

Rotarians  
donate time  
C-10



Youth Rugby  
begins  
D-3



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Volume 24, Issue 5

LOCAL

Supervisors  
add 39 acres to  
San Luis Rey  
River Park

Joe Naiman  
Village News Correspondent

Two separate San Diego County Board of Supervisors actions, Jan. 15, added approximately 39 acres to the future San Luis Rey River Park.

One 5-0 vote approved the purchase of approximately 37 acres from North American Resort Properties Inc., for the appraised value of \$1,673,000.

The other 5-0 vote approved an exchange of land in which 2.11 county-owned acres not contiguous to the planned active recreation area will be transferred to the San Diego County Water Authority and 2.11 acres of California Department of Transportation land contiguous to the active recreation property will be transferred to the county.

“The San Luis Rey River Park will be a wonderful amenity to the residents of North County,” Supervisor Jim Desmond said. “I am excited to see this project one

see **PARK**, page A-6

Children celebrate reading



Kindergarteners at Live Oak Elementary pose with their books and Clifford, the Big Red Dog, on National Reading Day, Jan. 23. The books were donated by 10News employees. See more photos on page X-X. Village News/Courtesy photo

thisweek

Announcements.....	A-2
Business.....	C-10
Business Directory.....	C-6
Calendar.....	A-2
Classifieds.....	D-4
Dining.....	D-5
Education.....	B-7
Entertainment.....	B-4
Health & Fitness.....	B-2
Home & Garden.....	C-2
Legals.....	B-6
National News.....	B-8
Obituaries.....	D-4
Opinion.....	A-3
Real Estate.....	C-2
Sheriffs Log.....	D-4
Sports.....	D-1
Wine.....	D-6

Fallbrook High  
fight results  
in lockdown,  
student arrests

Will Fritz  
Staff Writer

Several Fallbrook High School students were arrested, and the school was placed on lockdown after a fight broke out on campus Friday morning.

San Diego County sheriff’s deputies responded at 10:25 a.m. to a call reporting a disturbance between two groups of students at the high school, according to sheriff’s Sgt. William Munsch.

More than 20 students were involved in a fight near the school cafeteria, deputies were told.

The students participating in the fight were separated and detained

see **LOCKDOWN**, page A-7

FPUD refunds  
customer who  
claimed he was  
inaccurately billed

Will Fritz  
Staff Writer

The Fallbrook Public Utility District Board of Directors unanimously voted Monday, Jan. 27, to partially refund a ratepayer who says he was billed for dozens of gallons of water he never used.

Ron Harlan, an eight-year resident of Fallbrook, said the problem arose after he returned from a vacation in August.

Harlan said he pre-paid about \$220 before leaving, then informed FPUD that he may not be back in time to pay whatever bill may remain. He said he was told it would be no problem to pay the

see **REFUND**, page A-6

Planning group  
votes in officers,  
hears plan for  
sidewalk repair,  
tree replacement  
on Main Avenue

Will Fritz  
Staff Writer

The Fallbrook Community Planning Group voted in its 2020 officers and discussed items including repairs in downtown Fallbrook at its Jan. 20 meeting.

The meeting was opened with a moment of silence for Planning Group Chairman Jim Russell, who died Jan. 17.

Planning group members unanimously voted to make Jack Wood the group’s chairman

see **SIDEWALK**, page A-6

In split vote,  
FUESD board  
approves  
raises for  
superintendent

Will Fritz  
Staff Writer

The Fallbrook Union Elementary School District voted at its meeting Tuesday, Jan. 21, to approve a new two-year contract with its classified employees’ union granting them a 4% raise – and also voted to give the superintendent and other administrators a similar pay boost.

The union contract passed unanimously, but the administrative salary increase had one dissenter: board member Caron Lieber.

“My position is the superintendent has already

see **VOTE**, page A-6

Seniors play winter ball



Squirts baserunner Tim Leachman takes off as a teammate gets a base hit during a Fallbrook Senior Softball game at Ingold Sports Park. See more photos D-2. Village News/Shane Gibson photo

USPS Residential Customer

VILLAGE NEWS









OPINION

Human trafficking — Too close for comfort



Assembly member Marie Waldron  
Special to Village News

Earlier this session I spoke on the Assembly Floor on House Resolution 7 that I jointly wrote with Assembly member Eloise Gómez Reyes, D-San Bernardino. HR 7 declares January Human Trafficking Awareness Month in California, part of a nationwide effort to combat this growing menace.

A form of modern slavery, human trafficking has grown 842% in the United States since 2007. Worldwide, there are over 40 million victims of human trafficking, 75% of the victims are women and girls and 25% are children. Unfortunately, California, with its harbors, coastlines and international border, has one of the highest instances of human trafficking in the nation.

Locally, recent studies indicated that human trafficking

is the second-largest underground economy in San Diego County, after drug trafficking, generating over \$800 million in profits. San Diego County is one of the 13 worst regions for human trafficking in the country, impacting 8,000 victims per year. Many victims are trafficked by gangs, the average age of entry is 16, and victims are typically trafficked for three years before they come to the attention of law enforcement. Riverside County is also considered a hot spot for human trafficking, and despite its inland location and lack of an international border, has been described as a human trafficking corridor. No place is safe or immune.

This repugnant industry can be defeated, but we need to raise awareness that trafficking is taking place all around us. We must be vigilant and recognize that this scourge impacts our state and our local communities.

HR 7 is a small part of this ongoing battle. With heightened law enforcement, increased awareness, education and vigilance, we can rein in human trafficking and hopefully prevent more shattered lives.

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

Re: ‘Real Estate Round-Up: SOS — Vote wisely’ [Village News, Voges Letter, 1/9/20]

Dear Ms. Voges,  
Since you do not know me, your accusations of my motives are based on absolutely nothing other than the fact that I am a licensed real estate broker. That would be akin to accusing a dentist of opposing a new law that prevented thousands of patients from receiving adequate dental care, as self-serving.

The facts of Measure A were accurately spelled out in my article, so I will not reiterate them, except to restate that the people who will suffer the most if Measure A were to pass are middle class workforce residents of the state who cannot currently afford to purchase a home because of the state’s lack of housing which has created an

affordability crisis.

Just like you, people deserve the opportunity to own a home, to create the stability that a home provides for their families and build on their financial future by investing in something that historically has increased in value.

A growing coalition of community leaders and organizations are opposed to Measure A, including San Diego County Democratic Party, The Republican Party Of San Diego County, Cal Fire Firefighters Local 2881, Deputy Sheriffs’ Association of San Diego County, San Diego Police Officers Association, San Diego Housing Federation, San Diego County Taxpayers Association, Save Our Rural

Economy, the San Diego Regional Chamber of Commerce, family farmers, young professionals, working families, Riverside commuters, and elected leaders from across the political spectrum, including San Diego County Supervisor Nathan Fletcher, Chula Vista Mayor Mary Casillas Salas and San Diego Mayor Kevin Falconer.

As a Realtor, I am proud to stand with those that value private property rights and the American dream of home ownership.

Perhaps you should evaluate a little further and inspect your personal bias, before you start accusing someone else of their motives.

Kim Murphy

Re: ‘California, the new age of Enlightenment?’ [Village News, Letter, 1/23/20]

As I read Mr. Maynard’s letter “California, the new age of Enlightenment,” I am cutting it out and mailing it to my cousin to prove that I am not the last conservative left in California; that has been an ongoing joke for so many years.

What a refreshing newsworthy letter to read. The sad thing is every word is true and such a shame we have come to where we are now with the overwhelming results of what happens when liberals take over with what was once the American dream in California.

Over the last 30-plus years

I have watched many friends leave their homes and go to other states, and it sickens them and myself to see the state of affairs we have been left with because of one ruling class. No need to look any further than San Francisco, Los Angeles, Orange County or San Diego to see the carnage left behind at the hands of social engineering idiots who constantly want to raise taxes to throw money at every problem that they created in the first place.

Look at all the Democrat-run cities across the nation, and the proof is in front of your eyes.

Each and every one of them have become the corrupt armpit of this great nation.

I suppose once they get a hold of our Proposition 13 and either tax me out of my home or just confiscate it for unpaid taxes, I too will have to leave the beautiful state I call home. I guess I will be forced to leave someday kicking and screaming, and as the last conservative that my cousin says I am, I will turn out the light as I cross the state line. For right now, I am still one vote.

Diana Miller

Re: In split vote, Fallbrook Union Elementary board approves raises for superintendent, other administrators [Village News website, 1/24/20]

I am disappointed by the Fallbrook Union Elementary School District’s 4-1 decision Jan. 21, to not separate agenda item V.2. Action: Salary Increase for Management, Confidential and Unrepresented Employees into separate items for voting. Having done so would have provided the transparency and accountability required to make the fiscally and ethically responsible decisions these items deserve. The manner in which this decision was made is very concerning.

As a result, our superintendent was given yet another salary increase of 4%, resulting in the second raise in as little as seven months for 9% and costing our students’ education nearly \$30,000 between the two.

With a salary of \$327,453 before the latest increase, Superintendent Candace Singh is already one of the highest paid superintendents in San Diego and Riverside counties,

despite FUESD being among the smallest districts in the region with 5,043 students.

Before the increase, she was already earning about \$60,000 more than the superintendent of the largest school district in the region, Temecula Valley Unified, which has 29,609 students and includes three high schools, six middle schools and 17 elementary schools, as well as six alternative schools.

In comparison, FUESD has one junior high school, two K-8 schools, five elementary schools and a home-school academy between Fallbrook and Camp Pendleton. With benefits, Singh is costing our students \$78 each, whereas Temecula Valley’s students pay about \$11 each for their superintendent.

What are the trustees’ priorities? How will this expenditure benefit our struggling students? Fallbrook STEM and La Paloma test scores

indicate that we need to put more resources in classrooms for more support staff and smaller class sizes. This concern was not addressed in the meeting Jan. 21, and the trustees opposed discussing these items, preferring instead to take a swift vote.

The only trustee who attempted to open up discussion on these matters that require transparency and prudence was Trustee Caron Lieber. This lack of transparency is troublesome. I had filled out a comment card to speak during the open agenda, yet was not called to speak.

Additionally, the notice for the board meeting on the FUESD website described the meeting as being “tentative” up until the day of the meeting, which could have discouraged participation from the public.

Let’s think with the end in mind and set up our students for success. I would ask that Superintendent

Singh give our students a break and follow Bonsall Unified School District’s Superintendent David Jones’ example by respectfully turning down this offer and any additional increases.

It’s great that our district is in the black, but we need to think first-things-first and use these resources responsibly and creatively to get all of our schools to perform at grade level.

Finally, I want to thank Trustee Caron Lieber for her consistency in being a voice of courage, accountability, equity and common sense on these matters which mean so much to our families, students and our district.

Ricardo Favela  
Maie Ellis parent

*Editor’s note: The referred to article first appeared at Village News.com before being printed in this week’s issue, page A-1.*

Groups endorse Measure A

Fallbrook Climate Action Team joins the Sierra Club San Diego Chapter and Climate Action Campaign in endorsing Measure A.

Living in unincorporated San Diego County, we know firsthand the danger of building sprawl

developments in the back country. Some people lost their homes in the Lilac Fire. Others had to evacuate. This time we all made it, but in Paradise people died on the narrow roads.

We know too well the congestion on Highways 15, 76, 78 and 5. We

are aware that San Diego County has not decreased greenhouse gas emissions. Sprawl development is the greatest cause of greenhouse gases because it increases congestion on the highways.

The county’s general plan already allows for 60,000 new homes in all income ranges to be built in the unincorporated county near transit, schools and commerce. Measure A supports that. Projects that provide genuine low-income housing in accordance with state law are exempt from the initiative.

Measure A simply requires any exceptions to the general plan be approved by voters rather than

three county supervisors who have been supported by developers and their cronies. The general plan was a huge effort, with input from stakeholders throughout the county, years in the making. Three people should not be able to veto the will of the entire county.

Enough sneaky tricks to build developments county citizens don’t want. Enough money spent on court cases. Enough stretching our infrastructure to the breaking point. Let’s put county voters back in control.

Joy Frew and Cynthia Young.  
On behalf of the Fallbrook Climate Action Team

Programs for homeless need to be effective

Supervisor Jim Desmond  
Fifth District

Homelessness in California is at extremely high levels and San Diego, while better than San Francisco and Los Angeles, has a steadily rising homeless population. Last week, I partnered with Supervisor Jacob on addressing the homeless population in San Diego’s unincorporated area.

In our Board Letter, I’ve asked county staff to take a look at existing buildings, which could be used for transitional housing. Also, the county will be adding four additional deputies to the HART program.

The value of human life must always be a foremost concern when developing sound public policy. Additionally, there is also a value to the quality of life that residents and business owners face daily interacting with homelessness. Right now, unintended consequences from ballot measures and policies at the state level have tied law enforcements hands.

The citizens of San Diego County demand that we maintain order and sanitary conditions in our public spaces. They are compassionate, but they have every right to demand that their streets and neighborhoods not become unsanitary tent cities for the homeless. None of us would welcome that near our homes, and we should not allow it near others.

While homelessness is a major issue, we need to make sure we are using taxpayer dollars effectively. Taxpayers demand accountability. Compassion alone is not helpful. Programs must be effective and accountable.

A thank you for donors of shoebox gifts

I am writing to thank Fallbrook residents for sharing the true meaning of Christmas with children in need this past holiday season.

Because of the generosity of donors in Fallbrook and across the United States, Operation Christmas Child, a project of Samaritan’s Purse, collected more than 8.9 million shoebox gifts in 2019.

Combined with those collected from partnering countries in 2019, the ministry is now sending 10,569,405 shoebox gifts to children worldwide.

Through shoeboxes – packed with fun toys, school supplies and hygiene items – Fallbrook volunteers brought joy to children in need around the world.

Each gift-filled shoebox is a tangible expression of God’s love, and it is often the first gift these children have ever received.

Thanks to the generosity of donors, Operation Christmas Child has collected and delivered more than 178 million gift-filled shoeboxes to children in more than 160 countries and territories since 1993.

It’s not too late for people to make a difference. Though drop-off locations serving Fallbrook are closed until Nov. 16-23, information about year-round volunteer opportunities can also be found at [www.samaritanaspurse.org/occ](http://www.samaritanaspurse.org/occ) or by calling (714) 432-2950.

Thank you again to everyone who participated in this global project – many who do so year after year. These simple gifts, packed with love, send a message to children worldwide that they are loved and not forgotten.

Dana Williams  
Operation Christmas Child

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# Hear from candidates from the 50th Congressional District

**Will Fritz**  
Associate Editor

Spanning from eastern San Diego County to the southwestern corner of Riverside County, the 50th Congressional District was previously held by Rep. Duncan D. Hunter until he resigned after pleading guilty to a corruption charge. In part one of Village News’ coverage of the election for the seat, Village News spent time with three candidates from the field: Ammar Campa-Najjar, Nate Wilkins and Carl DeMaio. Read on to see what they had to say about their plans should they be elected to the 50th Congressional District.



**Ammar Campa-Najjar (D)**  
*What makes you uniquely qualified to hold the office you are campaigning for?*

I was born in east county and raised by my working-class Christian mother. Growing up with a single parent, I worked as a janitor and groundskeeper at my evangelical church to help support my family. My mother and faith inspired me to graduate from San Diego State University and pursue a life of service.

Before running for office, I worked at the White House, U.S. Chamber of Commerce, and as a federal official at the U.S. Department of Labor serving working families like the ones I grew up with.

I’m tired of politicians looking down at the people I’ve looked up to my whole life. I’m running for Congress to bring some east county grit to Washington, honor my mother’s generation and help people live and retire with dignity.

Voters in my district want to live, work and retire with dignity. They want somebody who will protect their personal freedoms and individual liberties, and honor their traditions and values.

They want an independent voice in Congress who will fight for tax cuts for the middle class, veterans and small businesses – not the rich. Someone who will prioritize lowering prescription drug costs by holding pharmaceutical companies accountable; protect Medicare and Social Security; secure our borders and promote legal immigration and help hardworking Americans afford the cost of housing, health care and education.

I pledge to honor the American traditions and values handed down

by our Founders. And as your independent voice in Congress, I’ll always put people first.

*What is the single most pressing issue facing the district you represent/hope to represent in the years to come?*

The single most pressing issue facing the district is the cost of living, whether it is housing, health care, education and/or transportation. San Diego is home to the fourth largest homeless population in the country. While this situation is due in large part to a lack of mental health services and other resources, one of the main drivers to the cost of living and homelessness is the lack of affordable housing.

*How do you intend to tackle/ solve that issue?*

California is the fifth largest economy in the world. One thing that really frustrates me, in addition to the state taxes we pay, is that Californians pay more federal taxes than any other state in the nation, and yet, we don’t get back what we put into it. That’s why, when elected, I’ll fight to bring home long-overdue federal investments so we can address our district’s needs, from housing, infrastructure, public education to wildfire relief and more.

If elected, I would start by investing in affordable midlevel housing, tax credits for renters and help homeowners refinance their mortgages.

One fiscally responsible way to address this problem on the federal level is by updating the HUD funding formula to reflect the needs of San Diego County. San Diego has the fourth biggest homeless population in the country, yet it’s ranked 20th in terms of HUD funding when it should be ranked fourth commensurate with its overall homeless population. Reallocating HUD funding to the county, and working with the county government to ensure federal dollars are being properly spent will drastically help our people get off the streets so they can begin to lead self-sufficient lives again.

*What are some of your key objectives when/if you are elected?*

Stand up to the health insurance and pharmaceutical companies. End corporate greed so we can invest in lowering health care and prescription drug costs while protecting Medicare and Social Security.

Cut taxes for the middle class, veterans and their families and small businesses. End tax giveaways for the wealthy and corporations that send our jobs overseas.

Invest in public schools, child care and vocational training, so workers get the skills they need to compete in today’s economy.

Protect the environment, defend women’s rights and fix our failing immigration system.

Fix our broken roads and infrastructure, secure federal funding to mitigate wildfire risk and prioritize climate change as a national security issue.

Invest in affordable midlevel housing, tax credits for renters and help homeowners refinance their mortgages.



**Carl DeMaio (R)**  
*What makes you uniquely qualified to hold the office you are campaigning for?*

I’m running for Congress because I’m fed-up with the direction of politics in California, and I’m tired of career politicians who are cowards and sellouts. We need more principled fighters who actually follow-through on the promises they make to voters.

Most voters know me pretty well already – most likely from my leadership of the fight to repeal the gas tax hikes in 2018. They know I’m a fighter who is willing to stand up and fight for the people when career politicians cave in on their principles or merely pay lip-service. On the San Diego City Council, I helped save the city from bankruptcy and got the landmark Pension Reform Initiative passed.

I founded Reform California – a grassroots campaign advocacy organization for government accountability and has blocked over \$3 billion in tax hikes. Many others know me from my radio show on NewsRadio 600 KOGO-AM.

Before entering politics, I was in business. At 23, I founded my first company and my second by age 29. I sold both by age 33. I understand firsthand the struggles of our small-business owners and entrepreneurs and will work to cut red-tape.

People know I’m a proven fighter – and have been for years. Just look at the fight I led against the unfair and costly gas tax and car tax hikes. Since founding Reform California, I have blocked \$3 billion in tax hikes and led the successful fight to strip California politicians of their lavish perks and pensions.

In addition to being a fighter, I’m a hard worker who is dedicated to constituent service. Since entering the race in August, we’ve held over 50 town halls. Contrast that with Darrell Issa who held only one town hall in his entire 18 years in Congress. I want my constituents to know I will be accessible to them on any issue they have a problem with. I may not be able to offer a perfect resolution to each issue, but I will always do my best

to listen and fight for you.

*What is the single most pressing issue facing the district you represent/hope to represent in the years to come?*

The threat of socialism is the single-most pressuring issue facing us today – and the high cost of living, destruction of jobs and loss of personal freedom that goes along with that failed ideology.

*How do you intend to tackle/ solve that issue?*

In order to Take Back California, I’ve proposed a comprehensive, 7-point Reform Agenda and I’m not waiting – we’re already underway. By stopping tax hikes, addressing the homelessness crisis, fixing our schools, implementing pension reform and more, we can get California out of the decline it’s in – and bring back a more prosperous, free California.

What are you some of your key objectives when/if you are elected?

First, we must help President Donald Trump secure the border by building the wall, closing loopholes in the law, mandate and force eVerify, repeal Sanctuary State laws and end chain migration.

Second, I will implement my 10-point Fix Congress First Initiative, which will force Congress to live under the same laws as the rest of us – no exceptions – and will fundamentally shake up Congress and break through the dysfunction and corruption in our political system.

Third, I want to be the voice of opposition in California to fight back against socialism. Too many Californians are fleeing this state, and I’m prepared to lead the fight to take back our state from one-party Democrat control.



**Nate Wilkins (R)**  
*What makes you uniquely qualified to hold the office you are campaigning for?*

The Constitution is an amazing document, with the minimum requirements to run for U.S. House of Representatives is anyone at age of 25 and a United States citizen for only seven years. I meet the basic qualifications that allow almost anyone the opportunity to hold public office. Now a little about my background: 116th Congress in 2019; Congressional Innovation Fellow for the United States House of Representatives; Energy and Commerce Committee; Republican; retired United States Navy SEAL. Through

my experience in Congress and SEAL teams, I have developed the operational, strategic and policy education that makes me effective in making well-informed policy decisions. I hope my background and service to our country can give the voter the confidence that I am a trustworthy and experienced candidate. The narrative I would like to dispel, is that only the privileged, well connected and highly “educated” deserve a seat at the political table. Although this helps, it should not deter anyone from serving their Congressional District.

