in my

see **WRESTLING**, page D-4



Fallbrook Warrior wrestler seniors honored during senior night, Feb. 6, from left, Javier Montoya, Kevin Sanchez, Marco Alejandro and Carlos Hernandez. Village News/Shane Gibson photos



Fallbrook Warrior Ethan Ellefsen battles his Valley Center opponent before pinning him for a win in the 113-pound class.



Warrior Chris Beltran wrestles his Valley Center opponent in the 120-pound weight class.



Warrior Marco Alejandro grapples his Valley Center opponent in the 126-pound weight class.

SPORTS

Fallbrook’s girls’ water polo team wins league, seeded third in Div. 1 playoffs

Jeff Pack
Staff Writer

The Fallbrook High School girls’ varsity water polo team secured the Valley League championship with a win over Ramona High School in the Warriors’ home pool Friday, Feb. 6.

The win means the Warriors finished the league season with an undefeated 5-0 record which earned them a birth in the CIF San Diego Section 2020 girls’ water polo Championships Division I tournament.

The Warriors finished the regular season with a 19-9 record, earning them the No. 3 seed in the tournament and a first-round bye.

The Warriors are scheduled to play the winner of No. 11 seed Canyon Crest Academy and No. 6 seeded West Hills High School in the quarterfinals at 2:15 p.m. Saturday, Feb. 15, at Coggan Aquatic Center in La Jolla.

If they win that game, they will play at 4:30 p.m. Wednesday, Feb. 19, again at Coggan Aquatic Center in the semifinals, likely matching up against No. 2 seeded Rancho Bernardo High School, a team the Warriors lost a very close game to just a week ago.

If they get by Rancho Bernardo, or the team that beats the Broncos, in that semifinal game, they will play in the Division I Championship game Saturday, Feb. 22, at 4:30 p.m. at Coggan Aquatic Center.

If all goes well, there’s a very good chance the Warriors will match up against No. 1 seeded

Poway High School, the team the Warriors lost to earlier in the season and lost to in the finals of the Division II championship in 2019.

Coggan Aquatic Center is located at 800 Nautilus Street in La Jolla.

The Warriors rebounded to beat the visiting Bulldogs Thursday, Feb. 6, after suffering perhaps their toughest defeats of the season, an 18-17 loss on the road to Rancho Bernardo Wednesday, Feb. 5, and a 12-11 loss to Del Norte High School Tuesday, Feb. 4, also on the road.

The week ended the most difficult portion of the season for the Warriors, who played seven games in eight days and went 1-4 in the San Diego Open over the previous weekend.

The Warriors opened that tournament with an 11-7 win over Valhalla High School and an 8-7 loss to Del Norte Thursday, Jan. 30. They returned a day later to lose to El Camino High School 12-5, then dropped Feb. 1 matches with Poway (13-8) and West View High School (17-11).

“It was definitely a great experience for the girls,” head coach Sean Redmond said. “The first quarters kind of hurt us, but we bounced back and had great games and started playing better later on. I think it should show the girls we still have some work to do, with CIF coming up, I think we’ll be in pretty good shape on where we end up playing.”

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



The Lady Warrior water polo seniors honored during senior night are, from left, Lucy Goode, Bene Zamaboni, Naomi Wood, Anna Draves, Sophia Wallace and Aina Piza-Serra. Village News/Shane Gibson photos



Fallbrook High School's Anna Draves takes a shot against Rancho Bernardo High School during the varsity girls' water polo game. The Lady Warriors lost to the Broncos, 18-17.



Fallbrook High School's Sophia Wallace takes a shot attempt against Rancho Bernardo High School.



Lady Warrior Aina Piza-Serra faces off against the Broncos.



Lady Warrior Alexis Fieri looks for an opening for a shot against the Broncos.

Injuries cost Warriors in girls’ soccer matches

Joe Naiman
Village News Reporter

Injuries will keep Fallbrook High School’s girls’ soccer team from repeating the Warriors’ 2018-2019 Valley League championship.

A Feb. 4 loss in Ramona gave Fallbrook a 1-4-2 league record for the season along with a 4-9-2 overall mark.

“The story of the season is mainly missing players due to injury,” Fallbrook coach Sergio Garcia said.

Fallbrook and Ramona High School tied in 1-1 match, Jan. 16, in Fallbrook. The Warriors followed that match with a 2-1 defeat Jan. 21, at San Pasqual High School.

“It was a close game,” Garcia said.

The game was scoreless at halftime.

“For five or 10 minutes in the game we actually had them against the ropes,” Garcia said.

Fallbrook also had five starters out with injuries and had only two players on the bench. Garcia had called up two players from the junior varsity to obtain the 13-player roster. The Golden Eagles had greater depth and took a 2-0 lead before Jade Kennedy scored the only Fallbrook goal.

“We came back and scored,” Garcia said.

Three of the Warriors’ seven league losses have been by shutout, and in the other four games Fallbrook obtained the final goal. One of those shutout losses was Jan. 23 when the Warriors hosted Mission Vista High School. The Timberwolves won by a 4-0 margin.

“I would say three out of the four goals were just mistakes,” Garcia said.

The Timberwolves had a 7-0 league record for their first seven Valley League games with five of

those wins being by shutout, and Mission Vista’s overall record at that point was 11-2-2.