*What is the single most pressing issue facing the district you represent/hope to represent in the years to come?*

The most pressing moral issue facing the district is the character of the candidate. District 50 suffered a loss in ethical leadership, and I thought that the District could use a trustworthy and experienced candidate. As a faithful Christian, I am called to live a life of good works through service to my family, community and country. A father of two children and husband to an amazing wife, I must be a good example to them. Although I am not perfect, I do my best to live at the high moral, ethical and sacrificial example of Jesus Christ. I will uphold these morals and values for the rest of my life and to the best of my ability.

This world is extremely complex and to say there is a single most pressing policy issue would be irresponsible of me. However, I try to find the root cause in all problems, and the most important root issue facing the District 50 is the sanctity of life. Protecting the rights of the unborn is the most important policy issue because it increases the value of human life, given to us as a gift of God Almighty. When our society views a potential human being as merely a fetus; that devalues human life. When we devalue human life, we become more accepting of violent crime, unsafe communities, broken families and marriages, lack of empathy for human suffering, immoral education and lawlessness. I also want to iterate that my faith calls me to not condemn those that are impacted by abortion.

*How do you intend to tackle/ solve that issue?*

At conception, life begins, and the unborn child needs to be classified as a “person,” as defined under the 14th Amendment. Unfortunately, due to the confusion on when life begins, now Congress needs to establish that life begins at conception. I will do everything in my power to fight for the rights of the unborn, and make sure that they have the same rights as those that are born. We must establish that “personhood” starts at conception.

What are you some of your key objectives when/if you are elected?

Pro-life; Second Amendment; traditional marriage; national, domestic and border security; empowering law enforcement; free enterprise; fighting overregulation; innovation; energy; commerce; homelessness; poverty; government oversight.

Views of the other candidates for this seat will be published next week.

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

Happy 2020!

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# “American Pickers” to film in California



Mike Wolfe, Frank Fritz and their team return to California to film episodes of the hit series “American Pickers” throughout the area in March 2020.

FALLBROOK – “American Pickers” is a documentary series that explores the world of antique “picking” on History. The hit show follows Mike Wolfe and Frank Fritz, two of the most skilled pickers in the business, as they hunt for able and exceptional items. The pair said they hoped to give historically significant objects a new lease on life, while learning a thing or two about America’s past along the way.

“American Pickers” have seen a lot of rusty gold over the years and said they are always looking to discover something they’ve never seen before. They are ready to find extraordinary items and hear fascinating tales about them.

“American Pickers” is looking for leads and would love to explore Fallbrook’s hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that the pickers can spend the better part of the day looking through, send them your name, phone number, location and description of the collection with photos to [americanpickers@cineflix.com](mailto:americanpickers@cineflix.com) or call (855) 653-7878. For more information, visit them on Facebook @GotAPick.

“American Pickers” is produced by Cineflix Productions for History. New episodes air Mondays at 9 p.m. EST on History.

Submitted by American Pickers.

# Dismantling scheduled for closed California nuclear plant



Photo: In this June 30, 2011, file photo, people walk on the sand near the shuttered San Onofre Nuclear Generating Station in San Clemente. Dismantling of the shuttered power plant on the Southern California coast will begin in February 2020.

**The Associated Press**  
Special to Village News

Dismantling of the shuttered San Onofre Nuclear Generating Station on the Southern California coast will begin in February.

Southern California Edison mailed 30-day notices of the key timelines to 12,000 residents in communities within a 5-mile (8-kilometer) radius of the plant.

The process will include removal of buildings, containment domes

and other above-ground structures associated with the two reactors.

Large pipes that took in and discharged ocean cooling water will also be removed along with buoys and anchors.

San Onofre went into operation in 1967 on the shoreline between Los Angeles and San Diego.

The plant was shut down in January 2012 after a small radiation leak led to the discovery of extensive damage to hundreds of tubes inside the virtually new

steam generators.

The plant never produced electricity again. Edison closed San Onofre for good in 2013 amid a fight with environmentalists over whether the plant was too damaged to restart safely.

San Onofre remains home to 3.5 million (1.59 million kilograms) pounds of spent fuel and nuclear waste. The waste is being transferred from storage pools to concrete storage holes.

# Healthy Habits for Bonsall & Fallbrook Folks: Alopecia – The attack of the immune system

**Megan Johnson McCullough**  
Special to Village News

Hair loss can be embarrassing, concerning and even a sign of a health problem. Hair might start to show up on the pillow, more on the hairbrush, in the shower drain and, in some cases, small bald spots may become noticeable.

A possible cause of this excess hair loss could be from a condition called alopecia areata, which is an autoimmune disorder. This type of hair loss can also be called spot baldness. In this case, the immune system has started to attack the hair follicles. Hair can start to fall out in clumps that can even be the size of a quarter.

Some might only lose hair in a few spots, while others might see this phenomenon all over their scalp. Hair loss might just occur on the scalp or it can occur over the entire body.

Most people appear to be overall generally healthy, but then sudden hair loss occurs. Alopecia areata is a case by case basis. For some, hair loss comes and goes and regrows itself each occurrence, however, for others the hair loss can be permanent.

Most people only experience hair loss with this condition, while others notice possible changes in the texture and shape of their finger and toe nails.

A dermatologist is the type of doctor to seek treatment for help. They might perform blood work and examine some of the hair. Unfortunately, alopecia areata cannot be cured. It can be treated to help the hair grow back.

Treatment might include topical immunotherapy which involves applying chemicals to the scalp. These chemicals will actually cause an allergic reaction if they work. The reaction is what causes the hair to grow back. This treatment usually has to be repeated several times for the itchy rash to be most effective.

Corticosteroids can also be used. These are prescribed anti-inflammatory drugs which can come in the form of injections that can be made into the scalp, given as pill form, or applied as an ointment or cream. Minoxidil, most commonly known as Rogaine, can be applied to the scalp and usually takes about 12 weeks for the hair to start to grow again.

Like many other autoimmune disorders, causality differs and is not always evident. For those who



There are many causes for hair loss which can come and go.

have alopecia areata, there are some lifestyle changes that help.

Stress seems to trigger this condition; therefore, one should aim to reduce their personal troubles as well as feelings of anxiety and sadness. Wearing hats, wigs and scarves can be done. It is important to remember that the lost hair can grow back, depending on what your immune system will allow.

There are options to cover up and there are options to try that

have been effective for others. Sudden hair loss should be paid attention to and should be checked by your doctor. Fortunately, life can still carry on with or without hair and success comes in all types of packages, hair and hairless.

Megan Johnson McCullough holds a master’s degree in physical education and health science, is a candidate for her doctorate, is a professional natural bodybuilder and is a National Academy of Sports Medicine master trainer.



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# County launches evacuation plan focused on vulnerable people

**Yvette Urrea Moe**  
*San Diego County Communications Office*

If you needed to evacuate for an emergency, could you just get in your car and go? For some residents, the answer may be “no” because they lack transportation, need additional help with medical equipment or gathering items in their home.

Studies have shown that during a disaster, older adults or people with disabilities, or access and functional needs have added challenges when faced with evacuation. This information inspired the San Diego County Office of Emergency Services to come up with the Neighborhood Evacuation Team program in partnership with the Community Emergency Response Teams throughout the region. The teams are made up of disaster-trained volunteers who can help in their neighborhoods.

People who reach out for assistance will be teamed up with a CERT member who can guide them through the process of making a plan that suits their needs, including working out transportation needs with a caregiver, neighbor or family member.

The county, Cal Fire/Fire Authority, CERT and school project partners introduced the new program Wednesday, Jan. 22, at Kearny High School in San Diego.

“Having faced several major wildfires and other emergencies, some San Diego County residents

have told emergency officials of the difficulty and delays they had to overcome to evacuate. This free service that is being offered through the NET program will help people who need extra help put together a plan tailored for their needs,” county Supervisor Greg Cox said. “Once they have a plan in place, if asked to evacuate, it may take them 15 minutes to leave instead of 45 or 75 minutes and that could save someone’s life.”

“This program fits into the national Neighbors Helping Neighbors approach that is crucial in a disaster because we know that in a major disaster, first responders will be tied up managing the threat and it could be up to 72 hours before they could send someone to assist,” Jeff Toney, director for county Emergency Services, said. “So, we are glad to be an impetus for this effort where neighbors check in with one another, particularly in rural areas and especially if a neighbor may have additional needs.”

Cal Fire/San Diego County Fire Chief Burke Kremensky said the firefighters look forward to working alongside CERT members to help residents. He called the program “positive growth happening in our rural communities” and said it could “prove to be a lifesaving benefit to residents.”

The pilot begins this week with information starting to go out to 21 unincorporated communities. OES staff additionally partnered with students from Kearny High’s School of Digital Media and Design to help develop and create promotional materials such as videos and graphics to be used in community outreach and on social media.

People interested in requesting this assistance can visit [www.ReadySanDiego.org](http://www.ReadySanDiego.org) to be paired with a CERT member.

## PARK

from page A-1

step closer to completion.”

The future San Luis Rey River Park will provide open space areas including trails, staging areas, and habitat preservation and will also include active recreation land such as ball fields, play areas and picnic facilities.

Because land will be acquired only from willing sellers the exact boundaries are not known, but the river park is expected to encompass approximately 1,600 acres and stretch for approximately 9 miles.

North American Resort Properties expressed a willingness to sell the 37-acre parcel which will be part of the open space portion of the park. The land is in the pre-approved mitigation area of the draft North County Multiple Species Conservation Program and includes riparian woodland, riparian scrub, grasslands, and riparian forest habitats deemed to be high-quality vegetation.

The land is between property owned by the San Diego County Water Authority and the Rainbow Municipal Water District, and contingent upon future funding and environmental review the area could provide a trail connection to future river park trails.

## LOCKDOWN

from page A-1

once law enforcement was able to arrive on campus, Munsch said, and the school was immediately locked down.

Paramedics evaluated some of the students and staff for minor injuries and complaints of pain.

Multiple students were arrested and taken to a juvenile detention facility for charges ranging from probation violation to battery on

The board of supervisors set the Jan. 15 hearing date on a 4-0 vote Dec. 11 with Kristin Gaspar absent. The Jan. 15 action also found the acquisition categorically exempt from California Environmental Quality Act review.

The total county costs of \$1,784,000 include \$43,000 for biological and cultural inventory surveys and \$37,000 for initial stewardship costs such as access control, vegetation management and boundary surveys.

The county costs also include \$28,000 of staff time for the transaction and \$3,700 for closing and title costs. The annual land monitoring and adaptive management costs are estimated at \$33,400 while fixed charge assessments are estimated at \$1,300.

The previous acquisitions included a 69-acre parcel at the western end of Dulin Road; the county supervisors approved that purchase in August 2009. That parcel includes 2.11 acres north of the San Luis Rey River which is not contiguous with the active recreation site.

The California Department of Transportation acquired property south of the river which is suitable for active recreation land. The Caltrans land was acquired as part of the widening of state Route 76, and Caltrans also acquired land

from the County Water Authority with the condition that Caltrans was to replace the CWA land. The CWA owns land north of the river and adjacent to the property the county will exchange.

An appraisal for both the 2.11 acres of county-owned property and 2.11 acres of Caltrans property indicated equal current market values, so no additional compensation will be involved.

Because the county acquired that river park property with funding from a state bond the transfer also required state legislation although that 2019 bill had no opposition. The state legislation requires the county to manage the 2.11 acres south of the river in perpetuity as park land. California Transportation Commission approval will be necessary to finalize the exchange.

The three-way property exchange included county costs of \$19,000 for title and escrow expenses and \$8,000 of staff time for negotiations and review. A balance from the fiscal year 2018-2019 general fund provided that revenue. An environmental review checklist undertaken in September 2019 indicated that no new circumstances existed to warrant an update of the previous Programmatic Environmental Impact Report.

a school official, according to Munsch.

The school’s lockdown was lifted around 12:30 p.m., and deputies were providing extra patrol after school Friday afternoon.

Principal Dr. Narciso Iglesias announced late in the day that tomorrow night’s Morp Dance would be canceled.

“We are canceling the Morp Dance scheduled for tomorrow evening,” Dr. Iglesias’ statement read. “Also, please monitor your child’s social media and alert us

of any concerns. If your child needs support, counselors will be available Monday morning.

“We apologize for any inconvenience, but student safety is our priority. All money will be refunded.”

The incident remained under investigation, and the sheriff’s department asked that anyone with information call the Fallbrook sheriff’s substation at (760) 451-3100.

*Will Fritz can be reached by email at [wfritz@reedermedia.com](mailto:wfritz@reedermedia.com).*

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## MCI West G-3/5 Noise Generating Events for Feb. 1-7

CAMP PENDLETON – Following is the schedule of noise generating events on base in the coming week, as on Tuesday, Jan. 28.

**Saturday, Feb. 1** – Artillery Fire, 6 a.m. to 11:59 p.m. – Firing High Explosive munitions into the Whiskey/Zulu Impact area.

**Sunday, Feb. 2** – N/A

**Monday, Feb. 3** – Mortar Fire, 6 a.m. to 11:59 p.m. – Firing High Explosive munitions into the Whiskey/Zulu Impact area.

**Tuesday, Feb. 4** – Mortar Fire, 6 a.m. to 11:59 p.m. – Firing High Explosive munitions into the Whiskey/Zulu Impact area.

**Wednesday, Feb. 5** – Mortar Fire, 6 a.m. to 11:59 p.m. – Firing High Explosive munitions into the Whiskey/Zulu Impact area.

**Thursday, Feb. 06** – Mortar Fire, 6 a.m. to 11:59 p.m. – Firing High Explosive munitions into the Whiskey/Zulu Impact area.

**Friday, Feb. 07** – Mortar Fire, 6 a.m. to 11:59 p.m. – Firing High Explosive munitions into the Whiskey/Zulu Impact area.

Note: For noise inquiries, contact Range Operations Division Office at (760) 725-0357 during the hours of 7:30 a.m. to 4:30 p.m., Monday through Friday. After normal business hours (and weekends), contact the Command Duty Officer at (760) 725-5061. The schedule can also be found at <https://www.pendleton.marines.mil/About/Base-Information/Noise-Advisory/>.

## REFUND

from page A-1

bill the next month.

Harlan was shocked, though, to open his September bill and find a charge for more than \$800.

That amount, Harlan said, included charges for water he believed he did use, but he said he had been inaccurately billed for 40,000 gallons he did not use, during a three-to-four-day period when he was not home, amounting to about \$400, by his estimation.

Harlan claimed there was no evidence of that much water anywhere on his property – and he knows what that can look like because he did have a pipe break in December 2018 that spilled thousands of gallons.

“When I came back, I got a big bill and I paid it because quite frankly, I knew what happened,” Harlan said.

In this case, he has no idea what

happened, and he said even an investigation by FPUD engineers showed no evidence of flooding, excessive greening or anything else that could indicate a spill of any kind.

“If 40,000 gallons of water were delivered to me over four days, there had to be some evidence,” Harlan said. “Nothing, no drainage flow on the surface, no greening. If there had been run-on toilets, faucets, somebody had turned on every single faucet in my house ... and all that water somehow went into the septic, it would have popped the lids on the septic.”

Harlan said his neighbor, who had previously witnessed the December 2018 pipe break, also attested that he had seen no similar event in August.

And if there had been a similar pipe break, Harlan wondered, why did his recorded water usage go back to normal?

“How did we have this spike in usage for three days and it

## SIDEWALK

from page A-1

for 2020. Group members also unanimously elected Eileen Delaney as first vice chair, Roy Moosa as second vice chair and Jerry Kalman as secretary.

Michael Aguilar from the San Diego County Department of Public Works was at the meeting to get community input on tree replacement and sidewalk repair along Main Avenue.

He said construction on the sidewalks was expected to start in April, and replacement of three trees was planned to take place about a month after construction ends.

Group members asked the project to be delayed until after the

Fallbrook Avocado Festival, April 19, and also to avoid working Friday afternoons, as that’s the time period for a proposed farmers market beginning in May, as well as during other events over the summer.

Aguilar told the planning group that while that could draw out the project, workers could replace sidewalks in other areas of Fallbrook Fridays.

The planning group voted unanimously to approve the project as presented, with the request that the county avoid the specified days.

The group also approved a resubmitted major use permit request for the Fallbrook Hacienda wedding venue.

A permit was approved in 2015 to turn existing buildings at 4103

Mission Road into a wedding venue and make improvements, but the project was delayed to include a subdivision map for the property.

The plan will add a winter hall, overnight rooms and a winery.

The group voted to approve two murals at the Fallbrook School of the Arts on Alvarado Street.

One mural replaces one on an exterior door, which had to be removed when the door was repaired. The other, a mural of a tree with glass leaves, will face south on Alvarado Street and will recognize school donors.

That proposal was also passed unanimously, with the request that the mural colors be softened.

*Will Fritz can be reached by email at [wfritz@reedermedia.com](mailto:wfritz@reedermedia.com).*

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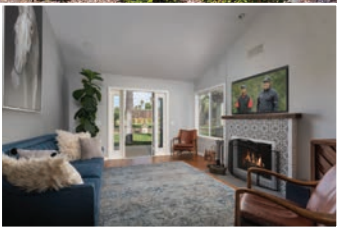
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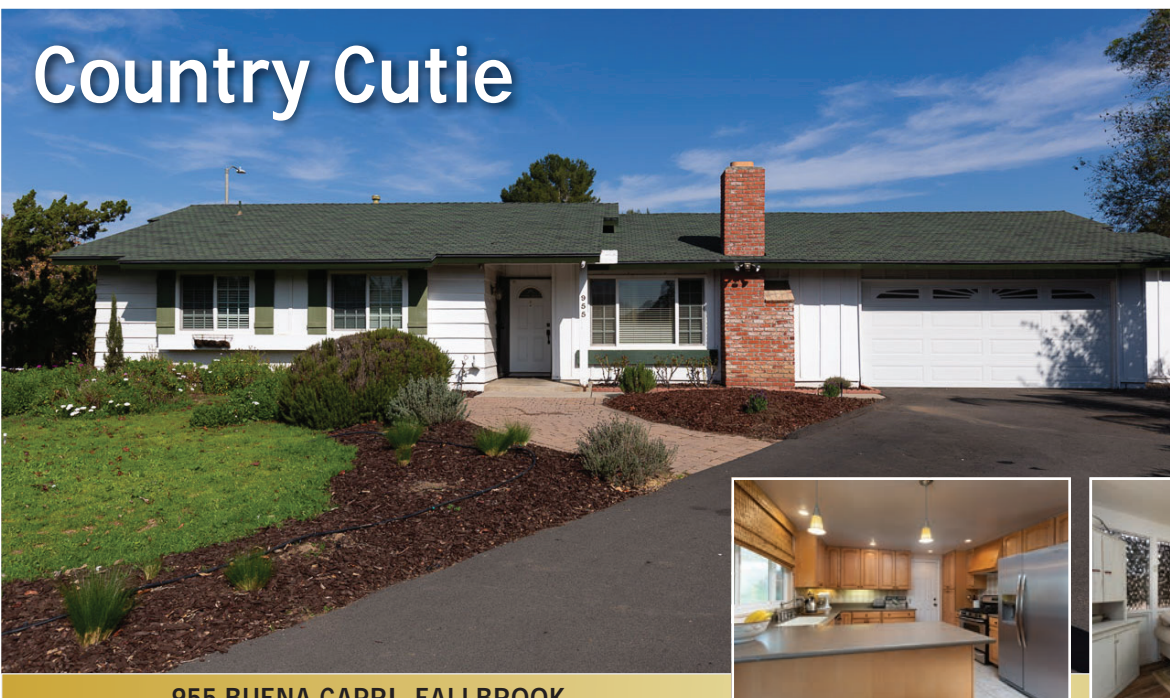
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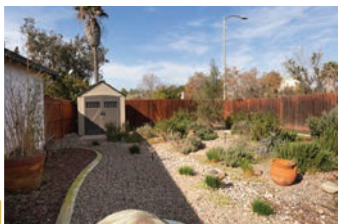
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## VOTE

from page A-1

received her raise in July, it’s a 5% raise,” Lieber said at Tuesday’s board meeting, reading from a statement she prepared beforehand. “She’s at the top of the scale in San Diego County, the top of the scale in Riverside County or close – I could be wrong a little on that.”

Lieber is not, in fact, far off on her judgement of Fallbrook Union Elementary Superintendent

staff such as principals and assistant principals.

“If you look at a \$60,000 employee getting a 4% raise and you look at a \$200,000 employee getting a 4% raise,” Lieber said. “You can see that a \$60,000 employee might not be able to keep up with cost of living, especially with housing and insurance, health insurance, whereas a \$200,000 employee getting a 4% raise obviously will be able to keep up.”

Lieber said she estimated that her suggested changes to the

## The vote was taken after the board approved a new contract for classified employees

Candace Singh’s pay compared to her peers in the region.

Singh, who oversees a K-8 district of a little more than 5,000 students, made \$327,453 in 2018. That’s about \$60,000 more than the \$266,504 earned that year by Superintendent Timothy Ritter of Temecula Valley Unified, which has about 29,000 K-12 students, and the \$260,898 made by San Diego Unified Superintendent Cynthia Marten, whose district has more than 120,000 K-12 students.

“(Singh) has been here nine years, I admire and appreciate her service, but I feel that her raises should not continue,” Lieber said.

Lieber, who was elected in 2018 and is one of Fallbrook Union Elementary’s newest board members, suggested no raise for Singh, a 1-2% raise for cabinet members like the district’s two associate superintendents and a full 4% raise for other management

management salary increases could save the district \$30,000.

“There (are) other ways we could use this funding, I think, to better the lives of our children and our district,” she said.

Following Lieber’s comments, board President Siegrid Stillman continued the vote on the administrator salary increases with no further discussion. Stillman, along with board members Patty de Jong, Susan Liebes and Lisa Masten, voted in favor of the item, and it passed 4-1.