“Mission Vista is the strongest school in our league this season,” Garcia said.

Fallbrook’s lone win in the Warriors’ first seven league contests occurred Jan. 28, at Valley Center High School. The score was 1-1 at halftime, with Kennedy scoring Fallbrook’s goal. In the second half Delia Tapia scored with an assist from Alexa Sanchez, and the Warriors held on for the 2-1 victory.

“Close match. Just ended up taking advantage of the scoring opportunities we had,” Garcia said.

Fallbrook began league play Jan. 14, with a 1-0 home loss to Escondido High School. The Jan. 30 rematch in Escondido was a 3-3 tie. Kennedy scored the only goal for either team in the first half.

The Cougars scored the first three goals of the second half. Tapia placed a shot into the net to narrow Fallbrook’s deficit to 3-2.

In the final minute of play, Sanchez scored an unassisted goal to create the draw.

“She kind of built the play and shot from a good 35 yards out,” Garcia said.

Fallbrook also scored a last-minute goal in the Warriors’ other league tie this season; Sanchez passed to Galilea Medina for the equalizer against Ramona.

In the case of the tie against Escondido, the Warriors overcame a two-goal deficit.

“Not giving up and coming back to get those goals and tie showed good character of the team, a fighting spirit,” Garcia said.

Ramona’s Feb. 4 triumph over Fallbrook was a 3-0 game for the Bulldogs’ first win over Fallbrook since 2015.

“They’ve got a girl up top who’s just fast,” Garcia said.

That forward who scored twice against the Warriors, Sidney Din, is a four-year starter for the Bulldogs. In last year’s CIF Division IV championship game Din scored in sudden death overtime to give Ramona a 1-0 win over Vista High School. Ramona’s four starting defenders and goalkeeper from last year’s CIF championship team are all on this season’s squad, and Din is one of three four-year starters. The 2018-2019 Bulldogs, who were fourth in the Valley League standings, had only five seniors.

This year’s Fallbrook team has four seniors.

“I think we’ll have a good young team next year, be a little more competitive,” Garcia said.

Joe Naiman can be reached by email at jnaiman@reedermedia.com.

Warriors girls’ rugby runs over Rancho Bernardo again

Jeff Pack
Staff Writer

The Fallbrook High School varsity girls’ rugby team continued its winning ways Saturday, Feb. 8, easily dispatching Rancho Bernardo High School for a second time this season.

The Warriors, led by Jordan Duncan’s 3 tries, led 50-0 at the half and ran away with an 82-0 win at home.

Analiese “Ace” Dalton and A.J. Haughey scored 2 tries for the Warriors and Elaine Jimenez, Julia Tippin, Tiahna Padilla, Neveah Rivera, Abbey Savin and Liberty Benitez each scored one try apiece in the win.

Senior Shelby Tippin scored a drop goal from a drop kick

during play and made four kick conversions.

The win sets the Warriors up for their final regular-season match of the year against Torrey Pines High School Friday, Feb. 14, at Fallbrook. They will play in the league finals the following week against a team to be named later.

The Warriors junior varsity team was equally impressive in its game against Rancho Bernardo, shutting out the Broncos 42-0 in a 15s matchup.

A.J. Haughey, a freshman, scored 5 tries for the Warriors and Mya Galvan, Jasmine Uresti and Megan Campbell each scored once.

The Warriors’ junior varsity team has not lost a game either this season.



Jordan Duncan offloads a pass during the Warriors win over Rancho Bernardo High School at Fallbrook High School Saturday, Feb. 8. Courtesy photo/Stacey Savin

Boys rugby shut out by St. Augustine

The Warriors varsity boys’ rugby team went on the road Saturday, Feb. 8, to take on undefeated league leaders St. Augustine High School and came out on the short end of an 87-0 result.

The Warriors are currently in last place at 0-5 in the Boys Varsity Platinum Division.

The junior varsity team fared

better, taking down St. Augustine 31-28. The win takes the young Warriors to at 2-3 record on the season.

The Warriors will host Cathedral Catholic Saturday, Feb. 15, starting at 12:30 p.m.

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



Amanda Ware knocks a lineout over to a teammate during the win over the Broncos.



Neveah Rivera makes an attacking run at the Rancho Bernardo High School defense.



Tiahna Padilla runs into the open field against the Broncos.



Julie Tippin runs for the try line during the Warriors win over Rancho Bernardo High School.



Analiese “Ace” Dalton crosses the try line during the Warriors win Saturday.

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WRESTLING

from page D-1

opinion were pretty dominant wins.”

San Pasqual fielded wrestlers in all 14 weight classes Jan. 30 when the Golden Eagles hosted Fallbrook, so the 170-pound and 182-pound forfeits gave Fallbrook a 12-point deficit to overcome. Including the forfeit wins San Pasqual won seven matches and Fallbrook won seven matches.

“It was one of the closest ones of the year,” Vera said. “San Pasqual definitely gave us a run for our money and they definitely made it a very competitive dual meet.”

Ellefsen lost the 113-pound bout by pin but lasted into the third period. The loss was Ellefsen’s third this season to Jesse Jimenez-Moore, who also defeated Ellefsen in the Jimmy Hamada Classic tournament Dec. 6-7 and the Jim Londos Memorial tournament Jan. 11.

“Every single match that he wrestled against that kid has been better,” Vera said.

Although the Warriors lost Frank Greenwood for the season, his younger brother, sophomore Brian Greenwood, made his varsity debut at San Pasqual. Greenwood lost an 11-2 major decision, holding San Pasqual to four points.

Leon faced Ivan Arriaga, who had defeated Leon by technical fall in the consolation semifinal of the Jan. 4 Mission Hills Varsity Tournament. In the league match Arriaga had a 15-9 victory. “He was able to come back from getting teched by this guy,” Vera said of Leon holding Arriaga to three points.

Arias also lost a 15-9 decision at San Pasqual.

“We were able to hold them to a decision win,” Vera said of the 15-9 losses.

Two Fallbrook victories over the Golden Eagles were by major decision: Kendall won a 13-4 match and Montoya obtained an 8-0 victory. Fallbrook’s other five victories were from pins by Beltran, Sanchez, Juarez, Aguila and Hernandez.

“Having those extra points definitely helped,” Vera said. “In dual meets its about trying to get as best a win as possibly can.”

Fallbrook ended the match on the preferred end of the 38-32 final score. “Every single one of those guys knew exactly what their role was,” Vera said. “They definitely wanted to win more.”

The Feb. 6 meet became Fallbrook’s second league win over Valley Center. “We’ve definitely struggled in past years to stay competitive with them,” Vera said. “What better way to beat them the second time than to secure the Valley League championship.”

Sorensen and Greenwood were among four 152-pound options Vera had, so one was moved up to the 160-pound class.

“They both wanted to be in the lineup,” Vera said. “They really wanted to get mat time in.”

The pin against Ramona would not be the extent of Sorensen’s contributions. He increased his weight so that he would be classified as a 160-pound wrestler, which made him eligible for the 170-pound division. That allowed Greenwood to wrestle in the 160-pound class, so the Warriors forfeited only the 182-pound class against Valley Center.

“They both jumped at the opportunity,” Vera said. “Brian Greenwood and Tavian Sorensen definitely stepped in and filled some holes.”

Although Sorensen was pinned by his heavier opponent, Greenwood won the 160-pound class by pin to give Fallbrook six points. Ellefsen, Beltran, Sanchez, Juarez, Kendall, Hernandez, and Bermudez also pinned their opponents. Juarez and Bermudez were the only two of the eight Fallbrook mat winners whose pins were in the third period. “Most of them were in the first period,” Vera said.

Leon and Aguila won by forfeit. Beltran was Fallbrook’s 120-pound wrestler that day, so Marco Alejandro competed in the 126-pound bracket but was pinned. Fallbrook’s other loss by pin was when Montoya lost to Cameron Fuller, who had pinned Montoya in the overtime period during the Jim Londos Memorial tournament.

“For the most part all of the duals were very, very tough. I don’t think this one was any different,” Vera said.

What was different is that the win over Valley Center secured Fallbrook’s first-ever league championship. “It’s a special team,” Vera said.

Sanchez and Hernandez were both undefeated in their 2019-20 dual meets. “I couldn’t be happier with them both,” Vera said.

Alejandro, Sanchez, Hernandez and Montoya are seniors. “The seniors definitely did phenomenal in my opinion,” Vera said. “I couldn’t be happier with their performance.”

Vera denies being the reason for the Warriors’ first league championship. “I didn’t score a single point in any one of those dual meets. It’s 100% on the kids,” he said. “They motivate me to want to continue to help them get better.”

That will need to be the case, since Fallbrook has become the team to beat in subsequent years. “I also feel there’s pressure now to continue the process,” Vera said. “It only gives them more motivation to want to be better.”

Viking girls reach final of Cottonwood Flag Football Tournament

Joe Naiman
Village News Reporter

The Vallecitos Elementary School girls reached the championship game of the Cottonwood Flag Football Tournament.

The Vikings won their two round-robin games to set up a championship match against Pauma Elementary School. The Bobcats won that game for the championship of the Jan. 23 tournament while Vallecitos settled for second place.

“I’m proud of the girls,” Vallecitos coach Ray Hanbeck said.

Seven small elementary schools in northern San Diego County and southern Riverside County participate in sports tournaments throughout the school year with a different school hosting a tournament for a different sport each month.

Cottonwood Elementary School in Aguanga was the official host of the Cottonwood Flag Football Tournament, although the Cougars do not have their own field so the games were played at Hamilton High School in Anza.

The games had a seven-on-seven format. Vallecitos had 10 boys and seven girls.

“We were able to participate with both teams,” Hanbeck said.

Last year Vallecitos did not have the student interest to participate in the flag football tournament. The Cottonwood Flag Football Tournament follows the Vallecitos Soccer Tournament played in Rainbow.

The 2019 Vallecitos Soccer Tournament took place Nov. 14, so even with the Thanksgiving and Christmas/New Year’s break, the Vikings had six weeks to practice for the football tournament and to obtain students interested in playing.

“We had a little bit more time,” Hanbeck said.

The flag football games had a running clock for the 20-minute contests. The field length was 40 yards, and a team could obtain a first down by gaining 20 yards on three plays. A touchdown was worth six points and teams had the option of a one-point conversion attempt from the five-yard-line which would be passing only or a two-point attempt from the two-yard-line which could be either a run or a pass. An interception was worth two points as well as the change of possession.