Asked for comment at the end of the meeting, Stillman offered this: “The superintendent’s contract is open for discussion every June, that’s when contracts are negotiated, and that’s the appropriate time to bring it back up.”

VillageNews sought clarification on the terms of Singh’s contract and was referred to the district’s lawyer, Daniel Shinoff, who said the salary increases approved for Singh on other management staff were not connected to anyone’s contract.

“Tuesday night’s vote for a management team compensation increase was separate from the negotiations in June,” according to a statement from Shinoff, a partner at law firm Artiano Shinoff who has represented various San Diego County school districts for decades.

According to the information provided by the lawyer, there was no requirement that management salaries be increased when raises were approved for classified employees.

“The superintendent’s and cabinet members’ compensation increase votes were part of the overall compensation increase votes for the management team,” Shinoff said. “These were independent from and had no connection to the action taken by the Board as it pertains to the classified personnel compensation increase vote.”

Stillman later sent a statement to Village News defending the superintendent’s raise after her initial comment at the board meeting.

“Singh is one of the longest serving and successful superintendents in our region,” Stillman said. “Her salary is commensurate with what other superintendents with her experience earn. The majority of our board believes if we want a strong and proven leader at the helm, then we must offer a competitive salary.”

She also said the district is fortunate that Singh has stayed in her position with the district for more than nine years.

“Our priority has been to maintain stability and continuity for our schools by keeping our excellent leader at the helm,” Stillman said. “We are confident that paying her a competitive salary is in the best interest of our organization and the students we serve.”

At Tuesday night’s meeting, Lieber also suggested the school board may be violating its own policy and state law by voting on administrative salary increases as a bloc and not mentioning the superintendent’s and other cabinet members’ raises separately – the meeting agenda only referred to raises for “management, confidential and unrepresented employees.”

Shinoff said that claim is “inaccurate” and that the district was in full compliance with the law.

Will Fritz can be reached by email at [wfritz@reedermmedia.com](mailto:wfritz@reedermmedia.com).



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# PCTV documentary on sex trafficking begins national distribution



**SAN MARCOS** – It was already the most successful documentary produced by Palomar College Television, and now “Shattered Dreams: Sex Trafficking in America” is coming to small screens everywhere – millions of them, thanks to a distribution partnership with the National Educational Telecommunications Association.

The film’s public television debut occurred with a Sunday night airing on Las Vegas’ KLVX Jan. 12, and demand has only increased with dozens of stations picking up “Shattered Dreams” for their audiences to view.

“We are incredibly proud of our PCTV team and the work they’ve done to bring awareness to this topic,” Dr. Jack Kahn, acting superintendent and president of Palomar College, said. “Their

won four Emmy Awards from the Pacific Southwest Chapter of the National Academy of Television Arts and Sciences, including “Best Documentary,” directing, writing and editing.

According to a 2016 study by the University of San Diego and Point Loma Nazarene University, human trafficking is San Diego’s second-largest underground economy after the drug trade, with an estimated \$810 million in annual revenue. The study found approximately 110 street gangs involved in human trafficking in the region, many using social media and female recruiters.

*Submitted by Palomar College Television.*

Village News Courtesy photo

work is going to help Americans far beyond our district make sense of this brutal industry that affects so many young women.”

Bill Wisneski, the PCTV producer who directed the project, attributes the film’s success to its unique approach.

“We focused on the psychology of why women are trapped in this situation and can’t get out – they call it the ‘mental handcuffs.’ And then we focused on the buyers more than most other films,” Wisneski said. “Until recently, the women were focused on, they were considered the problem. But without the demand, you’re not going to have the problem.”

“Shattered Dreams” premiered April 4, 2019, at Palomar’s Howard Brubeck Theatre and commenced with a tour of film festivals from coast to coast. In June, the film

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**FINANCING AS LOW AS 0.9%**  
up to 60 months  
In lieu of some, but not all, Customer Rebates & Discounts

– or –

**36 month Lease \$169 per month**  
**\$3,995 due at signing**  
Includes \$595 acquisition fee. No security deposit. Plus 1st month payment, tax, title and fees. In lieu of Finance offers.

Must take delivery on all offers by 2/3/20. Stock #16287. All 2020 Mazda3 Hatchback (Base 2A) with MSRP \$24,820. Payment based on Cap Cost of \$23,627 after \$1,670 Mazda lease support. Total lease payments of \$6,084. Dealer participation required. Less any additional rebates you may qualify for. Based on residency and other factors. Not all buyers will qualify for lowest rates. Leasee responsible for excess miles over 30k at 15 cents per mile. Must be taken from Dealer's inventory. See John Hine Temecula Mazda for details.

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**FINANCING AS LOW AS 0.9%**  
up to 60 months  
In lieu of some, but not all, Customer Rebates & Discounts

– or –

**36 month Lease \$189 per month**  
**\$3,995 due at signing**  
Includes \$595 acquisition fee. No security deposit. Plus 1st month payment, tax, title and fees. In lieu of Finance offers.

Must take delivery on all offers by 2/3/20. Stock #16299. All 2020 Mazda CX-5 Sport with MSRP \$26,135. Payment based on Cap Cost of \$25,851 after \$410 Mazda lease support. Total lease payments of \$6,804. Dealer participation required. Less any additional rebates you may qualify for. Based on residency and other factors. Not all buyers will qualify for lowest rates. Leasee responsible for excess miles over 30k at 15 cents per mile. Must be taken from Dealer's inventory. See John Hine Temecula Mazda for details.

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In lieu of some, but not all, Customer Rebates & Discounts

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Must take delivery on all offers by 2/3/20. Stock #16253. All 2020 Mazda CX-30 (Base 2A) with MSRP \$22,495. Payment based on Cap Cost of \$22,957 after \$360 Mazda lease support. Total lease payments of \$6,084. Dealer participation required. Less any additional rebates you may qualify for. Based on residency and other factors. Not all buyers will qualify for lowest rates. Leasee responsible for excess miles over 30k at 15 cents per mile. Must be taken from Dealer's inventory. See John Hine Temecula Mazda for details.



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# Ag students prepare for fair season



Taking part in the Sierra Winter Classic are, from left, Matthew Kendall, Delana Sehnert, Mallory Sehnert, Ag teacher Doug Sehnert, Kassidy Ewig, Jacob Brown and Christian Estill. Village News/Courtesy photos

FALLBROOK – Fallbrook was well represented at the “Sierra Winter Classic” in Porterville in the San Joaquin Valley, Jan. 18-19. The Porterville Steer show is an excellent way for ag students to get experience showing their animal. The show is now host to over 300 head of cattle, 200 exhibitors and their family members from throughout the State of California and beyond. The show is held every year over the Martin Luther King Jr. Holiday Observance weekend. The local members of the National FFA Organization worked together to groom their steers and practice techniques for showing well. They were judged in two categories. Showmanship is where the exhibitor is judged on their control in handling their animal as well as the steer’s cleanliness, grooming

and presentation. Market is where their animal’s confirmation and physical characteristics are judged. The judge may ask the exhibitor questions about their animal and usually gives advice on how to improve. The families camped together and had a great time. Due to some last-minute technical difficulties, the official results for this event weren’t available at press time. A group also attended the Southern Arizona International Livestock Association show at Yuma, Arizona, fairgrounds. The Yuma SAILA show included beef, goat, sheep. Local participants represented Fallbrook High School FFA Beef group. *Submitted by Fallbrook High School FFA.*



Mathew Kendall shows his steer in the Sierra Winter Classic” in Porterville.



Mallory Sehnert prepares her steer for the competition in Porterville.



Jacob Brown and Dan Brown are seen in the barn before the competition in Porterville.



HEALTH & BEAUTY

Temecula Valley Hospital and Southwest Healthcare System to host annual Women’s Health Expo to educate the local community on women’s health awareness

TEMECULA – Temecula Valley Hospital and Southwest Healthcare System, which includes Rancho Springs Medical Center and Inland Valley Medical Center, is hosting its annual educational community event, a Women’s Health Expo, Thursday, Feb. 27, from 10 a.m. to 1:30 p.m. at Pechanga Resort Casino.

The event will feature heart and brain health, nutrition and diabetes education for women. The event costs \$10 to attend and lunch will be provided. Registration is required and can be completed at [www.temeculavalleyhospital.com/events-and-programs/event-calendar/2020-womens-health-expo](http://www.temeculavalleyhospital.com/events-and-programs/event-calendar/2020-womens-health-expo).

The expo will provide education and resources to assist women in making lifestyle changes that can improve their health. Free screenings will be available for women to learn their numbers in terms of measurements that put them at risk. These screenings are available to ensure that every woman who attends knows her numbers. Blood pressure, lipid

panel for cholesterol, triglycerides, etc. and glucose for diabetes screenings will be offered to attendees.

There will be informational booths providing education on nutrition and healthy eating, exercise, smoking cessation, stroke, heart disease and stress management. Local businesses will be attending and offering healthy lifestyle options to attendees.

The lunch portion of the event will include physician speakers who will discuss risk factors, lifestyle changes, heart and brain health, nutrition and diabetes education.

All women are encouraged to attend this informative event to receive education on their health, to empower themselves to make lifestyle changes that may help save their life. Every registration will be entered into a drawing to win a spa package for two at the Pechanga Spa. Seating is limited.

*Submitted by Temecula Valley Hospital and Southwest Healthcare System.*



From left, Jan Duran, Joan Sparkman, Debbie Herrera and Annette LaRoque-Zepeda pose for a photo at the 2019 Women's Health Expo event. Valley News/Courtesy photo

TAVR program at Loma Linda University Medical Center – Murrieta celebrates one year, more than 100 lives saved

MURRIETA – The TAVR, or transcatheter aortic valve replacement, team at Loma Linda University Medical Center – Murrieta performed its 100th procedure Monday, Dec. 30, nearly a year after launching the program and giving the gift of time to Lake Elsinore resident Helen Monteleone.

Monteleone had experienced shortness of breath for over 10 years and had a diagnosed heart murmur, but that had not stopped her from maintaining an active lifestyle, including regular workouts at her gym. The active 83-year-old was at her annual exam in June 2019 when she received news that her moderate condition was now critical – meaning she could have a heart attack, stroke or even die.

Knowing she needed to act quickly, Monteleone sought to find a cardiologist who could provide her the treatment she needed to have more years with her great-grandchildren. This search brought her to Dr. Niraj Parekh, a cardiologist and director

of cath lab and structural heart interventions at Loma Linda University Medical Center – Murrieta, who performed the TAVR procedure on Monteleone.

“I told Dr. Parekh, ‘Listen, I have these two great-grandbabies and I need to be living a few more years to be with them,’” Monteleone said. “So, I asked if TAVR would help with that, and he was sure it would. After, I felt so positive that everything was going to be OK.”

Monteleone was one of over 100 patients who have been able to have a second chance at life after receiving this life-saving procedure. Monteleone was released within a day of her surgery and was able to return to her gym routine within two weeks of her surgery. She said she is most looking forward to her trip to Humboldt in April where she will celebrate her 62nd wedding anniversary and get to spend time with her great-grandchildren.

Parekh said Monteleone and the other 100 patients highlight the positive impact the less-invasive



83-year-old Lake Elsinore resident Helen Monteleone smiles and celebrates at a TAVR patient luncheon two weeks after receiving the life-saving procedure. Village News/Courtesy photo

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option is having on southwest Riverside communities.

“When we started offering this procedure last year, the area was underserved for cardiology and structural heart disease,” Parekh said. “It’s amazing to see that in a year we have been able to improve the quality of life for over 100 people. In the spirit of Loma Linda University Health’s mission – to make man whole – we are excited to continue growing our options for advanced cardiology care to our community.”

TAVR is an alternative procedure to open heart surgery that treats aortic stenosis – a heart valve disease that causes reduced blood flow through the aortic valve. The disease causes patients to suffer from chest pain, dizziness, shortness of breath and fatigue when doing simple tasks like walking a few feet. The less-invasive procedure involves having an interventional cardiologist and a cardiothoracic surgeon puncture an artery in the leg. Through this small puncture, the team implants a new valve on a balloon that is slender enough to fit in the artery. The cardiologist then advances this valve through a sheath to replace the diseased valve.

The less-invasive procedure is performed under conscious sedation rather than general anesthesia, takes less than an hour and allows patients to go home the next day. In August, the Food and Drug Administration approved TAVR for low-risk patients, increasing the number of heart patients who qualify for this life-saving treatment.

On Jan. 17, the TAVR team, medical staff, former patients and family members gathered for a reunion luncheon at the hospital to celebrate the 100th milestone mark. The event included sharing patient stories, physician recognition and giveaways.

To learn more about TAVR and heart care services at Loma Linda University Medical Center-Murrieta, visit their Heart Care website or call (951) 290-4000.

Loma Linda University Medical Center brought its renowned commitment for premier health services to a new, state-of-the-art hospital in Murrieta. LLUMC - Murrieta serves Southern California’s southwest Riverside County; including the communities of Murrieta, Temecula, Menifee, Canyon Lake, Wildomar and Lake Elsinore. LLUMC is widely respected as a health care leader and is known for its pioneering and cutting-edge work in such areas as organ transplants, proton treatment for cancers, cardiac care, physical rehabilitation, acute pediatric and adult care, as well as treatments for chemical dependence and other behavioral disorders. A Seventh-day Adventist organization, LLUH is a faith-based health system with a mission “to continue the teaching and healing ministry of Jesus Christ.”

*Submitted by Loma Linda University Medical Center Murrieta.*



# Every body deserves a massage day



This is one of the massage rooms at Transcendent Touch's new location.



Transcendent Touch has a new client bathroom too.

FALLBROOK – When Laurel Lozzi joined her father Craig Lozzi’s massage practice almost four years ago, the idea was that he would do his best to share his decades of experience in the field of bodywork with her and that she could gleam some nuggets to add to her already expanding skill set. That has been the case, and yet there have been some perhaps unexpected outcomes from this father-daughter team at Transcendent Touch.

“Experience in any given field is always valuable,” Craig Lozzi said. “However, any profession requires more than simply the acquisition and application of the appropriate skills. Indeed, the disposition, attitude and other, sometimes intangible, qualities of one’s personality can play a huge role in how successfully one masters any particular life skill or

career. In the case of my daughter Laurel, I have been consistently surprised by the depth of her thought, intuition and feeling. Her unique perspective always broadens my own perspective in what I want to offer my clients and profession.”

Recently, on the heels of a rate increase for their practice, Laurel Lozzi shared her idea to have one day each quarter where anyone from the community could get a massage at whatever amount they could pay.

When she brought this proposal to her father he immediately agreed. In fact, he was surprised and delighted to give back in this way. It was almost as if she was articulating a feeling he was having too, but which hadn’t quite surfaced in his mind.

Laurel Lozzi said, “We touch base regularly to make sure

we’re apprised of what’s going on in our personal lives and to continue to develop our ideas for the business. We both seem to be the kind of people who keep our lives full, so just keeping this meeting happening on a regular basis is important and sometimes challenging. I’m surprised at my father’s receptivity to most all my ideas. He is a good listener and takes his time to respond. He still is motivated to learn and grow, which seems to keep him young. This is one of the things I enjoy most about working with him.

“We are currently enrolled with an acupuncturist colleague in a 33-month-long aromatherapy course. We get together monthly to share what we’re learning and are regularly surprised to find out the remarkably similar experiences we’re having with these powerful essential oils,” she added.

The inspiration for this day, “Every Body Deserves a Massage,” is Craig and Laurel Lozzi’s love for receiving bodywork. Similarly, they each feel great value to give the gift of therapeutic touch. And as they raised their rates, they also realized not everyone can afford skilled bodywork. To that end, they decide to devote affordable bodywork to the community, one day each quarter.

“What we have found for ourselves and everyone we touch, is that massage offers a range of healing and simple delight, opening up a remarkable opportunity for transformation and recalibration,” Craig Lozzi said.

The concept is simple. Both Laurel Lozzi and her father will devote their day toward one-hour sessions for anyone who needs it. It is up to each person to decide what they can afford. That is it.

No explanation needed. Sessions are by appointment only.

Since the availability of these sessions is limited, they ask that once a session is booked you keep it or give them at least 48 hours’ notice to cancel or reschedule.

“We are excited to share our gifts with anyone in need. We will also keep a waiting list when our schedule fills up in case of cancellations,” Laurel Lozzi said.

The first “day” is Thursday, Feb. 6, in celebration of Craig’s 66th birthday. The next day will be Thursday, April 30. Call (760) 533-3505 for Craig Lozzi or (323) 356-5363 for Laurel Lozzi. Their new location is at 2864 Reche Road in Fallbrook.

Submitted by Transcendent Touch.

## Four tips to help make the most of telemedicine

**Dr. John Chang**  
Senior Medical Director  
UnitedHealthcare of California

When health issues crop up, people often have to decide where best to seek medical attention, with urgent care and the emergency room being potential destinations. But for more and more Californians, their smartphone is now the preferred way to see and talk to a doctor.

Telemedicine visits, also known as virtual care, typically last less than 20 minutes, often cost less than \$50 and enable people to connect 24/7 with a health care provider via a smartphone, tablet or personal computer to help diagnose and treat certain medical conditions. Additional out-of-pocket costs may be required for telemedicine services depending on the plan and any applicable state requirements.

While nearly 40% of Americans said they are interested in using telemedicine in the future to access care, according to the 2019 UnitedHealthcare Consumer Sentiment Survey of more than 1,000 Americans, <https://newsroom.uhc.com/news-releases/technology-comparison-shop.html>, and a separate J.D. Power survey found nationwide telehealth adoption is currently as low as 10%.

Closing this gap by expanding the use of virtual care may prove beneficial, as this technology can provide consumers improved convenience and lower costs. In fact, 68% of patients rated their telemedicine visit a “nine” or “10” on a 10-point satisfaction scale, according to Massachusetts General Hospital, [www.massgeneral.org/about/pressrelease.aspx?id=2338](http://www.massgeneral.org/about/pressrelease.aspx?id=2338), and 74% had their care concern resolved during the first visit; and net savings per virtual visit exceeded \$120, according to The American Journal of Emergency Medicine, [www.ajemjournal.com/article/S0735-6757\(18\)30653-3/abstract](http://www.ajemjournal.com/article/S0735-6757(18)30653-3/abstract).

To help people take advantage of this emerging technology, here are four tips to consider:

**Identify available resources**

Among people who had not used telemedicine, the J.D. Power survey found that 37% said they did not know if they had access to this technology. To find telemedicine resources that may be available to you, check with your hospital or care provider group, health insurance plan or employer. In fact, nearly nine out of 10 employers are offering telemedicine to their employees, according to the 2019 Mercer National Survey of Employer-Sponsored Health Plans, [www.mercer.com/newsroom/mercerc-survey-finds-us-employers-shifting-to-innovative-strategies-to-make-healthcare-more-affordable-for-more-employees.html](http://www.mercer.com/newsroom/mercerc-survey-finds-us-employers-shifting-to-innovative-strategies-to-make-healthcare-more-affordable-for-more-employees.html), while 76% of U.S. hospitals already connect patients and care providers using video or other technology, according to the American Hospital Association, [www.aha.org/system/files/2019-02/factsheet-telehealth-2-4-19.pdf](http://www.aha.org/system/files/2019-02/factsheet-telehealth-2-4-19.pdf). For Medicare beneficiaries, some Medicare Advantage plans are offering coverage for telemedicine and resources to access virtual care, in some cases at no out-of-pocket cost.

**Understand appropriate uses**

While telemedicine may have the potential to help treat other health issues, the technology is most widely used to address minor and nonemergency medical conditions, including allergies, flu, pinkeye and rashes. Telemedicine is also emerging as a helpful resource for behavioral health services, making it more convenient for people to access this type of care.

If needed, doctors can prescribe medications and send prescriptions to local pharmacies for pickup. While people who experience a significant or serious medical issue should go to the emergency room, it is important to recognize that about 25% of emergency room visits typically involve conditions that could appropriately be addressed with a virtual visit, according to UnitedHealthcare data and based on analysis of 2016

UnitedHealthcare emergency room claim volumes, where emergency room visits are low acuity and could be treated in a virtual visit, primary care physician or urgent/convenient care setting.

**Keep your primary care physician**

Telemedicine may be ideal for treating minor and nonemergency medical issues, but it is important for people to maintain a relationship with a primary care physician for wellness checkups, diagnostics, management of long-term conditions and some urgent and non-urgent treatments. As telemedicine programs evolve, people may have the option to use virtual visits to access primary care and maintain an on-going relationship with their preferred doctor.

**Other connected devices**

Consumers can consider other connected devices to help access care and potentially improve their health, ranging from smartwatches and activity trackers to continuous blood glucose monitors and connected asthma inhalers. These connected devices – and others like them – may provide important real-time information and offer people actionable feedback about their behavior patterns, while helping make it possible for care providers to counsel patients to more effectively follow recommended treatments.

Making telemedicine more widely available – and used – may be especially important for people with chronic conditions and the 20% of the U.S. population that lives in rural areas where access to health care, particularly specialty care, is often lacking, according to the U.S. Census Bureau, [www.census.gov/library/stories/2017/08/rural-america.html](http://www.census.gov/library/stories/2017/08/rural-america.html). By considering these tips, people may make the most of telemedicine resources as part of their journey toward managing their health.

## Flu deaths, cases increase again in San Diego County

**José A. Álvarez**  
San Diego County Communications  
Office

Thirty-two San Diegans have died from influenza this season, compared to 24 at this time last season, and cases increased again last week, the San Diego County Health and Human Services Agency announced recently.

The county reported 12 new influenza deaths last week, including a 34-year-old woman from east county who died from influenza A and had underlying medical conditions.