Borrego Springs Elementary School did not participate so Vallecitos, Cottonwood and



Vallecitos Elementary School Viking Cheyenne Crowe passes the ball during the Cottonwood Flag Football Tournament.



Vallecitos Elementary School girls' team prepares to play flag football on the way to a second-place finish.



Vallecitos Elementary School girls pose with their second-place trophy.

Hamilton schools were in one pool for round-robin play while Pauma, Julian, and Warner Springs elementary schools were in the other pool.

Cheyenne Crowe was the only eighth-grade girl on the Vallecitos team, and the Vikings had no seventh-grade girls. Four of the girls are in sixth grade while the other two who played are fifth graders.

“They actually did very well,” Hanbeck said.

The Vikings opened against Hamilton whose nickname is also the Bobcats. The Bobcats took a 2-0 lead on an interception, but Crowe subsequently intercepted a pass to create a 2-2 tie. The score remained tied through the end of regulation.

“It was a well-played game,” Hanbeck said.

The overtime rules for the Cottonwood Flag Football Tournament give each team a chance to score. If neither team scores the tie breaking criteria of most yards gained determines the winner. Vallecitos received the win by an approximate five-yard margin.

“We had about 20 yards, and they had about 15 yards,” Hanbeck said.

Although neither team scored a touchdown the Vikings obtained a first down when Cheyenne Crowe completed a pass to her sister, sixth grader Cailey Crowe.

Vallecitos’ next game was against Cottonwood. The Cougars opened the scoring with a touchdown, and Cheyenne Crowe intercepted the extra point attempt to make the score 6-2.

In the final three minutes, Cheyenne Crowe obtained a first down with a pass to Cailey Crowe and, on the next play, Cheyenne Crowe ran the ball into the end zone for a touchdown. Although the conversion run was unsuccessful, the Vikings stopped Cottonwood on the Cougars’ final two plays to preserve the 8-6 victory.

Pauma defeated Vallecitos in an 8-0 game.

“Pauma was a good team. They’re a fast team,” Hanbeck said.

The Bobcats scored two points on an interception and six on a touchdown run.

“We were able to be competitive with them,” Hanbeck said. “We got close to getting the touchdown, but we weren’t able to make it.”

The Bobcats had a large enough roster that they were able to use substitutes during the game.

“The other teams have a much larger pool of kids to draw from,” Hanbeck said.

The Vallecitos girls had no substitutes for the entire tournament.

“I was very proud of them,” Hanbeck said.

Cottonwood defeated Warner Springs in the third-place game. The Vallecitos boys lost all three games.

“They were playing against bigger kids,” Hanbeck said. “They were bigger and faster for the most part.”

Eight of the 10 Vallecitos boys who played are in fourth, fifth or sixth grade.

“There were no eighth graders playing and there were only two seventh graders,” Hanbeck said.

Hamilton won a 14-0 contest at the Vikings’ expense, Cottonwood defeated Vallecitos in a 21-0 match, and the game for fifth place against Pauma ended as an 8-0 Bobcats victory.

“They made a good effort,” Hanbeck said.

Warner Springs defeated Cottonwood in the boys’ championship game. Julian won the third-place game against Hamilton.

The schools will continue competition Feb. 13 with a basketball tournament at Borrego Springs Elementary School.

Joe Naiman can be reached by email at jnaiman@reedermedia.com.

Fallbrook Seniors Golf Group is accepting new members

FALLBROOK – The Fallbrook Seniors Golf Group is looking for men who are over 50 years of age and like to play golf on a weekly basis. The group plays every Tuesday morning on 15 to 20 different courses in the area.

The group also has a spring

get-away, a fall get-away and a Christmas party. It is as much a social club as a golf club. For more information, call Ed Erzen at (760) 728-3960.

Submitted by Fallbrook Seniors Golf Group.

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VFW serves hamburgers your way



Monday is Hamburger Night at the VFW, 1175 Old Stage Road.



Hamburger patties are flame-grilled at the VFW.

Village News/Lucette Moramarco photos

Lucette Moramarco
Associate Editor

Every Monday night, area residents can have a hamburger their way, and support veterans at the same time. The Fallbrook Veterans of Foreign Wars Post 1924 offers a hamburger dinner from 5-6:30 p.m. for a \$6 donation. If you want two patties, it's \$7.

I have had their barbequed hamburgers at the VFW stand during the Summer Nite events downtown and at last year's Fall Festival of Gems on Alvarado Street. They are always delicious, but the hamburger I had this Monday night, Feb. 10, outdid those earlier ones.

The good-size hamburger patties are flame grilled in the post kitchen, by Post Commander Chris Ingraham, and the buns are toasted by his girlfriend, Marti Sonniksen, who also dishes out cups of ranch beans and bags of potato chips to go with the burgers.

Orders are taken in the bar which is where the fresh toppings are – lettuce, pickles, tomatoes, raw onions and grilled onions, along with ketchup, mustard and mayonnaise. So, you can make it your way. They cook the patties with cheese on top, but you can order them without cheese as the patties are not cooked until the orders are in.

When Monday Night Football is on television in the bar, the post feeds 60 to 65 people on Hamburger Night. Now that football season is over, that number is down to 35-40, said Ingraham. Once the weather warms up, the ranch beans will be replaced by potato salad or macaroni salad, he said.

I try to stay away from beef, but this hamburger is worth eating, (especially with the grilled onions), and the proceeds of all meals sold at the VFW fund the post's programs that benefit local veterans.

Besides Hamburger Night, the post offers dinner Friday nights with a different dish each time, 6-7:30 p.m. The special Valentine's Day Surf & Turf Dinner sold out by Feb. 9. The



A new addition to the hamburger menu is grilled onions.



This sign is posted on the kitchen door at VFW Post 1924.

Feb. 21 dinner will be Steak Night for a \$15 donation; Feb. 28 offers Mexican Mojarra Dinner (tilapia) for a \$12 donation. Reservations are not necessary for the non-holiday meals.

An all you can eat breakfast is offered the third Sunday of each month. According to Ingraham, the Feb. 16 breakfast, available

8:30-11 a.m., includes pancakes, French toast, waffles, an omelet bar, scrambled eggs, diced potatoes, bacon, sausage, ham, a fruit bar, orange juice, coffee and milk. All for a \$12 donation.

VFW Post 1924 is at 1175 Old Stage Road. More information can be found at www.fallbrookvfw.org and (760) 728-8784.

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Play it safe by planning a wine tour in Temecula Wine Country

Jeff Pack
Staff Writer

As the weather begins to warm up, some of your friends and family members may start reminding you about that time you said you would take them all wine tasting. Remember? You promised. Well, you should probably make good on that promise. So, there's no better time than now to start researching the best ways to show your group of wine lovers around Temecula Wine Country. Now, you could plan it so everyone drives their own cars in a small caravan navigating the backcountry roads from stop to stop, but that would ensure that at least one person in each car misses out on the wine. That's no fun. Better yet, you could consider hiring a wine tour for your group, ensuring everyone gets the full Temecula Wine Country experience and avoiding the risk of someone abandoning their designated driver role. Kim Kelliher, founder and president of Grapeline Wine Tours, said especially for first-time visitors, a guided tour can enhance the experience. "I think a wine tour gives you a nice sampling and a little insight into wineries in the Temecula Valley," she said. "For instance, our hosts are trained to talk about the history of the area, about the num-

ber of wineries and how the wine country evolved. It just gives you a nice starting point, um, especially if you're new to wine tasting or new to the area." She said a lot of people come back a second and third time because of the convenience of taking a tour. "They just love the carefree nature of it," Kelliher said. "Our tours are all-inclusive for the most part, so they don't have to think about anything. They get a little background. They have somebody who's fun and entertaining up front, and they can ask questions. They're gonna have all their wine tastings taken care of and lunch, and it's just kind of a nice day to forget about everything else." One thing Kelliher is quick to suggest – leave the children at home. "We don't recommend bringing children, we call (tours) an adult Disneyland," she said. "On our shared tours, we don't allow children because a lot of people are there to just relax and enjoy their day as an adult and maybe they've gotten a babysitter and such, so they're ready to just kind of forget about responsibilities like children." Kelliher offered up some important details like remembering to drink water throughout the day, layering your clothing and certainly not drinking too much or partying the night before. "It doesn't, uh, doesn't sit well,"

she said, laughing. And if you're wondering, yes, you should tip your tour guides at the end of the day. "There's someone who generally is hosting you all day long, so you think about if you go to dinner and they're with you for a couple of hours and you tip them 15 to 20%," Kelliher said. "You should think the same about someone who's kinda hosting you and entertaining you. They are taking care of you, they're going to grab your purchases and store them for you and just make it really easy to enjoy your day. So yes, we do recommend, a gratuity for a job well done." In addition to Grapeline Wine Tours, there are more than two dozen wine tour companies available to serve the needs of any size group – from a couple looking for a personalized guided tour to a dozen crazy maniacs ready to get their wine on. Here is a list of some of the top winery tour companies in the area from which to choose:

Grapeline Wine Tours
Founded in 2002 by Kim and John Kelliher, Grapeline Wine Tour enjoys consistent 5-star ratings on TripAdvisor, Yelp and every other review site. Call (951) 693-5755 or visit www.gogrape.com.

Straight Off the Vine Wine Tours
All of their tours include the visit to three wineries with five to six tastings at each winery per person with a party bus that is decked out with lights and music to enjoy in between wineries. Call (951) 553-0629 or visit www.straightoffthevinewinetours.com.

Rockin' Wine Tours
Exclusive private wine tasting tours of the Temecula Valley wineries. Yelp and Trip Adviser ranks Rockin' Wine Tours as one of the top wine tour providers in all of Southern California. Call (951) 294-5560 or visit www.rockinwine.com.

Temecula Valley Cable Car Wine Tours
Take an adventure through the Temecula Valley wine country in a fully restored authentic 1914 San Francisco motorized cable car. Call (951) 302-5981 or visit www.temeculacablecar.com.

Van'N Boozy Wine Tours and Brew Tours
Cruise Temecula Wine Country in a classic Volkswagen bus – they have three and one more on the way. Call (951) 401-1001 or visit www.vannboozy.com.