Also, 2,292 local lab-confirmed cases were recorded last week. In comparison, 487 cases were reported in the county during the same week last year, and the season-to-date total was 3,130. The 9,919 cases reported to date this season now exceed the 9,655 cases detected in all of last season.

“The number of deaths and cases being reported are a sign that influenza is not easing up,” Dr. Wilma Wooten, county public health officer, said.

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 Jan. 18,

the report showed emergency department visits for influenza-like illness were 8% of all visits, compared to 9% the previous week.

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. Residents should go to an emergency department when they 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 return with a fever and worse cough
- How to prevent the flu

People should avoid getting sick by washing their hands thoroughly and often. Use hand sanitizers. Stay away from sick people. Avoid touching your eyes, nose and mouth.

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Anyone who is sick should stay home and avoid contact with others.



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ENTERTAINMENT

An evening with Don Miguel Ruiz Jr.



Don Miguel Ruiz Jr. talks about how individuals come together to create a community, a family and a society.

**Liz Jamieson-Dunne**  
Special to Village News

Hilltop Spiritual Center hosted an intimate evening with Don Miguel Ruiz Jr. of “The Four Agreements” book fame, Friday, Jan. 17.

Continuing with his father’s Toltec wisdom of the mastery of self, Ruiz gave a modern-day interpretation of this guide toward living the life one really wants to have through helping people live out their own personal dreams.

“The Four Agreements” was based on the ancient Toltec wisdom in an easy to understand interpretation of how to live one’s everyday reality as an individual and how people as individuals

come together to create a community, a family and a society. Ruiz created a fifth agreement contained in his new book, “The Mastery of Self.”

Attended by close to 300 people, the evening began with a special performance of the band Daring Greatly and songs selected were inspired with the message for the evening.

Due to the overwhelming demand, Ruiz will be returning to the Hilltop Center in August or September of this year. Tickets again will be available through Facebook and Eventbrite. Don’t miss his second performance that will inspire while providing tools in living a better and higher life.



Don Miguel Ruiz Jr. interprets his father’s Toltec wisdom of the mastery of self at Hilltop Spiritual Center.

Village News/Mike Reardon photos



The band Daring Greatly performs before the talk at the Hilltop Center, Jan. 17.

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# Ukulele players visit show choir



The Sullivan Middle School Show Choir, left, performs with the Fallbrook Ukulele Strummers, Jan. 21. Village News/Courtesy photo

BONSALL – The Fallbrook Ukulele Strummers joined the Sullivan Middle School Show Choir to perform a few songs in a workshop, Jan. 21. The strummers shared their enjoyment of playing musical instruments, an acoustic ukulele bass and auto harp as well, as they and the show choir sang and played along. The school appreciates the group’s gift of 22 instruments, donated to the Bonsall Unified School District.

Submitted by Sullivan Middle School.

# Thalea String Quartet aims to make classical music more accessible



Thalea String Quartet will perform Saturday, Feb. 1, at the Old Town Temecula Community Theater. Valley News/Thalea String Quartet photo

Jeff Pack Staff Writer

Thalea String Quartet, performing Saturday, Feb. 1, at the Old Town Temecula Community Theater, wants to connect with audiences and thus make the classical music they love to perform more accessible.

“We feel like there are a lot of barriers keeping folks away from chamber music, and classical music in general,” violinist Christopher Whitley said. “We speak to audience members all the time who say they don’t ‘know anything’ about classical music, or that they aren’t able to interact with the music in an intelligent way. This idea that you need a Ph.D. to understand chamber music is totally untrue, and it’s a real problem for our field, so it’s important to create a situation where the audience feels that they can really connect with the music that’s being performed.”

One way the four-piece group does that is by actively communicating from the stage during each performance.

“Each member of the quartet speaks during every concert, sharing some form of historical or emotional content,” Whitley said. “This can be as simple as saying what we as individuals love about a piece. When I share something personal, the audience gets to know me as a person, rather than as just a performer. This can really break down the barrier between audience and performer, which is an important step for listeners to connect with the music.”

He said, for the most part, they can feel when an audience buys into what they are trying to do.

“It’s always hard to measure the impact you have on an audience,” Whitley said. “Oftentimes we can only rely on what we feel in a room. It’s this strange sixth sense that performers develop where they can get a sense of how an audience is responding to the music. It’s crazy but you can really feel when you have an audience along with you. I think that’s when you can feel the impact you’re having. It’s also wonderful when audience members wait behind after a concert so they can tell you about their experience. It helps us

learn what listeners respond to and what we can continue to develop for future audiences.”

The program in Temecula will include music such as Tanner Porter (b.1994); Switchback (2019); Florence Price (1887-1953) Five (Negro) Folksongs in Counterpoint – i. Calvary, ii. Clementine, iii. Drink to Me With Thine Own Eyes, iv. Shortnin’ Bread, and v. Swing Low, Sweet Chariot; Ástor Piazzolla (1921-1992) and Four for Tango before the intermission.

Upon their return, the group will perform Ludwig van Beethoven’s String Quartet in E minor, Op. 59, No. 2 and “Razumovsky” Allegro Molto adagio; Allegretto and Presto in the finale.

“We love all the music we’re playing in Temecula, but we’re particularly excited about Florence Price’s Five Folksongs in Counterpoint and Tanner Porter’s Switchback,” Whitley said. “Florence Price’s piece is a wonderful mixture of American traditional music, and European composition techniques. It’s really interesting to hear what Price does with these familiar folk melodies. Tanner Porter’s Switchback is a brand-new piece with rich textures and colors, with sections that touch on folk and medieval music. Audiences loved the work at its premiere and we’re so excited to share this young composer’s exciting work.”

Whitley said the group hopes the audience can lose themselves during their performance.

“Audiences can look forward to having 90 minutes where they can disconnect from the outside world and hopefully experience something moving and meaningful,” Whitley said. “We all have so much going on in our lives and it’s so rare to get the chance to just sit, relax and experience something beautiful.”

He said the concert has something for everyone and is looking forward to the show.

“We feel like this program has something for everyone,” Whitley said. “If you’ve never heard a string quartet before, the program can serve as a great entry into the world of chamber music. There’s a bit of new music, some familiar and distinctly American sounds, and a masterpiece by Beethoven. If

you’re a string quartet connoisseur, then hopefully you’ll be excited about hearing a new piece, and discovering the Price and Copland, which are unfortunately rarely performed.

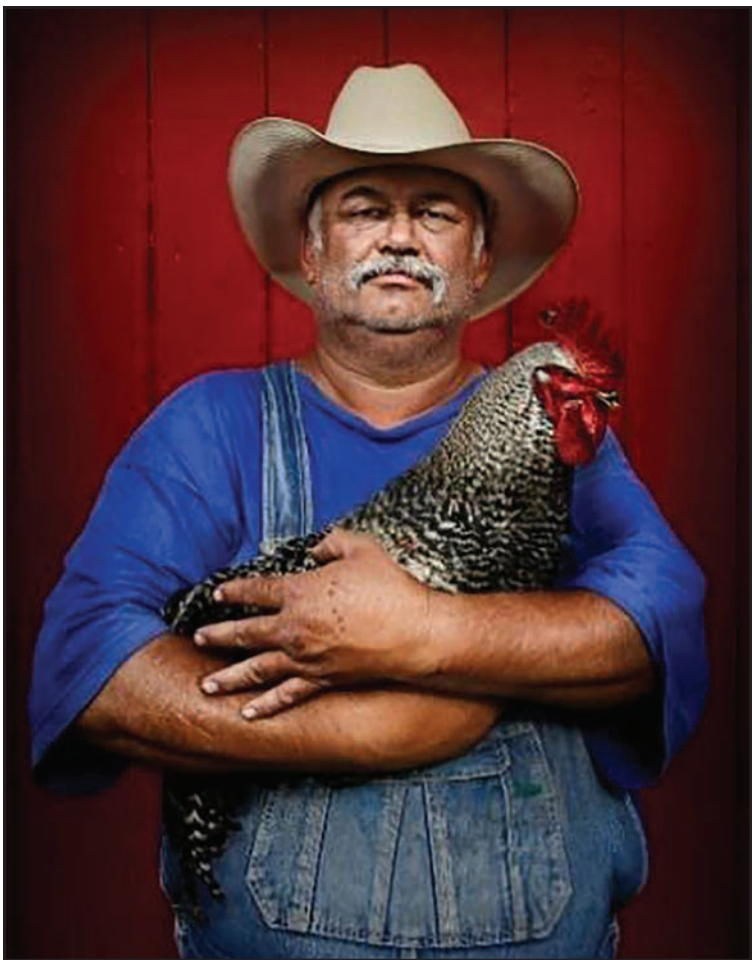
“Even though this is serious music, our quartet likes to have fun,” he said. “Chamber music can be beautiful and moving, but it can also be exciting, uplifting and joyful, and who doesn’t want more joy in their lives?”

Thalea String Quartet, presented by Temecula Presents, will perform at 7:30 p.m. Saturday, Feb. 1, at the Old Town Temecula Community Theater, 42051 Main Street, in Temecula.

Tickets range in price from \$15 to \$35 and are available at [www.tickets.temeculatheater.org](http://www.tickets.temeculatheater.org), at the theater’s box office or by phone at (866) 653-8696.

Jeff Pack can be reached by email at [jpack@reedermmedia.com](mailto:jpack@reedermmedia.com).

# Temecula Valley Museum opens the American Farmer Exhibition, Jan. 31.



The “American Farmer” exhibit opens Friday, Jan. 31, at the Temecula Valley Museum. Village News/Courtesy photo

TEMECULA – The “American Farmer” exhibit opens Friday, Jan. 31, at the Temecula Valley Museum, 28314 Mercedes Street, in Old Town Temecula. This exhibition presents a collection of portraits showing the geographic and cultural diversity of the American farmer. The exhibit will be on display in the second-floor gallery at the museum from Friday, Jan. 31, to Sunday, March 15.

When American photographer Paul Mobley set out to capture the soul of our country’s farm communities, he encountered an enduring rural culture that remains rooted in the principles of tradition, family, integrity and hard work. Crisscrossing the country, from Alaska to Florida, Mobley and his camera were welcomed time and time again into the homes of hundreds of farm families. Visit after visit, Mobley came to know the independent farmer’s spirit from both behind the lens and across the dinner table.

He sought the elusive spirit of agriculture, looking for subjects that mirrored the project’s sense of risk and independence. The resulting images show farmers with a strong sense of where they belong in the universe, a close connection to the land and their day-to-day work as it affects the rest of the world. Mobley’s heroic photographs reveal the true face of American farming, and remind us what it means to live with simplicity, contentment and decency in a world that so often forgets.

The Temecula Valley Museum is open Tuesday through Sunday from 10 a.m. to 4 p.m. and is closed Mondays.

This exhibition was curated and organized by ExhibitsUSA, a program of Mid-America Arts Alliance. For more information, visit [www.TemeculaValleyMuseum.org](http://www.TemeculaValleyMuseum.org) or call (951) 694-6450.

Submitted by Temecula Valley Museum.

# Johnson named to dean’s list

BETHLEHEM, Penn. – Dean’s list status, which is awarded to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses, has been granted to James Johnson of Fallbrook for the fall 2019 semester at Lehigh University.

For more than 150 years, Lehigh University has combined outstanding academic and learning opportunities with leadership in fostering innovative research. The institution is among the nation’s most selective, highly ranked private research universities.

Lehigh’s four colleges – College of Arts and Sciences, College of Business and Economics, College of Education and the P.C. Rossin College of Engineering and Applied Science – provide opportunities to 7,000 students to discover and grow in a learning community that promotes interdisciplinary programs with real-world experience.

Submitted by Lehigh University.

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# LEGALS

## Fictitious Business Name

### FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000014  
Name of Business

#### TEAM PROKENNEX

2872 South Santa Fe Avenue, San Marcos, CA 92069  
County: San Diego

This business is registered by the following:  
Event Management Solutions, Inc., 2872 South Santa Fe Avenue, San Marcos, CA 92069

This business is conducted by a Corporation  
This Corporation is located in the state of California

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 02, 2020

LEGAL: 5179

PUBLISHED: January 9, 16, 23, 30, 2020

### FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000015  
Name of Business

#### a. THE PAINTBALL PARK AT CAMP PENDLETON

#### b. CAMP PENDLETON PLAYLAND

1700 T1 Vandegrift Blvd., Oceanside, CA 92058  
Mailing address: 2872 South Santa Fe Avenue, San Marcos, CA 92069

County: San Diego

This business is registered by the following:  
Event Management Solutions, Inc., 2872 South Santa Fe Avenue, San Marcos, CA 92069

This business is conducted by a Corporation  
This Corporation is located in the state of California

Registrant first commenced to transact business under the above names as of 07/22/09  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 02, 2020

LEGAL: 5180

PUBLISHED: January 9, 16, 23, 30, 2020

### FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2019-9029739  
Name of Business

#### CALIFORNIA PORSCHE RESTORATION INTERNET SALES

311 Industrial Way #1, Fallbrook, CA 92028  
County: San Diego

This business is registered by the following:  
Andrea Nicole Doherty, 3192 Caminita Cortina, Fallbrook, CA 92028

This business is conducted by an Individual  
Registrant first commenced to transact business under the above names as of 04/18/2008  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec. 17, 2019

LEGAL: 5181

PUBLISHED: January 9, 16, 23, 30, 2020

### FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2019-9030327  
Name of Business

#### MC FINANCIAL & INSURANCE SOLUTIONS

100 E. San Marcos Blvd, Suite 400, San Marcos, CA 92069

County: San Diego

This business is registered by the following:  
Marathon Group Financial, Inc., 100 E. San Marcos Blvd, Suite 400, San Marcos, CA 92069

This business is conducted by a Corporation  
This Corporation is located in the state of California  
Registrant first commenced to transact business under the above names as of 06/02/2015  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec. 24, 2019

LEGAL: 5182

PUBLISHED: January 9, 16, 23, 30, 2020

### FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000153  
Name of Business

#### a. BE4VETS

#### b. BIRDIES AND EAGLES FOR VETERANS

248 Calle Bolero, Oceanside, CA 92057  
County: San Diego

This business is registered by the following:  
Rodaylin Mina, 248 Calle Bolero, Oceanside, CA 92057

This business is conducted by an Individual  
Registrant first commenced to transact business under the above names as of 1/2/20  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 03, 2020

LEGAL: 5183

PUBLISHED: January 9, 16, 23, 30, 2020

### 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

## Abandonment Name

### STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

File Number: 2020-9000863  
Fictitious Business Names To Be Abandoned:

#### OCEANA RESALES & RENTALS

531-B Vista Bella, Oceanside, CA 92057  
County: San Diego

The fictitious business name referred to above was filed in San Diego County on 03/29/2019 and assigned File No. 2019- 9008231

The fictitious business name is being abandoned by:

Mary C. Stiger, 404 Alyssum 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 10, 2020

LEGAL: 5191

PUBLISHED: January 16, 23, 30, February 6, 2020

## Sale/Abandonment Property

### NOTICE OF SALE OF ABANDONED PERSONAL PROPERTY

NOTICE IS HEREBY GIVEN THAT PURSUANT TO SECTIONS 21701-21715 OF THE BUSINESS AND PROFESSIONAL CODE SECTION 2328 OF THE COMMERCIAL CODE SECTION 535 OF THE PENAL CODE TAYLOR SELF STORAGE 1200 EAST TAYLOR ST. VISTA CA 92084 WILL SELL BY COMPETITIVE BIDDING ON FEBRUARY 19, 2020 AT 10:00 AM AUCTION TO BE HELD AT THE ABOVE ADDRESS, PROPERTY TO BE SOLD AS FOLLOWS:MISC GOODS, PERSONAL ITEMS, FURNITURE AND CLOTHING

DALE HARRIS  
STEVEN BECKMAN  
MARIA SOTO  
JEREMIAH OROZO  
JESSIE SCALES

Published January 30, February 6, 2020

## Fictitious Business Name

### FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000523  
Name of Business

#### VITALITY SKIN CARE

3876 Pala Mesa Dr., Fallbrook, CA 92028  
County: San Diego

This business is registered by the following:  
Monica Jean Beaudoin, 3876 Pala Mesa Dr., 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. 08, 2020

LEGAL: 5184

PUBLISHED: January 16, 23, 30, February 6, 2020

### FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000627  
Name of Business

#### WHAPLES REALTY

3355 Corte Del Cruce, Carlsbad, CA 92009  
County: San Diego

This business is registered by the following:  
Todd Andrew Whaples, 3355 Corte Del Cruce, Carlsbad, CA 92009

This business is conducted by an Individual  
Registrant first commenced to transact business under the above names as of 01/08/2020  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 08, 2020

LEGAL: 5185

PUBLISHED: January 16, 23, 30, February 6, 2020

### FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000486  
Name of Business

#### ROMIGLIO RIDGE WINERY

1651 Scooter Lane, Fallbrook, CA 92028  
County: San Diego

This business is registered by the following:  
Romiglio Ridge, L.L.C., 1651 Scooter Lane, Fallbrook, CA 92028

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 01/06/2020

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 07, 2020

LEGAL: 5186

PUBLISHED: January 16, 23, 30, February 6, 2020

### FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000723  
Name of Business

#### DIVISION ENGINEERING

420 S. Orange Ave, Fallbrook, CA 92028  
County: San Diego

This business is registered by the following:  
Emiliano Vargas, 420 S. Orange Ave, 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, 09, 2020

LEGAL: 5187

PUBLISHED: January 16, 23, 30, February 6, 2020

### FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000630  
Name of Business

#### IRON MEDITATION

114 E. Mission Rd, Fallbrook, CA 92028  
County: San Diego

This business is registered by the following:  
Max Alonso Zeledon, 31743 Via Sallio, Temecula, CA 92592

This business is conducted by an Individual  
Registrant first commenced to transact business under the above names as of 01/03/2020

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 08, 2020

LEGAL: 5188

PUBLISHED: January 16, 23, 30, February 6, 2020

### FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2019-9030279  
Name of Business

#### POOL WIZARD POOL & SPA SVC

30463 Bogart Pl, Temecula, CA 92591  
County: Riverside

This business is registered by the following:  
Jose Cazarez, 30463 Bogart Pl, Temecula, CA 92591

This business is conducted by an Individual  
Registrant first commenced to transact business under the above names as of 12/23/19

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec. 23, 2019

LEGAL: 5189

PUBLISHED: January 16, 23, 30, February 6, 2020

### FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000864  
Name of Business

#### OCEANA RESALES AND RENTALS

2544 Los Alisos S., Fallbrook, CA 92028  
County: San Diego

This business is registered by the following:  
Kirk Allen Johnson, 2544 Los Alisos S., Fallbrook, CA 92028

This business is conducted by an Individual  
Registrant first commenced to transact business under the above names as of 1/9/20  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 10, 2020

LEGAL: 5190

PUBLISHED: January 16, 23, 30, February 6, 2020

## Change of Name

### 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

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

T.S. No. 19-0726-11 NOTICE OF TRUSTEE'S SALE NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED  
注 : 本文件包含一个信息摘要 참고사항: 본 첨부 문서에 정보 요약서가 있습니다 NOTA: SE ADJUNTA UN RESUMEN DE LA INFORMACIÓN DE ESTE DOCUMENTO TALA: MAYROONG BUOD NG IMPORMASYON SA DOKUMENTONG TIO NA NAKALAKIP LUJU Y: KEM THEO ĐẦY LÀ BÀN TRÌNH BAY TQM LƯOC VÉ THỐNG TIN TRONG TÀI LIỆU NÀY PLEASE NOTE THAT PURSUANT TO CIVIL CODE § 2923.3(d)(1) THE ABOVE STATEMENT IS REQUIRED TO APPEAR ON THIS DOCUMENT BUT PURSUANT TO CIVIL CODE § 2923.3(a) THE SUMMARY OF INFORMATION IS NOT REQUIRED TO BE RECORDED OR PUBLISHED AND THE SUMMARY OF INFORMATION NEED ONLY BE MAILED TO THE MORTGAGOR OR TRUSTOR. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5/9/2017. 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. Trustor: GREGORY L. MARCUM AND STACEY L. MARCUM, HUSBAND AND WIFE AS COMMUNITY PROPERTY, WITH RIGHT OF SURVIVORSHIP. Duly Appointed Trustee: The Wolf Firm, A Law Corporation Recorded 5/12/2017 as Instrument No. 2017-0215460 of Official Records in the office of the Recorder of San Diego County, California, Street Address or other common designation of real property: 3661 ALTA VISTA DR FALLBROOK, CA 92028 A.P.N.: 123-252-21-00 Date of Sale: 3/13/2020 at 10:00 AM Place of Sale: At the entrance to the East County Regional Center by the statue, 250 E. Main Street, El Cajon, CA 92020 Amount of unpaid balance and other charges: \$598,738.14, estimated 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 1-800-758-8052 or visit this Internet Web site www.Xome.com, using the file number assigned to this case 19-0726-11. 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: 1/9/2020 The Wolf Firm, A Law Corporation 2955 Main Street, 2nd Floor Irvine, California 92614 Foreclosure Department (949) 720-9200 Sale Information Only: 1-800-758-8052 www.Xome.com Sindy Clements, Foreclosure Officer PLEASE BE ADVISED THAT THE WOLF FIRM MAY BE ACTING AS A DEBT COLLECTOR, ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION YOU PROVIDE MAY BE USED FOR THAT PURPOSE. NPP0366148 To: VILLAGE NEWS INC 01/23/2020, 01/30/2020, 02/06/2020

APN: 220-233-72-21 TS No: CA06000161-19-1 TO No: 190962626-CA-VOI 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 October 26, 2017. 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 March 11, 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 October 27, 2017 as Instrument No. 2017-0501731, of official records in the Office of the Recorder of San Diego County, California, executed by CURTIS J JOHNSON AND ERIKA C. JOHNSON, HUSBAND AND WIFE JOINT TENANTS, as Trustor(s), in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., as Beneficiary, as nominee for UNITED WHOLESALE MORTGAGE 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 purported to be: 208 WOODLAND PARKWAY #209, SAN MARCOS, CA 92069 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 \$304,714.58 (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 endorse 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

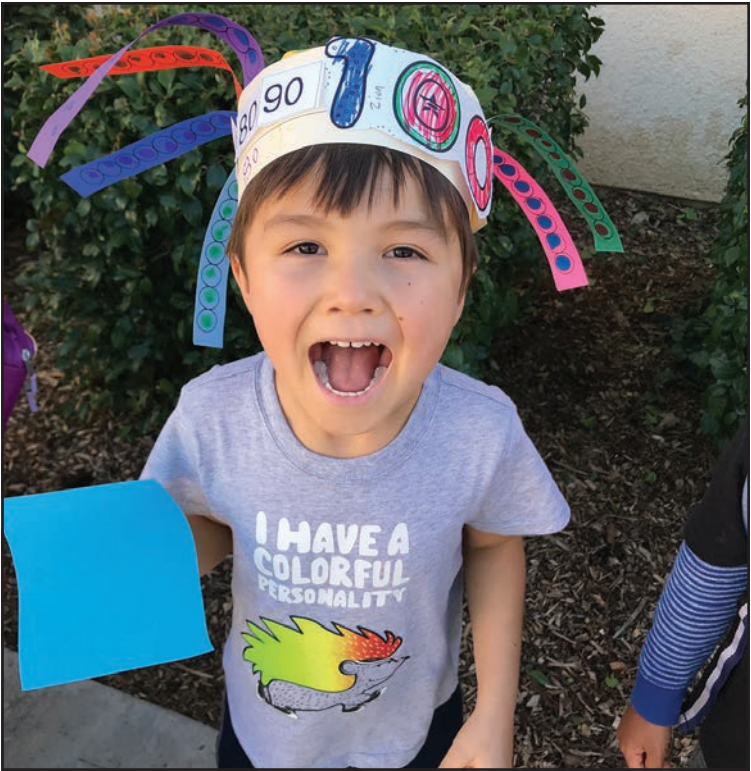


# EDUCATION

## Fallbrook students pick out their own books



Diane Ware's kindergarten students at Live Oak School display the books they picked out from those donated by 10News employees for National Reading Day, Jan. 23. With help from the Scripps Howard Foundation, the employees donated 3,000 books to elementary schools in Fallbrook and Escondido.