Tour del Vino
Tour del Vino offers a variety of customizable packages to accommodate your needs including a full day of tours, luxury vehicles, door to door service, professional chauffeur, scenic views, exceptional cuisine and award-winning wines. Call (951) 852-6799 or visit www.tourdelvinotemecula.com.

Tastin' Temecula
Tastin' Temecula is a local, family-owned company that lives and works in Temecula Wine Country. Experience their local hospitality and have an amazing day tasting, eating, shopping and making memories. Call (951) 290-0269 or visit www.tastintemecula.com.

Temecula Valley Jeep & Wine Tours
Your Temecula wine tour begins when you climb into one of their



It's great to go wine tasting in Temecula Wine Country, but alleviate the stress of having to drive from winery to winery by booking a winery tour from one of the more than two dozen options in the area.



Sunrider Tours sprang from Travis Rennie's love of grapes and farming.

inviting apple red Jeeps and head into beautiful Wine Country. Call (951) 240-6646 or visit www.temeculajeptours.com.

Saddle Up Wine Tours
They opened in November for 2012 as a way to raise funds for rescue horses that have been abandoned, neglected or abused. They are all volunteers, even the owner, and all of the funds go toward the rescued animals. Call (951) 297-9196 or visit www.saddleuptours.com.

Sunrider Wine Tours
Sunrider Tours sprang from Travis Rennie's love of grapes and farming. He grew up in a farming family and rounded out his wine education by spending six years working as a Cellar Master for one of Temecula's premier wineries. Call (951) 551-1516 or visit www.sunriderjeptours.com.

Uncorked Tours
Since 2004 Uncorked Tours continues to grow its wings as they share and realize joyous wonders with all that join our Imaginarium! Uncorked Tours is the first Temecula Wine Country, woman-owned small business to offer multiple in-house activities. Call (888) 400-7641 or visit www.uncorkedtemecula.com.

Moses Wine Tours
Established in 2013, they are consistently rated highly and every spring, their wine tour itineraries change based on which wineries are releasing the best tasting wines from the harvests which took place two to three years ago. Call (855) 946-3386 or visit www.temecula-valleywine.tours.

Little Bus Tours
Learn about everything you didn't already know about Temecula, the culture of wine tasting, beer making and local spirits. Call (844) 619-1818 or visit www.little-bustours.com.

All Access Limousine and Temecula wine tours
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no stress about the drive home. Call (951) 708-0927 or visit www.allaccesslimo.net.

Temecula Black Car
They offer a variety of different wine tours, both in Temecula and Warner Springs. Call (951) 491-5057 or visit www.tblackcar.com.

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



Grapeline Wine Tours is one of the oldest in the valley, and they even have a convertible Mercedes Sprinter to choose from.

Valley News/Courtesy photos

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The Goat & Vine reopens at a new location



Guests converge on The Goat & Vine in its new location following the popular restaurant’s move to a larger location.

Jeff Pack
Staff Writer

The Goat & Vine opened its doors, Monday, Feb. 3, this time in a new location, just down the street from the original location in Old Town Temecula.

The restaurant with a stone-hearth kitchen, which crafts gourmet pizzas, rustic breads for sandwiches, salads, appetizers and serves craft beer and wine, moved into the space that had been occupied by another Trevithick restaurant, The Nightingale, which closed and won’t be reopened.

“It’s been a whirlwind of a month,” Brad Trevithick said in a phone interview from Alaska, where the Trevithick family now lives full time. “We closed down The Nightingale on New Year’s Eve and then Alicia (Trevithick) flew down Jan. 2. She’s basically been there since remodeling The Nightingale to turn it into the new Goat & Vine. Then Feb. 1 was our last day open in the old Goat & Vine space, we closed down Feb. 2 Sunday for Super Bowl Sunday, which is typical for us. We already close down on Super Bowl Sunday anyway, so that was kind of a natural target date for us to close the restaurant, move all the equipment from the old one to the new one, and then we reopened Monday, Feb. 3.”

Trevithick said, all things considered, things are going smoothly.

“There’s no doubt there’s a challenge there, and trying to feel out the new space and especially for the kitchen crew just transferring their systems and everything over to the new space and getting everything to flow right,” he said. “We got smacked right away. I mean, right out of the gate all week we’ve been really busy, and the team has been tested. We certainly haven’t been perfect, but I think considering all that they’ve been going through and considering the volume they’ve already had to put out this week, I think they’re doing pretty good with it.”

By moving into the new space, they increased their capacity level by almost double.

“We’ve needed this change for a long time, and it definitely feels good to have made this move and give that concept a lot more breathing room,” Trevithick said.

While The Nightingale was doing well enough, but the combination of a new lease agreement deadline looming and need for expansion of the Goat & Vine concept, forced their hand.

“We put a lot of heart and soul into that, obviously,” Trevithick said. “I think that concept, it was doing well but just not outstanding right out of the gate, and it just would’ve been a really long build.

“All things combined that seemed to make sense to make that move,” he said. “And it’s kind of a scary thing to do at first, but once we started to go down that road, it each day seemed to be more and more obvious that this was the right thing to do. I think everything’s been really positive at this point, and we definitely feel really good about it and definitely optimistic about the future.”

The Goat & Vine’s new location is 41923 Second Street, Suite 103, in Temecula. For more information, visit www.thegoatandvine.com.

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



The Goat & Vine restaurant’s new location is at 41923 Second Street, Suite 103, in Temecula. Valley News/Shane Gibson photos

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Wine Country Events Calendar

FRIDAY, FEB. 14	
11 a.m. to 5 p.m.	Craft Faire, Maurice Car'rie Winery
1-2:30 p.m.	Behind the Scenes Wine Tour, South Coast Winery
3-5:30 p.m.	Happy Hour, Vineyard Rose, South Coast Winery
5:30-7:30 p.m.	Live Music, Dave Reynolds, Callaway Winery
5-8 p.m.	Live Music, Tony Suraci, Cougar Vineyard and Winery
3-6 p.m.	Live Music, Shay Skylar, Avensole Winery
6-9 p.m.	Live Music, Old School Band, Miramonte Winery
6-9 p.m.	Live Music, Bad Chemistry, Lorimar Winery
6-9 p.m.	Live Music, Roadhouse Brothers, Lorimar Winery in Old Town Temecula
6-10 p.m.	Valentine's Day Bash, Bel Vino Winery
SATURDAY, FEB. 15	
11 a.m. to 5 p.m.	Craft Faire, Maurice Car'rie Winery
11:30 a.m. to 1:30 p.m.	Sip and Swirl: Love Edition, Masia de la Vinya
Noon to 4 p.m.	Live Music, Dustin Jake, Wilson Creek Winery
Noon to 4 p.m.	Live Music, Kings of Karma, Bel Vino Winery
Noon to 4 p.m.	Live Music, Pliny and the Elders, Masia de la Vinya
12:30-3 p.m.	Live Music, Charles Sacayan, Carol's Restaurant at Baily Winery
1-4 p.m.	Live Music, Michael LeClerc, Avensole Winery
1-5 p.m.	Live Music, George and Grace, Fazeli Cellars
1-5 p.m.	Live Music, JD Priest, Danza del Sol Winery
3:30-5:30 p.m.	Happy Hour, Vineyard Rose, South Coast Winery
6-9 p.m.	Live Music, The Counterfeits, Miramonte Winery
6-9 p.m.	Live Music, Michael Edon, Avensole Winery
6-9 p.m.	Live Music, Endeavor, Lorimar Winery
6-9 p.m.	Live Music, Al and Brad, Lorimar Winery in Old Town Temecula
SUNDAY, FEB. 16	
11 a.m. to 2 p.m.	Brunch Specials at Meritage Restaurant, Callaway Winery
11 a.m. to 3 p.m.	Live Music, Tim Cash, Wilson Creek Winery
11 a.m. to 5 p.m.	Craft Faire, Maurice Car'rie Winery
11:30 a.m. to 2:30 p.m.	Dog Day Sundays, Carol's Restaurant at Baily Winery
Noon to 4 p.m.	Live Music, Monty Seward and Friends, Bel Vino Winery
1-4 p.m.	Live Music, Joe Baldino, Europa Village
1-4 p.m.	Live Music, Natalie Kirkwood, Avensole Winery
1-4 p.m.	Live Music, Still Kickn, Lorimar Winery
1-5 p.m.	Live Music, Lilah Vener, Fazeli Cellars
1-5 p.m.	Live Music, Fear of Phobias, Danza del Sol Winery
2-5 p.m.	Live Music, Carlson and Clark, Cougar Vineyard and Winery
3:30-5:30 p.m.	Happy Hour, South Coast Winery
3-6 p.m.	Live Music, Dustin Jake, Lorimar Winery in Old Town Temecula
UPCOMING:	
Feb. 22 is Europa Village's annual Bridal Show from 4-7 p.m.	
Feb. 26 is Cougar Winery's Gnocchetti Workshop from 5-7 p.m.	
Feb. 29 is Danza del Sol's Blind Tasting for Leap Day at 3 p.m.	

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Warriors win first wrestling league championship in school history

Joe Naiman

Village News reporter

For the first time in school history Fallbrook High School won a wrestling league championship.

The Warriors’ 60-24 home victory Feb. 6 against Valley Center gave Fallbrook a 5-0 league record for the season, and the Warriors had an overall dual meet record of 6-0.

“I’m on Cloud 9 as a coach,” Fallbrook head coach Cristian Vera said. “We’ve never had this kind of success.”

The Warriors won all five of their league meets despite forfeiting at least two weight classes in the first four and one in the finale against Valley Center.

“The one thing we never lost was the mental toughness,” Vera said.

Fallbrook had a 1-4 record in league meets last year, but the 2019 Warriors also had only one senior. Vera noted that last year’s freshmen and sophomores, as well as the 2018-19 juniors, worked to improve themselves.

“The difference was everybody on this team had the desire,” Vera said. “When everybody wants to be champions it motivates the team do better.”

Orange Glen High School was moved from the North County Conference to the Coastal Conference in 2016, but the Patriots remained in the Valley League for wrestling. The Warriors’ Jan. 16 meet at Orange Glen began league competition this year.

A wrestler may compete in the weight class immediately above what he scales but cannot compete in a lower weight class. Until the end of the season the Warriors could not field both a 160-pound grappler and a 170-pound matman, so Vera forfeited the 170-pound division.

A season-ending shoulder injury to Frank Greenwood led to forfeits in the 182-pound bracket throughout the league season. Johnny Bermudez was also unavailable Jan. 16, so Fallbrook forfeited the 220-pound bout. Orange Glen had wrestlers in all 14 weight divisions.