Kindergartener Zion Reeder celebrates the 100th Day of School at Live Oak Elementary.



Clifford, the Big Red Dog, and Channel 10 news anchor Virginia Cha visit Live Oak School as part of the station's annual "If You Give a Child a Book" campaign. Kindergarteners through second graders were the recipients of the books, some of which will also be presented at the other elementary schools in the district in the near future.



Diane Ware's kindergarten class marks the 100th Day of School at Live Oak Elementary in mid-January.

Village News/Courtesy photos

## NFPA urges teens not to participate in trending social media challenge

### TikTok's #outletchallenge presents significant electrical hazards

QUINCY, Mass. – According to local news reports, high school students in Massachusetts have been imitating a dangerous viral video circulating on the social media app TikTok. Along with Massachusetts fire officials who have issued fire alerts about the dangers of this activity, the National Fire Protection Association is urging the public not to participate in this challenge.

"Electricity is ubiquitous in our lives, so much so that we often take for granted its power and potential for danger," Lorraine Carli, vice president of outreach and advocacy for NFPA, said. "This video challenge reinforces that electricity can inflict serious harm if used improperly."

Called the #outletchallenge, the video shows how to partially insert the plug of a cellphone charger into

an outlet and slide a penny down the wall onto the exposed prongs. The results include sparks and damage to the electrical system, and in some cases, fires, injuries and electrocution.

"Our hope is to communicate the true dangers of this activity so that we can prevent anyone else from being harmed by it," Carli said.

NFPA offers resources to help protect teens from trends that

have primarily emerged on social media in recent years, helping them identify risky behaviors and make safer decisions. Mainly designed for parents, caretakers and fire departments, these resources can help anyone have an open dialogue with teenagers and discourage dangerous behavior.

NFPA is also the developer of the NFPA 70, National Electrical Code, which serves as the benchmark for

safe electrical design, installation, and inspection to protect people and property from electrical hazards, and is used in all 50 states.

For more information, visit [www.nfpa.org](http://www.nfpa.org). All NFPA codes and standards can be viewed online for free at [www.nfpa.org/freeaccess](http://www.nfpa.org/freeaccess).

Submitted by National Fire Protection Association.

### Fictitious Business Name

**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

**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

**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**

### 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**

### 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](http://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](http://www.lawhelpcalifornia.org)), the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), 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. BATHERUS 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**

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760723-7319



NATIONAL

US, others prepare evacuations as virus spreads from China

Joe McDonald  
The Associated Press

The United States and several other nations prepared Tuesday, Jan. 28, to airlift citizens out of a Chinese city at the center of a virus outbreak that has killed more than 100 people.

Hong Kong’s leader said it will cut all rail links to mainland China and halve the number of flights as authorities in China and overseas sought to stem the spread of the new virus. The number of confirmed cases rose to more than 4,500.

The U.S. government chartered a plane to fly out diplomats from the U.S. Consulate in Wuhan, where the outbreak started, and other Americans. The plane will make a refueling stop in Alaska before flying on to Ontario, the U.S. Embassy said.

A Japanese-chartered Boeing 767 departed for Wuhan to fly out its citizens, the first of two possible flights, and South Korea also said it will send a plane to the city in central China. France, Mongolia and other governments also planned evacuations.

China has cut off access to Wuhan and 16 other cities in Hubei province to prevent people from leaving and spreading the virus further. The lockdown has trapped more than 50 million people in the most far-reaching disease control measures ever imposed.

The Japanese flight was bringing 20,000 face masks as well as protective gear, all in short supply as hospitals grapple with a growing number of patients. The city is building two hospitals in a matter of days to add more than 2,000 beds.

U.S. health officials expanded their recommendation for people to avoid nonessential travel to any part of China, rather than just Wuhan and other areas most affected by the outbreak.

Asian stock markets tumbled for a second day, dragged down by worries about the virus’s global economic impact.

Hong Kong leader Carrie Lam, wearing a green surgical mask, told a news conference that train service would stop at midnight Thursday and that the two stations connecting to the mainland would be closed.

She stopped short of a total closing of the border, as North Korea and Mongolia have done, but said ferry and bus service to the mainland would also be suspended.

China’s death toll from the new viral disease rose to 106, including the first death in Beijing, the Chinese capital, and 24 others in Hubei province, where the first illnesses were detected in December.

There were 1,771 new cases confirmed in China, raising the national total to 4,515, according to the National Health Commission. It said 976 people were in serious condition.

The sharp rise in infections in recent days suggests there has been significant human-to-human spread of the virus, though it could also be explained by expanded monitoring efforts, said Malik Peiris, chair in virology at the University of Hong Kong.

Experts worry that the new virus may spread more easily than originally thought, or may have mutated into a form that does so. It is from the coronavirus family, which also can cause the common cold as well as more serious illnesses such as SARS.

Peiris, an adviser on the World Health Organization’s coronavirus emergency committee, said it is reassuring that outside of China the disease has not spread widely beyond the people who brought it from Wuhan.

China has reported eight cases in Hong Kong and five in Macao, and more than 45 cases have been confirmed elsewhere in the world. Almost all involve mainland Chinese tourists or people who visited Wuhan.

Thailand reported six members of a family from Hubei were new cases, raising its total to 14. Taiwan confirmed three new cases Tuesday, including two 70-year-old tourists from Wuhan, raising its total to eight.

Infections also have been confirmed in the United States, Japan, South Korea, Vietnam, Singapore, Malaysia, Nepal, France, Germany, Canada, Australia and Sri Lanka.

The five American cases – two in southern California and one



Passengers wear protective face masks arrive at the high-speed train station in Hong Kong, Tuesday, Jan. 28. Hong Kong’s leader has announced that all rail links to mainland China will be cut starting Friday as fears grow about the spread of a new virus.

AP Photo/Vincent Yu photo

each in Washington state, Chicago and Arizona – are people who had recently arrived from central China.

The Chinese government has sent 6,000 extra medical workers to Wuhan from across China, including 1,800 who were due to arrive Tuesday, a commission official, Jiao Yahui, said at a news conference.

A baby boy was delivered by surgery in Wuhan after his 27-year-old mother was hospitalized as a “highly suspected” virus case, state TV reported. The mother, who has a fever and cough, was 37 weeks pregnant, or two weeks less than a standard full term.

Doctors wore protective masks and clothing for the delivery Friday at Union Hospital.

“It was unlikely for her to be able to give natural birth,” Zhao Yin, the hospital’s deputy director of obstetrics, said. “After the baby was born, the mother would suffer less pressure in her lungs and she could get better treatment.”

In Beijing, residents of two villages in the capital’s eastern Pingu district were refusing to allow outsiders to enter in an effort to avoid the virus.

“The village has been locked down,” a member of the Beitumen village committee who would give only his surname, Guo, said by telephone. He said villagers are allowed to go out to buy daily necessities.

Another village, Jingyu, imposed similar restrictions, said a member of the local committee who wouldn’t give his name.

The Education Ministry canceled English proficiency and other tests for students to apply to foreign universities. The ministry said the new semester for public schools and universities following the Lunar New Year was postponed until further notice.

Hong Kong announced postal services and most government offices would stay closed through at least next week. The education department said schools would reopen, Feb. 17.

Chinese financial markets were closed for the holiday, but stock indexes in Tokyo, Seoul and Sydney all declined.

Beijing’s official response has “vastly improved” since the 2002-

2003 SARS outbreak, which also originated in China, but “fears of a global contagion are not put to bed,” Vishnu Varathan said at Mizuho Bank in Singapore.

Airlines, resorts and other companies that rely on travel and tourism suffered steep losses. Prices of gold and bonds rose as traders moved money into safe haven holdings.

The Shanghai Stock Exchange, one of the world’s busiest, announced it was postponing the resumption of trading after the holiday by three days to Monday.

The new virus causes cold- and flu-like symptoms, including cough and fever, and in more severe cases, shortness of breath and pneumonia.

The virus is thought to have spread to people from wild animals sold at a Wuhan market. China banned trade in wild animals Sunday and urged people to stop eating meat from them.

The Associated Press researcher Henry Hou in Beijing, video journalist Katie Tam in Hong Kong, writer Mari Yamaguchi in Tokyo and medical writer Maria Cheng in London contributed to this story.

US attorney announces \$145M settlement in opioid case

Wilson Ring  
The Associated Press

A San Francisco-based health information technology company will pay \$145 million to resolve criminal and civil charges that it helped set up an electronic health records system that encouraged physicians to prescribe opioids to patients who might not need them, federal prosecutors in Vermont said Monday, Jan. 27.

Vermont U.S. Attorney Christina Nolan said the company Practice Fusion Inc. took kickbacks from a major opioid company in exchange for using its software to influence physicians to prescribe opioid pain medication.

Court documents released at a Burlington news conference said that Practice Fusion solicited a nearly \$1 million payment from a company identified only as “Pharma Co. X” in exchange for creating an alert in Practice Fusion’s electronic health record system. The alert would cause doctors to write more prescriptions for extended release opioids than were medically necessary.

“The companies knew all of this,” Nolan said. “The decision to contravene medical guideline was greed-driven and at the behest of Pharma Company X’s marketing department and Practice Fusion allowed it because it wanted \$1 million.”

Nolan refused to identify

Pharma Co. X or to say if any other people involved in the case would face criminal or civil penalties.

Practice Fusion has since been acquired by the electronic health records company Allscripts. In a Monday statement, Allscripts Vice President Brian Farley said the conduct predated his company’s acquisition of Practice Fusion.

“Since learning of this matter, we have further strengthened Practice Fusion’s compliance program,” Farley said. “Allscripts recognizes the devastating impact that opioids have had on communities nationwide, and we are using our technology to fight this epidemic.”

The settlement included \$26 million in criminal fines and forfeiture and, in a separate civil settlement, Practice Fusion agreed to pay \$118.6 million to resolve the allegations that it accepted kickbacks from Pharma X and other companies and caused the users of its software to submit false claims for federal incentive payments.

The case represented the largest criminal fine in federal court history in Vermont, and it was the first ever criminal action against a vendor of electronic health records, according to a statement from the U.S. Attorney’s office.

The settlement required Practice Fusion to admit its wrongdoing, invest heavily in compliance and an independent oversight

organization. The agreement also required Practice Fusion to post documents about its conduct on a public website.

Nolan said investigators in her office discovered the case, but she did not say how.

The case was the third major medical fraud case prosecuted by the Vermont office of the United

States attorney.

In 2017, Vermont prosecutors reached an agreement with eClinicalWorks of Westborough, Massachusetts, and three executives to pay a \$155 million settlement to resolve allegations the company misrepresented the abilities of its software and paid kickbacks to some customers

in exchange for promoting its products.

Last year, federal prosecutors reached a \$57 million settlement with Greenway Health of Tampa, Florida, after alleging that Greenway misrepresented the capabilities of one of its software products.

T.S. No. 19-58087 APN: 164-162-20-00

**NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 9/20/2005. 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. Trustor: **DEVIN W. SPILLERS A SINGLE MAN** Duly Appointed Trustee: ZBS Law, LLP. Deed of Trust recorded 9/30/2005, as Instrument No. 2005-0848094, of Official Records in the office of the Recorder of San Diego County, California, Date of Sale: **2/14/2020** 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: **\$189,291.63**  
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:  
**304 EDDIE DRIVE  
VISTA, California 92083**

Described as follows: ALL THAT PORTION OF LOT 20 OF PETER'S SUBDIVISION, UNIT NO.2, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO MAP THEREOF NO. 3002, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAID SAN DIEGO COUNTY, JUNE 10, 1953, DESCRIBED AS FOLLOWS: COMMENCING AT THE MOST EASTERLY CORNER OF LOT 21 OF SAID PETER'S SUBDIVISION UNIT NO. 2; THENCE NORTH 57° EAST, 44.48 FEET TO THE TRUE POINT OF BEGINNING; THENCE RETRACING SOUTH 57°00'00" WEST, 22.48 FEET TO SAID MOST EASTERLY CORNER OF LOT 21; THENCE ALONG THE BOUNDARY OF SAID LOT 20 AS FOLLOWS: NORTH 89°48'02" EAST, 80.68 FEET TO A POINT ON THE ARC OF A 40.00 FOOT RADIUS CURVE CONCAVE SOUTHEASTERLY A RADIAL LINE OF WHICH BEARS NORTH 89°48'02" EAST TO SAID POINT; NORTHEASTERLY ALONG THE ARC OF SAID CURVE THROUGH A CENTRAL ANGLE OF 51°55'14" A DISTANCE OF 36.25 FEET; NORTH 38°16'44" WEST, 104.11 FEET TO A POINT ON THE ARC OF A 40.00 FOOT RADIUS CURVE CONCAVE NORTHERLY A RADIAL LINE OF WHICH BEARS SOUTH 38°16'44" EAST TO SAID POINT; AND NORTHWESTERLY ALONG THE ARC OF SAID CURVE THROUGH A CENTRAL ANGLE OF 55°16'44" TO A POINT A RADIAL LINE OF WHICH BEARS SOUTH 17°00'00" WEST TO SAID POINT; THENCE SOUTH 17°00'00" WEST TO A LINE THAT BEARS NORTH 33°00'00" WEST FROM THE TRUE POINT OF BEGINNING; THENCE SOUTH 33°00'00" EAST TO THE TRUE POINT OF BEGINNING. A.P.N. #: **164-162-20-00** 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 19-58087. 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.

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## Temecula Valley Rose Society holds pruning workshop



Temecula Valley Rose Society member Virginia Boos demonstrates proper pruning techniques to guests attending a rose pruning workshop at the Rose Haven Heritage Garden in Temecula, Jan. 25.



Pruning roses promotes a healthier plant and is generally executed early in the year.



Ava Russo learns proper rose pruning techniques from members of the Temecula Valley Rose Society during a workshop at the Rose Haven Heritage Garden in Temecula.



Temecula Valley Rose Society member Dee Hyding, left, guides Diane Gonzalez in the proper method to pruning rose bushes during a workshop at the Rose Haven Heritage Garden in Temecula.



Temecula Valley Rose Society member Ray Jacques shows a variety pruning tools including long pruners to prevent getting poked by thorns during a rose pruning workshop at the Rose Haven Heritage Garden.



Roses in full bloom are seen at the Rose Haven Heritage Garden in Temecula during a free rose pruning workshop hosted by the Temecula Valley Rose Society.



Master Rosarian Frank Brines leads a spring pruning demonstration at Rose Haven Heritage Garden in Temecula.



Master rosarian Frank Brines demonstrates proper pruning techniques during a rose pruning workshop at the Rose Haven Heritage Garden in Temecula.



REAL ESTATE AND HOME & GARDEN

Caring for fruit trees this winter



Tall pole saws for height reduction can be helpful. Roger Boddaert photos

**Roger Boddaert**  
*Special to Village News*

Midwinter in Southern California is the time of year when gardeners should be taking care of their fruit trees to enjoy summer fruit for their table.

With such diverse climatic zones in California, the vast array of fruit trees can produce an abundant amount of fruit for months on end with proper planning.

But in order to obtain the fruit, there are some stewardship items to take into consideration, and one of them is winter pruning.

The first question is, do I have the right variety with the right chill hours for my area?

Trees are bred to grow in assorted climates with the proper amount of chilling winter hours to set fruit. Chill hours are based on temperatures that stay below 45 degrees Fahrenheit during the trees' dormant period.

So, understanding this key feature in producing fruits, you're on your way to enjoying plums, peaches, apples, nectarines, apricot, pears, pomegranates and more.

Maddock Nursery in Fallbrook has a large assortment of bare-root trees now with the proper chill hours for all the climatic zones in Southern California.

Backyard orchard culture begins with summer pruning. Keeping trees in a manageable size is important to consider, and proper pruning can obtain that criteria.

There are lots of styles, methods and techniques of summer pruning, but it is important to start this program for good fruit production.

Tree height is the ultimate decision of the pruner. Wherever there are vigorous shoots above the chosen height, cut back or remove them. Sucker growth below the grafted main trunk should be removed.

When limbs cross one another, one or both should be eliminated. You want to stop branches from rubbing against one another, which could lead to an open point of entry for bugs or the start of a fungal disease.

When removing large limbs, first saw partway through the limb on the underside ahead of your intended cut. Do this step so you won't tear the trunk as it comes off. Also, don't make the final cut flush to the main trunk and be sure to leave a collar or short stub. This allows the cambium tissue or healing growth to seal itself.

You want to prune to allow a certain amount of sunlight to enter the overall canopy for healthy growth. But it is important not to over prune, allowing too much summer sun that might cause sunburn or sun-scalding to the interior branch structure.

To develop an espalier, fan or other two-dimensional forms, simply remove everything that doesn't grow flat. Selectively thin and train what's left to space the fruiting wood. The art of espalier is a way to utilize a flat fence or wall plane to be very attractive and creative in appearance.

I have created walkway fruiting tunnels by espaliering fruit trees and trained them up and over a path. So, you are in an edible tunnel as you stroll and harvest your summer fruit, plus it's something different for any landscape setting.

There are many sizes of fruit trees with various heights, but you have the option to keep the size of the tree in proper scale and size for your harvesting by height reduction.

When planting bare-root trees, you want to find an open, airy location for good solar radiation for the tree's overall health.

You want to make sure you have the right variety for the proper chilling hours in your area.

Drainage is most important so the planting hole should drain well, for no fruit tree likes its root system submerged in a bowl of water.

Sometimes it is wise to stake the newly planted tree to give it a crutch for its few juvenile years to get it straight and sturdy, using tape to secure it to the tree stake. Place the stake on the north side of the trunk. I prefer 2-inch lodgepole stakes pounded into the soil to be sturdy and never use wire of any sort to tie the tree to the stake. The wire will cut into the trunk and cause multiple problems.

When planting new trees, never plant below the grafted portion of the tree, always keeping the graft high above the soil level.

When I set new fruit trees out, I mix an organic starter fertilizer with the back-fill soil at the bottom of the planting hole, which will boost the tree's vigor and growth.

After the tree is set into its new home, I create an earthen berm around the tree to capture rainwater and irrigation water to aid in the tree health. This berm will have to be increased as the tree grows larger to be effective and do its job.

Make sure you get acquainted with your soil and understand its

drainage and nutritional value. A soil test performed by a soil laboratory can take the guessing out of what you have to work with. San Diego Soil Lab can do that for you.

The watering of fruit trees is very important in getting them established and on their way for years of productive fruit.

I use a tensiometer which can tell you the existing amount of moisture in the soils from dry, moist to wet, and that takes away the guessing of when and how much to water depending on your soils, location, exposure, wind and sun exposure.

After the trees are planted with proper baby fertilizer to start, proper staking and berming, you'll want to apply some good clean organic mulch into the bermed area. And make sure no mulch is up against the trunk of the tree as this can lead to fungal disease in the tree.

An application of mulch can suppress weeds, aid in moisture retention and mycorrhizal fungi or good fungus as it becomes available to the newly developed root hairs and reduce summer soil heat by 10-20 degrees.

Regularly pruned trees are much more apt to produce quality fruit. Fruiting buds tend to form on limbs that have adequate air circulation and light infiltration which is your goal when pruning.

So, there are many horticultural procedures when planting new fruit trees or maintaining older existing trees to consider. I use dormant horticultural oil against overwintering bugs and a fungicide for peach leaf curl, and this is the time of year to apply it.

To gain information and more in-depth knowledge, there is a little paperback book titled "How to Prune Fruit Trees," which is in its 25th edition. It is a handy little pruning book to have in your garden shed and use out in your landscape setting.

The book was originally written by Sanford Martin back in 1944 and has been a little homeowner pruning booklet of valuable information referred to over the years. Recently it has been expanded by Ken Andersen of Walter Andersen's nursery, and I highly suggest it as a fabulous guide for fruit trees, roses, berries, citrus, watering and mulching, backyard orchards and pruning tools.

I had the great fortune back in the early 60s to sit on the board of directors of the Southern California Horticultural Society with Sanford and learned so much from the



Small saws are good for pruning medium sized branches.



All types of hand pruning shears will help throughout your garden pruning.



Hand loopers can aid in large branch removals.

knowledge man, thanks Sanford.

We must understand that food and food production come from long distances and we do not know exactly how it is grown.

This is why I promote and suggest growing your own fruit trees, veggies and herbs in a healthy, organic way to ensure no GMO, pesticides or herbicides are sprayed on foods that we eat.

Start your own community food co-op on your street and share

the bounty with one another, for there is no reason that 50% of food produced in this country is wasted. Isn't that sad when whole areas of the world have malnutrition and children are dying from starvation?

Roger Boddaert, the Tree Man of Fallbrook and Maker of Natural Gardens, can be reached for his professional services at (760) 728-4297 to help and aid in your natural gardening experiences.



# Costly new wildfire suppression effort unlikely to prevent catastrophic fires

SACRAMENTO – A wildfire suppression plan adopted Dec. 30 by the California Board of Forestry could cost taxpayers hundreds of millions of dollars but will do very little to actually reduce fire risk for communities throughout the state.

Proposed by Cal Fire, the state’s fire management agency, the new Vegetation Treatment Program is expected to be ineffectual against wind-driven fires. The state’s massive financial commitment to this program is puzzling, as it is wind-driven wildfires that caused the devastating loss of life and property associated with the largescale fires seen in the state in recent years.

The VTP calls for removal of native sage scrub, chaparral and forests on a grand scale – on the order of 250,000 acres each year – at enormous financial and ecological cost. This approach does not stand up to scientific scrutiny and in many locations would actually be counterproductive by promoting the growth of highly flammable weeds.

In addition, the VTP does not properly differentiate between what might work for northern forests versus chaparral and sage scrub in Southern California; these habitat types require very different approaches when it comes to wildfire safety.

“The VTP will be a gargantuan waste of money – money that could be spend on actually making people safer,” Dan Silver, executive director of the Endangered Habitats League, said. “I encourage Governor Newsom and state legislators to recognize both the futility and the grave fiscal irresponsibility of funding the VTP.”

Cal Fire argued the VTP will be used to prevent damage from fires not driven by wind. But non-wind-driven fires typically come under control quickly and are not a major threat.

The environmental review document for the VTP said, “When high-wind conditions drive a large fire, such as when large embers travel long distances in advance of the fire, vegetation treatment would do little, if anything, to stop downwind advance of the fire front.”

So why is the state of California planning to spend what may amount to hundreds of millions of dollars in the coming years on an ineffectual effort?

Alternatives to VTP do exist. The Santa Monica Mountains Recreation Area Plan is an example of a forward-thinking wildfire plan that doesn’t use vegetation clearing and unnecessary habitat destruction.

Instead of the VTP, Cal Fire could focus on strategies that have been recommended by fire scientists, such as hardening existing structures, improving early warning and evacuation systems, enforcing defensible space around houses, creating carefully selected strategic fuel breaks to act as access corridors for firefighters and not building new developments in high-risk areas in the first place.

Submitted by Endangered Habitat League.

# InfraTerra given CWA contract for seismic vulnerability and repair time study

Joe Naiman  
Village News Correspondent

InfraTerra Inc. has been awarded a contract to provide seismic vulnerability assessments and repair time estimates for San Diego County Water Authority pipelines.

A unanimous SDCWA board vote, Jan. 23, authorized the award of a \$724,939 contract for InfraTerra to perform the work. The study is expected to be complete during summer 2021.

The CWA has five large-diameter pipelines with prestressed concrete cylinder, reinforced concrete and welded steel pipe. The most recent major seismic vulnerability study on the CWA pipelines was performed in 1993 and provided an estimate of the number of pipe breaks and repair time needed to restore water service in the event of a significant earthquake. The estimated repair time ranged from two to six months.

That study also determined the emergency storage and conveyance facilities which were needed if an earthquake or other event prevented transmittal of Metropolitan Water District of Southern California supply. Those facilities became the CWA’s Emergency Storage Project which is now a reality.

The new study will incorporate repair time estimates based on current earthquake science standards and practices along with updated engineering and pipeline vulnerability assessment methodology. A specialized consulting team will perform a regional study and also conduct site-specific investigations for areas of concern.

The work will include geotechnical drilling and testing at multiple locations, seismic hazard assessment, pipe failure analysis and updates to the repair time estimates for the pipelines between Lake Skinner in Temecula and the Lower Otay Reservoir. InfraTerra will also make recommendations of pipeline retrofit alternatives and material availability improvements if such actions are warranted.

CWA staff issued a request for proposals, Oct.15, and three bids were received by the Nov. 15 deadline. A selection panel consisting of CWA staff from various departments evaluated the written proposals and interviewed representatives from all three firms.

All three companies provided complete and thorough proposals and demonstrated a clear understanding of the scope of work. InfraTerra, which is based in San Francisco, was deemed to be the most qualified of the three firms based on InfraTerra’s extensive experience with seismic vulnerability assessment in California and also Oregon and Washington, understanding of regional seismic matters and water infrastructure, use of advanced techniques for the reassessment, approach to the scope of work, and corporate resources.

The Elsinore Fault crosses MWD infrastructure north of the CWA boundary and also has a portion within the study area. Part of the Rose Canyon Fault is also within the study area boundaries. The San Andreas Fault and the San Jacinto Fault are located outside of the study area but cross MWD infrastructure.

Scott Morel  
Elidio Escobedo

Lic. # 792738






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To view call Chris Murphy  
760-310-9292  
DRE #01246689




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the Monserate  
Vineyards

Peaceful cul-de-sac location with sunrise & sunset views across the vineyards. This well maintained 3 BD 2 BA home features drought tolerant landscape, custom cabinetry, a spacious master with patio access, owned solar panels and a TESLA house battery. \$725,000




Call Patrick Marelly  
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In Escrow  
Casita and  
Pool Home

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**Casita and Pool Home**  
4012 sf, 4BD, 3BA, casita, pool/spa, .5 acres, 3 car garage. Great single story home, highly upgraded with granite counters, ss applcs, Herringbone plank tile floors and more! No Mello Roos, Bonsall School District.  
**Offered at \$1,150,000**



**Sold Over List Price**  
2544 sf, 5BD, 3BA, gated community, pool/spa, cul-de-sac lot. Sought after 1st floor bed & bath. Great home with many upgrades and awesome outdoor space with mature landscape. HOA maintains front yard!  
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Real Estate Round-Up:  
Coming soon



Kim Murphy  
Murphy & Murphy Southern California Realty

Picture this. You're driving along and you see a real estate sign on your neighbor's home, or in a neighborhood, you want to move to. You pull to the side of the road, get on the internet on your phone to search for information about it, and you find nothing, nada, zilch. It makes no sense. There's a sign up, with a topper that says, "Coming soon," but you can't find it on any of the real estate sites you normally search. Next, you call your Realtor and ask them about the home. Your Realtor goes to the multiple listing service and finds nothing. They then, just like you, search on the various internet syndicated search sites and find absolutely nothing on the property. Sounds crazy, right? In a profession where our job is to actually sell the homes we list, a sign has been posted announcing that the property is for sale, but other than calling the number on the sign, there is no way to find any information about the property. I guess that Realtor is just hoping that the perfect buyer for that property is going to just happen to drive by. Or maybe, they believe that within their personal database or their company's database, the perfect buyer is waiting to get a call about this great property. What are the chances of this happening? And even if the perfect match did appear through either of those contact streams, where is the competition that comes into play when many buyers could be aware of the property and write an offer on the property? It doesn't exist. I remember driving by a home near where I live that had a "coming soon" sign on it for six months. I kept expecting that it would eventually be listed on the multiple listing service, but no such luck. If I had a client for the home, I would have pursued it, but since I didn't, I let it ride, literally

day after day, week after week, month after month, as "coming soon."

Eventually the sign came down and, it was clear, rehabbing was being done to the property, and it never actually "came" on the market.

Who loses? The seller for sure, but also the buyers who don't get an opportunity to buy this property.

What's the good news.? The rules have been changed regarding this type of marketing, effective Jan. 1, 2020. Multiple listing services across the country have until May 1 to provide a status update, so that every property that is advertised as "coming soon" will be available on the multiple listing service and the syndicated sites the listing broker chooses to include in the data, within one day of that public posting.

So, the listing broker will have to provide the listing information to the multiple listing service, and the applicable syndicated search sites, whenever a sign is posted at the property or when any public advertising is run that pertains to the property, so that everyone else can be aware of the property.

This change is not only good for buyers and Realtors who work specifically with buyers, but also for sellers and Realtors who work specifically with sellers. Buyers will be able to find out about property in areas they are interested, just a day after any public promotion or marketing occurs. In a marketplace that has a shortage of inventory, like our current market, it is a very big deal to buyers.

And for sellers, it gives their property exposure to every buyer that is looking for a property like theirs. More exposure means more opportunity and greater success with selling the property. Realtors will have accurate data to share with their clients regarding the local "comps" in the area. This change will benefit sellers, buyers and Realtors alike.

The next time anyone tries to tell you how much better it is to privately market your home to their personal or company database, ask yourself if you would rather fish from a very small backyard pond, or the very large lake it's connected to.

Come May 1, thankfully, the wise decision will be made for you, because every property deserves full exposure and opportunity. Happy selling!

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

Free workshop for Healthy Soils Program Funding for farmer and rancher applicants

ENCINITAS – Join Solana Center for Environmental Innovation at the Ramona Public Library for a free technical assistance workshop for farmers and ranchers to apply for up to \$100,000 in state grant funding. Assistance is provided from the California Department of Food and Agriculture's Healthy Soils Program for farmers to implement best management practices. HSP is accepting applications from farmers to implement on-farm healthy soils practices. In 2019, all five applicants that worked with Solana Center were awarded funding. This year, the pre-application workshop is required. The technical workshop takes place Sunday, Feb. 9, from 1-3 p.m. at the Ramona Public Library. To register, visit <https://solanacenter.org/hsp2020>. For questions about the workshop, or the program, contact Sydney Frazier-Flores at [sydney@solanacenter.org](mailto:sydney@solanacenter.org). "We're excited to support farmers and ranchers for a second year of implementing innovative programs that reduce our carbon footprint and help San Diego's agricultural community make improvements that impact our agricultural health, environment and economy," Executive Director Jessica Toth said. HSP is funded by California Climate Investments. CCI is a statewide program that puts billions of cap-and-trade dollars to work reducing greenhouse gas emissions, strengthening the economy and improving public health and the environment. Solana Center is a San Diego-based, environmental nonprofit that has provided waste diversion and environmental education in San Diego County since 1983. Solana Center actively addresses and solves the region's most pressing environmental issues through the Zero Waste, composting, and water conservation programs that inspire and empower individuals to live sustainably, reduce waste and become change makers in the communities where they live.

Submitted by Solana Center for Environmental Innovation.

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**PATRICK MARELY**  
Founder/REALTOR  
DRE #01054284  
\*MLS data thru December 2019.  
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2181 Summer Bloom, Fallbrook **\$999,000-\$1,050,000**



2842 Lakemont, Fallbrook **\$950,000**



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2191 Berwick Woods, Fallbrook **\$699,900**



965 Morro Road, Fallbrook **\$649,900**



841 La Strada, Fallbrook **\$495,000**



30431 Villa Toscana, Bonsall **\$1,995,000**



**PENDING**



**PENDING**



**PENDING**



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3307 Mendenaro Ct, Fallbrook **\$1,100,000**



31338 Lake Vista, Bonsall **\$1,099,000**



3949 Wendi Court, Fallbrook **\$1,062,000**



31432 Lake Vista, Bonsall **\$1,050,000**



3890 Flowerwood, Fallbrook **\$945,000**



3847 Alta Vista, Fallbrook **\$894,000**



169 Mission Oaks, Fallbrook **\$800,000**



4055 Millagra Dr, Fallbrook **\$775,000**



197 Morro Hills Rd, Fallbrook **\$750,000**



1991 Sloan Drive, Fallbrook **\$725,000**



1881 Oak Glade, Fallbrook **\$660,000**



1045 Funquest, Fallbrook **\$525,000**

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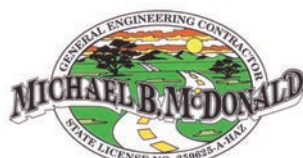


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# Thinking of selling a house in 2020?



One of the least told secrets in home selling is that homeowners are not actually selling their house; they're selling the kitchen. Village News/Courtesy photos

FALLBROOK – Here are 10 proven ways to get top dollar fast when selling a home.

**Find the right real estate agent.**

Finding the right real estate agent to partner with is the first step, and one that should not be taken lightly. A good real estate agent will add more value to the selling process than a homeowner would be able to get on their own.

**Price it right.**

Setting an unrealistically high price doesn't work in real estate as the home will stay on the market longer. And even after the price is cut, buyers will think something is wrong with it because of the longer market time.

**The kitchen comes first.**

One of the least told secrets in home selling is that homeowners are not actually selling their house; they're selling the kitchen. Consider spending a few dollars to remodel, replace countertops and buy new cabinet

hardware. If the budget permits, buy one fancy stainless-steel appliance. That change alone can make people think all the rest are expensive too, and it instantly updates the kitchen.

**Improve the curb appeal.**

The first impression is the only impression when selling a home. It can be as simple as making sure the lawn is mowed, and the landscaping is well done. The driveway is clear, and exterior walls are neat. Make people feel welcome and safe as they approach the house.

**Clean everything.**

Nothing turns off a buyer like a dirty house. Clear wash bins and drains, get the carpet cleaned and get rid of old furniture. Aside from clutter, dust and stains, make sure to also mind the smell. Create pleasant smells using freshly brewed coffee or baked pastry.

**Depersonalize it.**

Take the home out of the house and put away all the personal

junk and trinkets before allowing a potential property buyer to view the house. Consider staging the space to maximize the full potential of the property and make it more sellable.

**Let the light in.**

Good lighting is one of the main things people look for in a home. So do what must be done to make the house bright and sunny – clean the windows, take down the drapes, cut the bushes outside to let natural light in and use high wattage light bulbs.

**Make minor repairs and home improvements.**

Spoiler alert: the house doesn't have to be perfect in order to sell. Quick fixes and improvements before selling are worth it – like repairing a broken fence, updating faulty wiring, sealing water leaks and applying a fresh coat of paint on the walls.

**Take professional photos.**

Photos are useful in a home search so accompany the listings



Aside from clutter, dust and stains, make sure to also mind the smell. Create pleasant smells using freshly brewed coffee or baked pastry.



Home sellers should make the house bright and sunny for showings and open houses.

with great photos. If the listing photo does not show off the features of the home, prospects throw the home in the reject pile without even taking a tour or going to the open house.

**Put on that public relations hat.**

The selling process shouldn't be placed entirely in the agent's lap. Invite the neighbors to the open house as they are often the best salespeople for the home because they love the neighborhood. Make sure the homeowner and their agent are posting about the home

on social media. It costs nothing, and they should take advantage of that.

Looking for new and fresh ideas for how to prepare a home for a quick sale? Contact the agents at Broadpoint Properties.

This article first appeared on Broadpoint Properties' website, <https://servingsandiegocounty.com>.

Submitted by Elisabeth Hartig Lentulo, broker associate, who can be reached at (760) 532-1057, [elisabeth@ehlentulo.com](mailto:elisabeth@ehlentulo.com), or [www.ehlentulo.com](http://www.ehlentulo.com). CalBRE #01904564.

## Coldwell Banker Village Properties announces December top agents, 4th quarter president's club

FALLBROOK – Coldwell Banker Village Properties recently announced the president's club for the fourth quarter of 2019 and its December top producers. The president's club members were Tom Van Wie, Erica Williams, Jean Esop and Abby Elston. The team of Tom Van Wie were the top producing agents for December. Coldwell Banker Village Properties recently announced

their top selling agents for December were Erica Williams and Tom Van Wie. The top listing agents from their office for December were Jerry Gordon and Tom Van Wie. For more information on Coldwell Banker Village Properties, visit [www.cbvillageproperties.com](http://www.cbvillageproperties.com).

Submitted by Coldwell Banker Village Properties.



President's club member Tom Van Wie is the top selling agent for the month and the top listing agent at Coldwell Banker Village Properties in Fallbrook. His team were also the top producing agents for December. Village News/Courtesy photo



President's club member Jean Esop is an agent at Coldwell Banker Village Properties in Fallbrook.



President's club member Abby Elston is an agent at Coldwell Banker Village Properties in Fallbrook.



Coldwell Banker Village Properties announced their office's December top listing agent Jerry Gordon.



President's club member Erica Williams is December's top selling agent for Coldwell Banker Village Properties in Fallbrook.

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BUSINESS

Rotarians serve their community



Rotary Club of Fallbrook members sort food products donated to the Fallbrook Food Pantry, Saturday, Jan. 25, from left, front, Bud Sutliff, Patty Sutliff, Penny Johnson, Marilee Breeding, Esther Krooth, Jean Trygstad; back, Sean Simmen, Bob Halibozek, John Chambers and Barbara Chambers.



Helping other volunteers at the Fallbrook Food Pantry, Rotary members fill shelves with food for distribution, from left, Patty Sutliff, Marilee Breeding and Ester Krooth. It is through hands on service projects such as this that Rotarians serve their community.

California consumers received more than \$22.2 million in FTC refunds

LOS ANGELES – New data released by the Federal Trade Commission shows that consumers across California received \$22,202,991 in refund checks from the FTC in 2019.

In addition to refunds, the newly released data also shows that California residents filed 345,259 complaints with the FTC last year. The most common category of complaints received from California consumers was identity theft, followed by impostor scams, credit reporting issues, telephone and mobile services and banks and lenders. Consumers in California reported losing \$187,067,645 to scams and fraud.

Reports from around the country about consumer protection issues are a key resource for FTC investigations that stop illegal

activities and, when possible, provide refunds to consumers.

A core part of the FTC’s mission is to return money to consumers who are harmed by illegal business practices. Over the last four years, consumers have cashed more than \$1 billion in FTC refund checks.

The most common type of fraud reported to the FTC in 2019 nationwide was impostor scams; government impostor scams, in particular, were the most frequently reported, and up more than 50% since 2018. Of all reports received, the top categories were identity theft, impostor scams, telephone and mobile services, online shopping and credit bureaus.

**Refunds to Consumers**

The FTC Act allows the FTC to seek refunds from companies

whose actions harm consumers.

During 2019, more than 1.9 million consumers cashed FTC checks received as a result of law enforcement cases. When consumers don’t cash their refund checks, the FTC uses that money to send additional mailings to ensure the maximum amount of money is returned to consumers. Any remaining refund money is sent to the U.S. Treasury.

For the first time, data about the FTC’s refund program will be available online in an interactive dashboard, including state-by-state and case-by-case breakdowns of the amount refunded to consumers. The dashboard is available at [www.ftc.gov/exploredata](http://www.ftc.gov/exploredata).

**Consumer Sentinel Network**

The FTC’s Consumer Sentinel

Network is a database that receives reports directly from consumers, as well as from federal, state, and local law enforcement agencies and a number of private partners. The network received 3.2 million reports in 2019, including nearly 1.7 million fraud reports as well as identity theft and other reports.

Consumers reported losing more than \$1.9 billion to fraud in 2019, with nearly \$667 million lost to impostor scams alone. While scammers target consumers using every possible method of communication, phone calls were the most common. A small percentage of consumers who reported they encountered a fraud over the phone said they actually lost money. When they did, the median individual loss was more than \$1,000.

The FTC uses the reports it receives through the Sentinel network as the starting point for most of its law enforcement investigations, and the agency also shares these reports with more than 2,500 law enforcement users around the country. While the FTC does not respond to individual complaints, Sentinel reports are a vital part of the agency’s law enforcement mission.

The Federal Trade Commission works to promote competition, and protect and educate consumers. You can learn more about consumer topics and file a consumer complaint online, [www.ftccomplaintassistant.gov/#crmt&panel1-1](http://www.ftccomplaintassistant.gov/#crmt&panel1-1) or by calling (877) 382-4357.

*Submitted by the Federal Trade Commission.*

Chamber announces events for February

FALLBROOK – The Fallbrook Chamber of Commerce is offering its monthly events as follows:

**Feb. 3** – First Monday Coffee at the Chamber office; 8:30 a.m.

**Feb. 3** – Educational Seminar: Understanding Your Chamber Member Benefits; 9:30 at the Chamber office

**Feb. 13** – SunUpper at Innovative Healthcare Consultants, 8 a.m.; 746 S. Main Ave., Suite B, Fallbrook

**Feb. 19** – SunDowner at George’s Plumbing, hosted by Fallbrook Village Rotary Club; 5:30 p.m.; 1175 E. Mission Road (upstairs)

**Feb. 27** – Dinner Mob at Harry’s Sports Bar and Grill; 5 p.m., 125 S. Main Ave.

The chamber office is located at 111 S. Main Ave. For more details on any of these events, call (760) 728-5845.