In addition to those 18 points by forfeit, the Patriots added 12 points with two pins and six points from two decision wins. Fallbrook won seven of the 11 contested matches, including six by pin, for a 39-33 victory.

“I don’t discredit Orange Glen whatsoever,” Vera said. “We definitely had our work cut out for us.”

Wrestling meets have two systems for points: one for match scoring and one for team scoring for the meet. For each match a wrestler is awarded one point for an escape, two points for a takedown, two points for a reversal, two points for a near fall lasting two to five seconds, and three points for a near fall lasting at least five seconds. (An infraction awards the opponent one point for the first and second offenses and two points for the third offense.)

The team whose wrestler wins a match by a decision obtains three points, although a major decision which means a margin of at least eight points provides four team points and if the margin reaches 15 points a technical fall worth five team points is declared.

A pin, or fall, is worth six team points as is a forfeit which is usually due to a school not filling a weight class rather than for a disqualification, and if an injured wrestler is unable to continue the other team also receives six points.

“One pin is worth two decisions,” Vera said.

“We want to pin and not get pinned,” Vera said. “They’re both very important.”

Matthew Kendall pinned his 145-pound opponent 26 seconds into the match and Kevin Sanchez won the 132-pound bout by pin 34 seconds after it began. Pins were also obtained by 113-pounder Ethan Ellefsen, 126-pounder Chris Beltran, 152-pounder Ethan

Aguila and 195-pounder Carlos Hernandez.

Javier Montoya won the heavyweight bracket with a 5-0 decision. Although Marco Arias Jr. was pinned by his 120-pound counterpart and Tavian Sorensen lost the 160-pound match by fall, Angel Leon limited Orange Glen’s 106-pound representative to a 6-2 decision victory and Uriel Juarez lost a 7-2 decision in the 138-pound match.

“It was a very hard-fought dual,” Vera said.

“They rallied together and they did exactly what they needed to do, which was pin and not get pinned,” Vera said. “I’m very proud of the boys and how they performed. There’s no better way to start off the league season with a win.”

Ramona hosted a tri-dual Jan. 23 in which Fallbrook and Escondido joined the Bulldogs. In a tri-dual a wrestler from each weight class competes against his two counterparts, and the scoring is based on the head-to-head results for each set of two schools.

Ramona would end the season with a 4-1 league record, so Fallbrook’s 45-27 victory over the Bulldogs was the deciding competition for the league championship. Fallbrook defeated Escondido by a 54-22 score.

Fallbrook forfeited the 170-pound and 182-pound classes against both Jan. 23 opponents. “It’s important for us to try to make up that gap,” Vera said.

“The best way to do that is to get those bonus points,” Vera said. “The majority of the matches that we wrestled were mostly pins.”

Ramona and Escondido obtained six points apiece because Fallbrook forfeited the 170-pound class, but none of the three schools had a 182-pound wrestler so all of those matches were double forfeits with neither team being given points. Ramona forfeited the 195-pound weight class to give Hernandez the win, and he also won that match by forfeit against Escondido, whose forfeits gave Bermudez the 220-pound victory and Montoya the heavyweight win.

The 11 contested matches between Fallbrook and Ramona consisted of one Fallbrook decision win, one Ramona decision win, six Warrior victories by pin, and three Bulldog victories by fall.

Cole Mattson wrestled in both the 106-pound and the 113-pound class for Ramona this year and won all five of his league bouts. In the competition against Fallbrook he was paired in the 113-pound match against Ellefsen. Mattson and the Bulldogs were held to three team points as Ellefsen limited the margin of Mattson’s victory to 6-4. Fallbrook’s decision win was also by two points; Aguila had a 3-1 victory in the 152-pound bout.

A knee injury kept Juarez from competing Jan. 23, so Alex Calvillo was Fallbrook’s 138-pound representative. He lost by pin against his Ramona opposition, as did Arias and Bermudez. Leon, Beltran, Sanchez, Kendall, Sorensen, and Montoya all pinned their Ramona counterparts.

“It was a very impressive showing on our end,” Vera said.

The win over Ramona was Fallbrook’s first since the Warriors were moved to the Valley League for the 2014-15 seasons.

“Ramona has essentially been the team to beat for the last few years in the Valley League,” Vera said. “They’ve always been very tough.”

Last year Ramona and Escondido shared the league championship with 4-1 records.

Eight of the nine contested matches against Escondido were decided by fall with Sorensen’s loss by major decision being the exception. Ellefsen and Calvillo were pinned while Leon, Arias, Beltran, Sanchez, Kendall and Aguila won by fall.

“They performed very well,” Vera said. “All of our wins in my

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Fallbrook Warrior wrestler seniors honored during senior night, Feb. 6, from left, Javier Montoya, Kevin Sanchez, Marco Alejandro and Carlos Hernandez. Village News/Shane Gibson photos



Fallbrook Warrior Ethan Ellefsen battles his Valley Center opponent before pinning him for a win in the 113-pound class.



Warrior Chris Beltran wrestles his Valley Center opponent in the 120-pound weight class.



Warrior Marco Alejandro grapples his Valley Center opponent in the 126-pound weight class.