*Submitted by Fallbrook Chamber of Commerce.*

Ten tips to achieve financial freedom in 2020

**Rebecca Gramuglia**  
*Special to Village News*

For most, January seems like the perfect time for people to start fresh and make meaningful changes that will have a positive impact on their lives.

Whether they want to become debt-free, travel more or anything in-between – like stepping back from the Royal Family – finances can be at the core of these goals. To help them achieve their financial goals in 2020, here are 10 tips to start with.

Start living within your means. Spend, save and splurge within your means by implementing the “50/20/30” rule. The “50/20/30” rule is a basic budgeting tool that is made to keep you on track with your financial goals year-round. Generally, you should spend only up to 50% of your after-tax income on essentials, such as housing; 20% on financial priorities, such as debt repayments and savings and 30% on lifestyle choices, such as

vacations. By following this rule, you will be able to better manage your finances by living within your means. Think of budgeting as a guide you set up to make sure your money is doing what you’re telling it to do.

Track your spending. Making a budget and sticking to it is key to gaining financial freedom, but the way to do that is by tracking your expenses. Once you know where your money should go for bills, savings, etc., list every expense on a spreadsheet for the first month to see if you’re on track. This process will help you determine whether your budget is realistic and can give you an accurate picture of where your money is going and where you’d like it to go instead.

If you’re techy, skip the spreadsheets and track your spending electronically with your debit or credit card via the single-card method. Eliminate all cash expenses and only use debit or credit to help you manage your funds.

Cut costs. Budgeting and tracking your expenses are not only great ways to maximize your spending habits, but they’re also great ways to cut costs. Take a hard look at your expenses and see where you’re overspending, so you can start spending less and saving more. Any money you “save” can go toward paying off debt or toward your retirement savings. For example, driving the “no tolls route” is a costless alternative that can save drivers a hundred dollars or more a month.

Set measurable goals. It’s easier to keep on track and hold yourself accountable when you set a goal that is specific and time-bound, such as “I want to save \$X by March 1, 2020.” To avoid feeling

overwhelmed, make sure you know the difference between a long-term goal for a costly vacations and a short-term goal for a new electronic to help you budget accordingly. Once you achieve your goal, increase the amount saved for the next time period.

Create a debt payoff plan. For many, “financial freedom” means being debt-free. And to achieve debt-free status, try using the avalanche method. This cost-effective approach attacks high-interest debt first to save money in the long run. Focus on paying your highest account interest rate, while simultaneously making minimum payments on all your other accounts. As each amount gets paid off, its minimum payments get added to the monthly payments for the next high-interest balance on your list. By the time you get to the last account on your list, you’ll be eliminating large chunks out each month, speeding up the debt payoff process.

Have more than one savings account. Head into 2020 feeling motivated with separate savings accounts that will help create plans for your money. Dedicate each one to something in specific like an emergency fund, a vacation fund and a house fund. Every time you contribute to an account, you’ll see how far away you are from that goal. When you’re not saving for anything in particular and keeping all your money in just one account, it can be easy to lose momentum.

Commit to no-spend days. If you find yourself constantly spending money, make it a point to assign at least one no-spend day per month. Eat at home, find free entertainment or even skip your daily coffee run to ensure no


money leaves your hands or bank account for at least one day a month. The money you save could go toward your savings.

Take advantage of all credit card rewards and offerings. Whether you prefer cashback offers or travel rewards, understand and use what your credit card offers. With cashback rewards, you may able to customize what categories you earn the most on such as groceries, gas or online shopping. Or if 2020 has you catching the travel bug, learn about how you can cash-in rewards for airline miles.

Use coupons, cashback sites and shop sales to save money. Get more bang for your buck by bundling sales, coupons, promotions and using rebate sites. It is easier now more than ever to research discounts and price-match online to get the best deal on any item from travel to end-of-season sales. Once you’ve found the item you are looking for, double-check for any additional coupons, sales and deals to lower the price. Then, look through a cashback site such as [www.TopCashback.com](http://www.TopCashback.com) to receive cashback on all your online purchases at over 4,000 retailers. By bundling deals, you’ll save even more.

Revise and tweak your budget. To excel at budgeting, it’s smart to constantly revise and adjust your budget according to your lifestyle. Your expenses, income and priorities will change over time. Make it a habit to sit down and adjust and evaluate your budget every three months to ensure you are in line with your goals.

Rebecca Gramuglia is a personal finance expert at TopCashback.com.



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# Warriors boys’ basketball hanging tough; Bonsall making progress

Jeff Pack  
Staff Writer

The fact that Fallbrook High School’s varsity boys’ basketball team is 13-6 as of Monday, Jan. 27, is an accomplishment in itself for head coach Ryan Smith.

With only one win in all of the 2018-2019 season, the Warriors are not only far exceeding expectations but doing well to hang tough in the Valley League with a 1-3 record, which includes a three-point loss last week.

If a few more shots had gone down for the Warriors on the road Friday at Mission Vista High School, the Warriors could be 2-2 in league. Instead, the 73-70 loss dropped the Warriors below the .500 mark.

The Warriors were coming off a 65-55 league win Tuesday, Jan. 21, over San Pasqual High School that saw senior Joel Calhoun drop 27 points on the Eagles. Senior guard Cooper Sherman added 22 and junior Yoni Villagran added 12 in the win.

Calhoun poured in 26 points Jan. 17, and the Warriors tried to overcome a steep lead by Ramona High School heading into the fourth quarter, but came up short, losing 67-57 on the road. Villagran chipped in with 11 points and Sherman was held to 7 points in the contest.

On Jan. 14, the Warriors fell to Escondido High School 64-48. Calhoun and Sherman were held to 21 and 16 points respectively with Sherman making four three-pointers in the game. Zach Allegro, Steve Fuentes and Villagran scored two points each.

The Warriors were scheduled to battle Valley Center High School at home Tuesday, Jan. 28, after press time and will play host at 7 p.m., Friday, Jan. 31, to Escondido High School, looking for payback.

Their third home game in a row finds the Warriors looking for redemption against Ramona Tuesday, Feb. 4. They will take on Valley Center on the road Friday, Feb. 7.

Bonsall boys’ basketball making progress

Bonsall High School varsity boys’ basketball coach Chuck Colletti was upbeat last week heading into the Legionnaires’ big league game against Chula Vista Learning Community Charter

Thursday, Jan. 23.

“Bonsall is on a two-game winning streak right now,” Colletti said. “Today’s game is a very big game, as Bonsall right now, sits just three spots out of a tournament bid.”

Unfortunately, the team came up on the short end of a 55-54 game on the road. The Legionnaires trailed early, came back in the second quarter and tied the game in the third before being outscored 8-7 in the final frame.

“Our team for sure, night in and night out, plays hard, no matter if we win or lose,” Colletti said. “Each player puts in a total effort.”

Overall, Bonsall High School has a 6-9 record and sits at 2-4 in league.

The Legionnaires were riding high coming into the game after easily dispatching Coastal Academy 56-37 on the road Wednesday, Jan. 22.

Bonsall was led by junior Billy Rahman with 20 points, four rebounds and seven assists. Senior Hunter Robillard scored 12 and sophomore Nate Valera chipped in with 10 points.

Bonsall won big Jan. 15, easily handling High Tech High School in Mesa 72-26 in a home game.

“Bonsall really needed a game like this since we broke our four-game losing streak,” Colletti said.

Rahman led the team with 15 points, eight assists and six steals, Robillard and Emil Watkins also had 15 to lead the Legionnaires.

On Jan. 13, Bonsall came up short against Health Sciences High School dropping a 69-47 decision on the road. Nate Velara led the team with 9 points and Tyler Hammer grabbed 9 rebounds in the loss.

“Our team has been running through a tough stretch right now losing the last four in a row,” Colletti said at the time. “Our team plays hard every night and it is a fun team to watch.”

Bonsall was slated to play home games Tuesday, Jan. 28, after press time, and at 6 p.m. Thursday, Jan. 30, against Ocean View Christian High School. They will go on the road Tuesday, Feb. 4, against Horizon Prep High School and return home Thursday, Feb. 6, to take on Borrego Springs High School at 6 p.m.

Jeff Pack can be reached by email at [jpack@reedermedia.com](mailto:jpack@reedermedia.com).



Fallbrook High School Warrior Cooper Sherman makes an underhand layup shot during the varsity boys’ basketball game against San Pasqual High School, Jan. 21. Village News/Shane Gibson photos



Warrior Zach Allegro looks for an opening for a shot against San Pasqual High School.



Warrior Yoni Villagran shoots a 3-pointer against San Pasqual High School.



Warrior Steve Fuentes battles for the rebound against San Pasqual High School.



Warrior Joel French gets the rebound against San Pasqual High School.



SPORTS

Squirts play 5150 in senior softball



Fallbrook Senior Softball player on the Squirts team Chuck Mattes, gets a hit and runs to first base during a game at Ingold Sports Park, Jan. 23.

Village News/Shane Gibson photo



5150 team Outfielder Don McDougal fields the ball and makes a throw during a Fallbrook Senior Softball game.



Charlie Cobb swings at a pitch during a Fallbrook Senior Softball game against the 5150 team.



5150 baserunner Bruce Martin waits at third base during a Fallbrook Senior Softball game against the Squirts.



Bob Navetta swings at a pitch against the Squirts during a Fallbrook Senior Softball game.



5150 team batter Jim Coombes steps up to the plate during a Fallbrook Senior Softball game.

Warriors girls' water polo faces biggest challenge of the season

Jeff Pack  
Staff Writer

Fallbrook High School's varsity girls' water polo team will face it's biggest challenge of the season starting Thursday, Jan. 30, with eight games over the next seven days, many of which will determine how the Warriors are ranked in the upcoming playoffs.

The Warriors, currently in first place (4-0) in the Valley League and ranked No. 7 in the Division I power rankings with a 17-3 overall record, will play in the San Diego Open Thursday, Friday and Saturday.

"That'd be five games in three days," Head Coach Sean Redmond said. "We'll play one or two games on Thursday depending on how we do on the first game and then two games on Friday and two games on Saturday. Everything depends on how we do on our first game on Thursday against Valhalla."

Redmond said all of the teams they could face in the tournament are Division 1 teams.

"All except for one team that is in the tournament this weekend are all Division I," Redmond said. "All the teams that will go again this week would have a direct impact on where we end up in the rankings. And then next week we have three games Tuesday, Wednesday and Thursday."

The Warriors will play at Del Norte High School at 5 p.m. Tuesday, Feb. 4, then go on the road the next day to play Rancho Bernardo High School at 4:15 p.m. Wednesday, Feb. 5, and will host Ramona High School at home at 4:15 p.m. Thursday, Feb. 6.

"These next eight games are going to be important games and with the last game, to determine who the league champion is also because that'd be against Ramona," Redmond said.

The coach said they have been sticking to the program in preparing for the week ahead.

"We're just keeping on doing our normal, regular practices," Redmond said. "We've been spending quite a bit of time on

our defense. We gotta make sure that we're solid there and then our offense will hopefully take care of itself."

Back Jan. 14, the Warriors made quick and easy work of San Marcos High School with a 14-0 shutout on the road, then outpaced Escondido High School at home 21-4. On Tuesday, Jan. 21, the Warriors had their toughest loss of the season in a 17-8 road loss to Poway High School in a rematch of last year's Division II finals. They rebounded with a win over Valley Center High School Thursday, Jan. 23.

"We had a tough game last Tuesday against Poway, lost that one and then we were able to bounce back against Valley Center," Redmond said.

The Warriors were scheduled to go on the road Tuesday, Jan. 28, against El Camino High School Tuesday, after press time.

Jeff Pack can be reached by email at [jpack@reedermedia.com](mailto:jpack@reedermedia.com).



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# Fallbrook Youth Rugby opens spring season at Potter Jr. High School



Fallbrook Youth Rugby's U14 Rugger Avery Wilson attempts to bring down an opposing team member.



U8 player Ian Perrington of Fallbrook Youth Rugby has some giggles before the game.

FALLBROOK – Fallbrook Youth Rugby kicked off their opening season games at their home field at Potter Jr. High, Jan. 11 and Jan. 18. The young athletes, from ages 5-13, have been practicing since early December to take the fields.

Fallbrook Youth Rugby has one U8 team, which plays flag rugby; one U10 team, which starting learning tackling; one U12 team and one U14 team. All teams are coed at this level. Fallbrook Youth Rugby games run until the last weekend in March, and the local league has one more home game – Feb. 1.

Allen Day, president of Fallbrook Youth Rugby, said, “It is such a great feeling to get all the kids on the fields at the first games of the season. They are excited, the parents are excited and all the volunteer work pays off on game day. It is also nice to have all teams on one field so parents can quickly move from a U8 game over to a U12 game. If Potter didn’t support us, this convenience would not be possible. We are so grateful to have the community’s support like this.”

For more information, visit [www.facebook.com/groups/fallbrookyouthrugby](http://www.facebook.com/groups/fallbrookyouthrugby) or [www.fallbrookrugby.org/our-teams/youthrugby](http://www.fallbrookrugby.org/our-teams/youthrugby).

Submitted by Fallbrook Youth Rugby.

## CIF approves affiliate membership

Joe Naiman  
Village News Correspondent

The CIF San Diego Section approved an affiliate membership classification.

A unanimous CIF Board of Managers vote Jan. 22, created the affiliate member classification for schools with fewer than 100 students.

“I think it’s a positive step,” CIF assistant commissioner John Labeta said. “The whole issue is to get them to grow.”

The CIF San Diego Section currently includes 125 public, charter and private high schools. New CIF members are expected to abide by the CIF rules and regulations and promote values, character and leadership in their athletic programs.

The issue of admitting small schools to the CIF led to the creation of the affiliate member status.

“It’s a compromise,” CIF commissioner Jerry Schniepp.

CIF San Diego Section staff reviewed the policies of other sections before developing the affiliate membership category.

“I think we have come up with a positive solution for those schools,” Labeta said.

The minimum of 100 students for full membership is changed to 50 for a single-sex school, and if a minimum of 100 students is documented for the subsequent school year a school will also be

considered for full membership. Full members must have at least one boys sport and one girls sport in each season and one additional boys sport and one additional girls sport for a minimum of eight sports, or four sports for a single-sex school.

The application must be submitted by Jan. 1 to be considered for the following school year. The \$200 application fee and dues of \$0.69 for all enrolled students, \$94 per team sport provided and \$194 for each individual sport provided must be paid upon the application for membership. The dues are the 2020-2021 amount and are subject to change in subsequent years.

A full member will have a three-year probationary period which includes annual reviews to ensure that appropriate support is provided and the school is adhering to the CIF and conference bylaws and other policies. The schools must document their sports offerings, participation numbers, attendance at conference meetings and other data.

The probationary period ends after three years if a school is determined to be in good standing, but if the school does not adhere to policies conditions to membership may be added and a school’s CIF membership may be terminated or downgraded to affiliate membership.

Affiliate members must have at least 25 students in the high school grades and must offer one boys

sport or one girls sport, a single-sex school needs to offer only one total sport. The membership fees which must be paid upon application are a \$200 application fee and dues of \$0.69 for all enrolled students and \$94 per sport provided.

Affiliate members will not be part of a conference, and teams and individual students will not be eligible for postseason competition. Affiliate members will compete at the junior varsity or novice levels for team sports but not at the varsity level.

“It gives them opportunities to get started,” Schniepp said. “I think it’s a good solution. It’s been a great process.”

Any existing school with fewer than 100 students is grandfathered and can retain full CIF membership. The Children’s Creative and Performing Arts Academy had 35 students of high school age during 2018-2019. The public school in the CIF San Diego Section with the smallest enrollment is Warner High School, which currently has 62 students. In the November 1994 election the town’s voters transitioned the K-8

elementary school district into a K-12 unified district so that Warner Springs students wouldn’t have to be transported to Julian High School; the high school and middle school are on the same campus.

Bonsall High School opened in 2014 with 66 ninth graders but did not apply for CIF membership until 2015, when the school also had 10th graders and enrollment exceeded 100 students. The three most recent public high schools to open – Del Norte, Mission Vista and Sage Creek – all began with freshmen only and did not field varsity sports in their first year.

A student must qualify for the CIF individual championships through performances at the varsity level, so the lack of varsity competition will prevent students at affiliate member schools from qualifying for postseason participation in individual sports. That is also the case for students at schools with ninth graders only and no varsity teams.

The issue of a freshman at a new school winning a CIF championship is theoretical although a freshman winning a CIF championship in an individual

sport has occurred. Milena Glusac, who graduated from Fallbrook High School in 1993, won four girls 1,600-meter championships and four girls 3,200-meter championships. Glusac attended Bonsall Elementary School, which at the time had students from kindergarten through eighth grade, before her Fallbrook High School years and thus would have not been allowed to compete at the CIF meet if Bonsall High School had opened with ninth graders only for her freshman year.

A student-athlete who enrolls at a high school with varsity sports for their freshman year and then transfers to a new high school when that school also has sophomores and varsity competition is subject to the requirement for a transfer student to sit out of competition for 30 days.

However, qualifying performances can be obtained later in the season and in some cases only during the league event following the conclusion of the regular season, so a transfer in such a situation would not prevent the sophomore from competing at the CIF meet or tournament.

## Warriors girls basketball heads into second half of league season

Jeff Pack  
Staff Writer

Fallbrook Union High School’s Varsity Girls Basketball head coach Jessica Ramirez has the Warriors in third place in the Valley League with a 2-2 record and 13-8 record on the season.

Last week was a tough one for the Warriors, however, as they suffered two league losses after starting the Valley League season 2-0.

The Warriors took an early 15-14 lead at the end of the first quarter on the road against Mission Vista on Friday, Jan. 24, but the Warriors’ offense sputtered the rest of the way, falling 65-42.

That loss came on the heels of a tough 64-56 loss at home to San Pasqual on Tuesday, Jan. 21. The Warriors led the Eagles 30-26 at

the half, but the visitors came out firing in the second half, putting up 19 points in each of the game’s final two frames to outscore the Warriors.

Prior to that, the Warriors rode a 19-point second quarter to beat Morse 43-34 on Jan. 18, easily thrashed Ramona 70-38 in a league away game a day earlier, and cruised to a 68-24 win over Maranatha Christian at home on Jan. 16.

The Warriors opened Valley League play with a 52-20 road win over Escondido on Jan. 14.

They will take on the Cougars again at home at 5:30 p.m., Friday, Jan. 31, and then stay home again to battle Ramona at 5:30 p.m., Tuesday, Feb. 4, and travel to Valley Center Friday, Feb. 7.

Jeff Pack can be reached by email at [jpack@reedermmedia.com](mailto:jpack@reedermmedia.com).

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OBITUARIES



**Gary Walker Bearden**, 77, of Fallbrook, California, passed away Jan. 16, 2020. He died, peacefully and at home with family, from complications relating to his battle with Idiopathic Pulmonary Fibrosis. Gary was born to Harold and Lillie Bearden, on Oct. 16, 1942, in Compton, Los Angeles, California. The same God of all creation who breathed life into Gary was at his side as he breathed his last breath. He was preceded in death by

his parents, Harold Boyd Bearden (1967) and Lillie Belle (Walker) Bearden (1990), and his loving wife, Donna Louise (Peif) Bearden (2013), after whose death he never felt truly complete. Gary graduated from Compton Senior High School in 1960. He married his sweetheart, Donna Louise Peif, in 1966. He remained in Southern California his entire life. If anyone who knew Gary were to choose the one word that would best describe him, the word would be, music. Other than his family, music was what he treasured most. All who knew and loved him will recall the joy they felt when he would pick up his guitar and sing. From singing in church and school choirs throughout his younger years, entertaining audiences while onstage as well as at get-togethers and celebrations, to singing at home with his children gathered at his feet, Gary’s voice was magical. The magic will be missed. Gary leaves behind to cherish

his memory, his beloved sister, Iva Nell (Bearden) Kirkpatrick; his three children, Rebecca Bearden, Gary “Beau” Bearden and his wife, Kim and Dawn (Bearden) Jensen and her husband, John; his four grandchildren, Natalie Lane, Justin Bearden, Sydney Bearden and Kendallyn Jensen; and his great-grandson, Everett Smith; as well as many more family members and friends. He is remembered as a faithful, passionate, loving and courageous man. A memorial service is scheduled for Saturday, Feb. 1, at 2 p.m., at Emmanuel Baptist Church, 911 East Elder Street in Fallbrook. A reception will follow at the home of Gary’s daughter, Dawn (Bearden) Jensen. The family would like to extend special thanks to family friend Dawn Agüero and Hospice of the Valleys, who both assisted the family in caring for and comforting Gary during his final days.



**Audrey Sue Rigney**, a dedicated wife, mother and lifelong community volunteer died Thursday, Dec. 12, 2019, with family by her side. She was born in Van Buren, Arkansas, the third daughter of five children of

John and Gladys Blevines. Her family moved to Tucson, Arizona, when she was a young child where she later graduated from Tucson High School before moving to Hollywood to live with her sister. There she met Francis Joseph (Joe) Rigney and became a military wife, living first in Kaneohe Bay, Hawaii, and later Vista. They eventually moved to Fallbrook where Joe was the business manager – assistant superintendent of the Fallbrook Union High School and they raised their children. Audrey was a nurturing soul who dedicated her life to her family, friends and community. Actively involved in the community, at different times she wore the hat of a Bonsall Union School District

PTA president, an election poll worker, a pink lady at the former Fallbrook Hospital and an avid library volunteer, just to name a few of her activities. Audrey was preceded by the death of her husband Joe, her parents and siblings. She is survived by her three children, Lorna, Farrell and Ed and her four grandchildren, Sierra, Connor, Piper and Joseph. A small family and neighborhood gathering was held Jan. 5 to celebrate her life. She will be greatly missed by her loving family and always remembered in their hearts. In lieu of flowers, the Rigney family suggested that a donation be made in Audrey’s memory to [foundationforseniorcare.org](http://foundationforseniorcare.org) or (760) 723-7570.



**John M. Makowski** of Temecula passed away peacefully in his sleep Jan. 23, 2020. He is survived by his loving wife Nancy Makowski and his beloved niece

Judy Verbanets of Del Mar and his nephew William Verbanets, Jr. of Pittsburgh. Also, a sister, Marian Sinnicki of New Jersey. John will be remembered for his beautiful bass singing voice

and his sense of humor. He loved to make people smile and laugh. He sang at St. Peter’s Catholic Church in Fallbrook as well as St. Catherine’s Catholic Church in Temecula.

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SHERIFF’S LOG

Jan. 16	
1300 block S. Mission Rd	Arrest: Possession of controlled substance paraphernalia, possession of controlled substance for sale
Alturas Rd @ Sancado Ter	Arrest: Possession of controlled substance, possession of controlled substance for sale
Jan. 19	
3400 block Laketree Dr	Arrest: Domestic abuse with minor injury
2900 block Overland Trl	Violation of court order
900 block Salt Air Ln	Petty theft
Jan. 20	
100 block Palmas Norte	Petty theft
11500 block N. Old Highway 395	Arrest: Violation of court order
1300 block E. Mission Rd	Petty theft
Highway 76 @ N. Old River Rd	Arrest: Domestic abuse with minor injury
Mission Rd @ Via Montellano	Arrest: Possession of controlled substance, outstanding felony warrant
100 block Alva Ln	Domestic abuse with serious injury
3900 block Reche Rd	Battery
Pala Rd @ Horse Ranch Creek Rd	Arrest: Possession of controlled substance, controlled substance paraphernalia, outstanding felony warrant
4000 block Ladera Vista Rd	Fraud
Jan. 21	
600 block S. Main Ave	Arrest: Outstanding felony warrant
35300 block Brown Galloway Ln	Disturbance
700 block Alturas Ln	Arrest: Domestic battery
Pala Rd @ S. Old Highway 395	Arrest: Outstanding felony warrant, possession of controlled substance
1100 block E. Mission Rd	Petty theft
32100 block Old Highway 395	Burglary
300 block E. Alvarado St	Found narcotics
600 block S. Main Ave	Arrest: Outstanding felony warrant
900 block Alturas Rd	Indecent exposure
Jan. 22	
1100 block Alturas Rd	Arrest: Public intoxication
500 block S. Main Ave	Possession of controlled substance, controlled substance paraphernalia
3900 block Sumac Summit	Arrest: Felon in possession of a firearm, residential burglary
3900 block Reche Rd	Vandalism
Jan. 23	
700 block Alturas Ln	Battery
500 block Yucca Rd	Forgery
3900 block Reche Rd	Violation of court order
1700 block Reche Rd	Possession of weapon other than firearm on school campus
2400 block Clearcrest Ln	Vehicle burglary
5200 block S. Mission Rd	Petty theft
1200 block Old Stage Rd	Arrest: Possession of controlled substance
Jan. 24	
300 block E. Alvarado St	Arrest: Violation of court order
2300 block Culver Rd	Petty theft
2400 block S. Stage Coach Ln	Disturbance
3400 block Laketree Dr	Arrest: Outstanding felony warrant
600 block Oak Glade Dr	Death
1100 block S. Main Ave	Recovered stolen vehicle
Jan. 25	
600 block Poets Sq	Arrest: Domestic battery
500 block Shady Glen Dr	Arrest: Domestic abuse with serious injury
Jan. 26	
600 block E. Elder St	Missing adult
1500 block S. Mission Rd	Vehicle vandalism
1100 block Alturas Rd	Cruelty to child
600 block S. Mission Rd	Commercial burglary
200 block W. Clemmens Ln	Arrest: Domestic abuse
4600 block Dulin Rd	Domestic disturbance
600 block E. Elder St	Missing person
700 block N. Stage Coach Ln	Vandalism
Jan. 27	
700 block Ceramic Ln	Fraud



WINE & DINING

No Super Bowl Sunday is complete without chicken wings

FALLBROOK – Few events generate as much enthusiasm among sports fans and non-sports fans as the Super Bowl. For sports fans who can't wait to see the National Football League crown a new champion, the game itself is a must-watch event. For those who aren't fans of the game, Super Bowl Sunday is still a chance to chow down and socialize with friends and family.

There's no right or wrong way to watch the Super Bowl, but some might consider a Super Bowl soiree without chicken wings a major faux pas. For those who want to avoid such a misstep, this recipe for "Virgil's Smoked Chicken Wings with Blue Cheese Dip" from Neal Corman's "Virgil's Barbecue Road Trip Cookbook," published by St. Martin's Press, is sure to please.



Virgil's Smoked Chicken Wings with Blue Cheese Dip

Serves 4

Blue Cheese Dip

- 2 cups blue cheese crumbles, divided
- 1 cup mayonnaise
- 1/2 cup buttermilk
- 2 teaspoons hot sauce
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon kosher salt
- 1/4 cup finely chopped scallions
- 1/4 cup finely chopped celery

Marinade

- 1/2 cup vegetable oil
- 1/2 cup hot sauce
- 4 tablespoons Virgil's Dry Rub (see below)
- 4 tablespoons granulated garlic
- 4 tablespoons granulated onion
- Juice of 1/2 lemon

Wings

- 8 large chicken wings
- 1/2 cup Virgil's Dry Rub (see below)

Sauce

- 10 tablespoons unsalted butter
- 1 teaspoon cornstarch
- 4 tablespoons white vinegar
- 3/4 cup hot sauce
- 1/4 teaspoon cayenne pepper

To make the dip, combine 1 cup of the blue cheese, mayonnaise, buttermilk, hot sauce, Worcestershire sauce and salt in the bowl of a food processor and blend on low until smooth. Remove to a medium mixing bowl and fold in the rest of the blue cheese, scallions and celery, being sure to break up the larger blue cheese crumbles. Place in a covered container and refrigerate overnight. Mix all the marinade ingredients in a large mixing bowl. Place the wings in a large container with a lid and pour the mixture over the wings. Toss until the wings are thoroughly coated. Cover and

refrigerate for two days. Preheat the grill or smoker to 245 F. Spread out the wings on a sheet pan and wipe away any excess marinade. Sprinkle liberally with the dry rub, coating the wings all over. Position the wings on the grill away from the direct heat of the coals or burners, and add hickory to the smoker or hickory chips on the coals or gas burners. Cook the wings for about three hours, flipping every 30 minutes. Their internal temperature should be about 165 F when cooked. While the wings are cooking, cut the butter for the sauce into 1-inch

cubes and refrigerate. Whisk the cornstarch into the white vinegar, in a small bowl. In a medium sauté pan over medium heat, bring the hot sauce to a simmer and whisk in the thickened vinegar. Return to a simmer, cook for one minute and remove from the heat. Add the cayenne and slowly whisk in the cold butter. Keep warm until serving. Remove the wings from the smoker or grill and put half of them into a bowl, cover with the sauce, and toss. Repeat with the remaining wings and serve on a platter, with the blue cheese dip on the side.

Virgil's Dry Rub

- Makes 5 to 5 1/2 cups
- 2 1/2 cups sweet paprika
- 1 cup granulated sugar
- 1/2 cup Texas-style chili powder
- 1/2 cup minced onion
- 1/2 cup granulated garlic
- 1/4 cup dried parsley flakes
- 6 tablespoons kosher salt

Combine all of the ingredients in a medium bowl and whisk together until completely incorporated. Transfer to a covered bowl with a tight-fitting lid. Store in a cool, dry place.

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# Pinnacle Restaurant announces Valentine's Wine dinner and lunch special



Falkner Winery's Pinnacle Restaurant announces their four-course Valentine's Wine Dinner, Feb. 14-15.

TEMECULA – The Pinnacle Restaurant at Falkner Winery will host a romantic evening with a four-course Valentine's Wine Dinner, Feb. 14-15, in their award-winning restaurant in Temecula. The dinner will include individual wine pairings of the Falkner's best wines with each course in this panoramic, hilltop location.

The dinner will also include live entertainment. All food will be prepared under the direction of Executive Chef Jason Baradas. There will be reservations available for seating from 6-9:30 p.m. with a special "early bird" seating at 5:30 p.m.

The meal will begin with a glass of sparkling wine and an appetizer of snow crab cakes with spices, fennel, sweet peppers, and a lemon chive and tarragon tartar sauce, watercress greens tossed in garlic olive oil paired with the new release Falkner 2019 Sauvignon Blanc.

The second course will be a choice of either beet salad with arugula, candied striped baby beets, pork belly, crispy onions, cherry tomatoes, goat cheese, tossed in riesling vinaigrette and balsamic reduction served with a glass of our Silver Medal winning 2018 Riesling or scallop crudo with thinly sliced raw Japanese Hokkaido scallops with a citrus, ginger sauce, hint of Thai chili and chives paired with the Silver Medal winning Falkner 2018 Viognier wine.

The entrée choices are either charbroiled center-cut filet mignon served with potato puree, roasted cipollini onions, roasted garlic carrots and a tarragon béarnaise sauce, and a Gold Medal, 90 Point 2015 Library Reserve Cabernet Sauvignon wine or Chilean sea bass seared with lime coriander pepper sauce, roasted fingerling potatoes, chorizo, and braised baby fennel paired with the Platinum Medal winning, Best of Class, 94 Point rated Falkner 2017 Chardonnay wine.

Finally, the dessert is a unique orange and dark chocolate cream brûlée with fresh berries and candied orange zest paired with their Silver Medal winning 2013 Port.

The price is \$114 per person plus tax for the 5:30 p.m. seating and \$134 per person plus tax for reservations after 5:30 p.m. Special pricing for food and wine club members, spouse, and their guests will be \$104 per person plus tax at 5:30 p.m. and \$124 plus tax per person for all other reservation times. Seating will be limited so call for reservations soon. Because of the high demand, there will be a 48-hour cancellation notice in effect in order to avoid being charged a late cancellation fee.

Additionally, from Feb. 14-17, there will also be a Valentine's Lunch Special in the Pinnacle Restaurant. For \$65 plus tax and gratuity for two people, diners will be able to have either one



Falkner's Pinnacle Restaurant will offer Chilean sea bass seared with lime coriander pepper sauce as part of its Valentine's menu.



Charbroiled center-cut filet mignon served with potato puree and roasted cipollini onions is just one choice Pinnacle Restaurant will offer for Valentine's Day.

shared appetizer or salad for two; a choice of individual entrees such as shrimp pasta with lobster sauce with asparagus, baby heirloom tomatoes and fresh basil on linguini or charbroiled hanger steak served with roasted mixed marble potatoes, grilled asparagus and a citrus chimichurri; and a shared dessert of either molten chocolate cake with vanilla ice cream and housemade raspberry sauce or a cookies and cream cheesecake with whipped cream and caramel malt pearls. Selected wines will be offered as an option with the special at \$8 per glass. This special will be available in addition to the normal menu so make reservations soon.

Diners can enjoy the Valentine hilltop ambiance of the Pinnacle. Call the winery at (951)

676-8231, ext. 4, for reservations or make them online at [www.falknerwinery.com](http://www.falknerwinery.com) under the "Restaurant Reservation" tab.

Falkner Winery is a premier winery in the Temecula Valley Wine Country offering great food, high-quality wines, spectacular views and spectacular service. Since opening in July 2000, the winery has gained distinction in Wine Country for its high-quality wines, great food at their "Best Restaurant in Inland Empire" award winning Pinnacle Restaurant, wine tasting classes, VIP group tours and tastings, and private venues such as parties and weddings. The tasting room is open daily from 10 a.m. to 5 p.m. with tours available on weekends and by appointment. The restaurant serves lunch daily from 11:30 a.m. to 3:30 p.m. daily. Pinnacle reservations and other information are available by calling (951) 676-8231, ext. 4, or at [www.falknerwinery.com](http://www.falknerwinery.com).

Submitted by Falkner Winery.

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Falkner Winery's Pinnacle Restaurant announces their four-course Valentine's Wine Dinner, Feb. 14-15, includes Chilean sea bass.





# Temecula Sunrise Rotary sponsors annual 5K/10K run

TEMECULA – With the holidays over, the Temecula Sunrise Rotary Club has begun preparations for its major fundraiser, the 33rd annual Run through the Vineyard 2K, 5K and 10K being held Saturday, April 25, at the Maurice Car’rie Winery in Temecula. Maurice Car’rie has hosted the event for many years.

The first vineyard run ever in Southern California beginning in 1987, the 2K/5K/10K is run through the rows of the winery’s vineyards 6 miles east of Temecula, 34225 Rancho California Road.

The event draws hundreds of runners for all classes from all over southern California, from San Diego to Los Angeles and beyond. Because of the way the course is set up, it has gained a “must” reputation among many of the runners who love the wine country layout.

Last year, with nearly 600 registrants, the club raised \$25,000 for the various community service projects in which they are involved. This is a nonprofit fundraiser and has two major sponsors, Pechanga and Maurice Car’rie

Winery. Proceeds from the race are used by the Temecula Sunrise Rotary Club to benefit its many community service projects, such as vocational and academic scholarships and a literacy program for third graders at Temecula’s Title I schools.

Come run or walk through Maurice Car’rie Vineyards and enjoy Temecula’s scenic wine country. Registration is limited to the first 800 entrants. The event will take place rain or shine.

To sign up for the race, visit [www.active.com](http://www.active.com) and search for “Run through the Vineyard.” Or log on to [www.temeculasunriserotary.com](http://www.temeculasunriserotary.com) and click the link for “Run through the Vineyard.” Sign up before March 15 and save money. Team discounts are available. Online registration closes Thursday, April 23, at 12:01 a.m. Race day registration is from 6-7 a.m., Saturday, April 25. Runners may also go to pick up bibs and do pre-race day registration a day ahead at The Running Center in Temecula from 4-6 p.m. Friday, April 24.

Race times are: 10K at 7:30 a.m.; 5K at 7:45 a.m. and 2K at 8 a.m. Awards will be given for first, second and third place in each age group for 5K and 10K only, and presentation will begin after the completion of the 5K race. Finisher medals will be given to all walk/run participants, as well as a quality Gildan T-shirt. Adults will receive a coupon for 2-for-1 wine tasting, to be used on race day from 9:30-11 a.m.

“To date, more than \$300,000 has been contributed back into our community from the proceeds of this event,” Temecula Sunrise Rotary president Bob Davies said.

Temecula Sunrise Rotary Club meets for its breakfast meeting at 7:30 a.m. each Tuesday at Journey’s End at Pechanga, the golf course restaurant. For information about Rotary or the race, contact Frank Appice, race chairman, at (949) 632-5667 or [frankappice@earthlink.net](mailto:frankappice@earthlink.net).

*Submitted by Temecula Sunrise Rotary Club.*



Temecula Sunrise Rotary Club invites the community to sign up for the 33rd annual Run through the Vineyard, to be held at Maurice Car’rie Winery Saturday, April 25.

Valley News/Courtesy photo

# The Mexico Cafe coming to south Temecula



This rendering photo shows what The Mexico Cafe will look like when it opens this spring on Pechanga Parkway in south Temecula.

Valley News/Courtesy photo

**Jeff Pack**  
Staff Writer

In San Bernardino, the Gaitan family has been serving homestyle Mexican food with a philosophy of consistent quality.

Soon, the family will open a second location of The Mexico Cafe, a standalone restaurant on Pechanga Parkway, hoping to bring with them the success they’ve enjoyed since 1951.

For about a year, folks living in south Temecula and the thousands that travel to and fro on Pechanga Parkway wondered exactly what was under construction in a lot just north of Hazit Market.

According to David Gaitan who manages the marketing and kitchen for Mexico Cafe, they have kept the project under wraps until they got closer to opening.

He said they plan on opening this spring but wouldn’t give an exact date.

“We moved to Temecula in 1996, and we eventually found the lot. My grandfather found it and was able to pick up that lot, and we sat on it for a little bit,” Gaitan said. “We’ve always wanted to expand. It was just a matter of getting the rest of the family in line; my brother works there, my mom works there, my uncle works there. My grandfather’s pretty much retired, but he still owns it. So, we set a game plan.”

Gaitan, whose great grandmother founded the restaurant, said the family moved to the Temecula area in 1996 and they saw the city as a growing community that was business-friendly.

“We wanted to bring it to Temecula because San Bernardino is a declining city,” he said. “Here is a much greater opportunity.

“Temecula is a wonderful city. The business to business is really great as well as the community and really helpful. The chamber is really great and really helpful. And you know, there’s a need I think for a Mexican restaurant, a full-service Mexican restaurant that can cater to large, large parties,” he said.

Gaitan said that the sheer volume of traffic on Pechanga Parkway and the general lack of dining or businesses along the thoroughfare will bring in a lot of customers.



The Mexico Cafe is under construction on Pechanga Parkway in south Temecula. The ownership anticipates it will be open for business in the spring.

Valley News/Jeff Pack photo



The Mexico Cafe’s Menudo.

In all, the restaurant will be able to seat more than 400 people in the 1,400-square-foot building at any given time and will feature a VIP section with upgraded food options and perks.

He said the family intends on expanding even more with more locations throughout the Inland Empire.

As for building a standalone building, Gaitan said it came down to not wanting to rent a space, given the difficulties some restaurants have sticking as a renter.

Gaitan is confident about the business model that made the restaurant such a success in San Bernardino.

“We serve traditional Mexican cuisine in a family atmosphere,” he said. “We do a full bar and what-not, but we try to cater to families and have a safe environment, a fun festive environment. We have a very upbeat staff to make an experience. We like to interact and get to know our clients, customers and take care of our employees. So, it’s more of a family feel rather than just a business.

Courtesy photo/The Mexico Cafe

“It’s a place where people can have comfort and have a great experience and get to know us,” Gaitan said. “Temecula’s a family-oriented city, which we love.”

Initially, they wanted to open in November 2019, but because they had to move water and utilities from across the street and were still going through the permitting process, they had to delay the opening.

“We had to bring over all the utilities and from the other side,” Gaitan said. “That side of the street now has internet, Wi-Fi, everything. They didn’t have it before. There was nothing on that side. So, we got the city to allow us to bring over the utilities.”

Gaitan said in the near future he expects to post now hiring signs when he gets a little more information about when the restaurant will officially open with soft openings and then a grand opening.

For more information on The Mexico Cafe, visit [www.mexico-cafe.biz](http://www.mexico-cafe.biz).

*Jeff Pack can be reached by email at [jpack@reedermedia.com](mailto:jpack@reedermedia.com).*

# Wine Country Events Calendar

FRIDAY, JAN. 31	
11 a.m. to 5 p.m.	Craft Faire, Maurice Car’rie Winery
1-2:30 p.m.	Behind the Scenes Wine Tour, South Coast Winery
3-5:30 p.m.	Happy Hour, Vineyard Rose, South Coast Winery
5-8 p.m.	Live Music, Travis Miller, Cougar Vineyard and Winery
5-9 p.m.	Karaoke Night with Lillian Thomas, Masia de la Vinya
6-9 p.m.	Live Music, Old School, Lorimar Winery
6-9 p.m.	Live Music, Al and Brad, Lorimar Winery in Old Town Temecula
6-10 p.m.	Live Music, Monty Seward and Friends, Bel Vino Winery
SATURDAY, FEB. 1	
11 a.m. to 5 p.m.	Craft Faire, Maurice Car’rie Winery
Noon to 4 p.m.	Live Music, Toga Party Band, Bel Vino Winery
Noon to 4 p.m.	Live Music, JD Priest, Wilson Creek Winery
12:30-3 p.m.	Live Music, Charles Sacayan, Carol’s Restaruant at Bailly Winery
1-5 p.m.	Live Music, Gaby Aparacio, Fazeli Cellars
1-5 p.m.	Live Music, Astra Kelly, Danza del Sol Winery
3:30-5:30 p.m.	Happy Hour, Vineyard Rose, South Coast Winery
6-9 p.m.	Live Music, Vince Mendoza, Avensole Winery
6-9 p.m.	Live Music, Mrs. Jones’ Revenge, Lorimar Winery
6-9 p.m.	Live Music, Crutch, Lorimar Winery in Old Town Temecula
SUNDAY, FEB. 2	
11 a.m. to 2 p.m.	Brunch Specials at Meritage Restaurant, Callaway Winery
11 a.m. to 5 p.m.	Craft Faire, Maurice Car’rie Winery
11:30 a.m. to 2:30 p.m.	Dog Day Sundays, Carol’s Restaurant at Bailly Winery
Noon to 4 p.m.	Live Music, Raynaldo Martine, Wilson Creek
1-4 p.m.	Live Music, Brian Stodart, Europa Village
1-4 p.m.	Live Music, Bad Chemistry, Lorimar Winery
3 p.m.	Fazeli Cellars closes early
3:30-5:30 p.m.	Happy Hour, South Coast Winery
3-6 p.m.	Live Music, Debra Turner and Vince Mendoza, Lorimar Winery in Old Town Temecula
3-8 p.m.	Super Chili Bowl, Cougar Vineyard and Winery
UPCOMING:	
Feb. 5 is Cougar Winery’s Craft Night from 4-6 p.m.	
Feb. 6 is Lorimar Winery’s Galentines from 6-9 p.m.	
Feb. 9 is Cougar Winery’s All White Salsa night from 2-6 p.m.	

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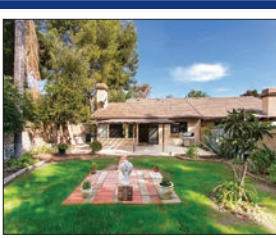
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