

Art
Fallbrook sculptor creates unique work
C-1



Entertainment
The circus comes to Temecula
D-1

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April 25, 2024

www.VillageNews.com

Volume 28, Issue 17

Fallbrook native a triple threat as a Navy diver, rugby player and naval officer

By Chief Logistics Specialist Joshua Montes
Officer Training Command Newport

In the annals of remarkable individuals who embody the essence of dedication, Ensign Megan Neyen stands as a beacon of inspiration. [Neyen's maiden name is Pinson.]

From the depths of the ocean as a Navy diver to the rugged rugby fields, her journey is a testament to her unwavering spirit and unrelenting pursuit of excellence as she embarks on a new chapter as a naval officer.

Neyen's journey began in Fallbrook, California, where she discovered her affinity for the water and her love for sports at a young age. Raised in a family with a strong military tradition, her parents and older brother served in the United States Marine Corps, and she also has a brother serving in the United States Army. Her path seemed preordained, yet her achievements have exceeded all expectations.

One of Neyen's most distinguished accomplishments was completing Navy Dive School at the Center for Explosive Ordnance Disposal and Diving, Panama City, Florida, in 2021. This specialized field demands an extraordinary level of physical and mental fortitude.

Her days are filled with tasks ranging from underwater maintenance to salvage operations, often in challenging and treacherous conditions. Her unwavering commitment to mastering this demanding profession has earned her the admiration of peers and superiors alike.

"I chose to be a diver because in high school my rugby team did

see NEYEN, page D-5

Avo Fest draws thousands



Thousands of people enjoy the vendors and festivities during the annual Fallbrook Avocado Festival. See more photos on page B-1.

Village News/Shane Gibson

Gun buyback brings in 56 firearms

PALA – The San Diego County Sheriff's Department teamed up with its law enforcement and tribal nation partners to help get unwanted weapons off their streets through a Gun Safety Event in Pala, April 20.

A total of 56 unwanted firearms were turned in by the public during the Saturday event at the Pala Band of Mission Indians

Administrative Building, located in the 12000 block of Pala Mission Road.

Individuals received a \$100 gift card for handguns, rifles and shotguns or a \$200 gift card for assault weapons and ghost guns.

During the event, 49 cable locks and 76 gun safety lock boxes were also given out for free to people looking to secure firearms kept in their homes.

All weapons collected will be processed. Any firearms found to have been involved in a crime will be referred to the appropriate law enforcement agency. If any guns are found to be stolen, the original owners will be contacted. All remaining weapons will be destroyed in accordance with the law.

The Sheriff's Department and Valley Center Sheriff's Substation appreciates the San Diego County District Attorney's Office, Pala Band of Mission Indians, Pauma Band of Luiseño Indians, San Pasqual Band of Mission Indians, La Jolla Band of Luiseño Indians,



A deputy holds a sharpshooter rifle that was turned in at the Gun Safety Event in Pala, April 20.

see BUYBACK, page A-5

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VILLAGE NEWS



ANNOUNCEMENTS

The deadline for all announcements and press releases is Friday, 3 p.m. Email to villageeditor@reedermedia.com.

Geothermal energy: Benefits and concerns to be discussed



Dr. Matthew Forrest of the Scripps Institution of Oceanography will discuss geothermal energy from several different perspectives.

FALLBROOK – Fallbrook Climate Action Team will present a speaker to talk about Geothermal Energy. Dr. Matthew Forrest of the Scripps Institution of Oceanography will discuss geothermal energy from several different perspectives including the practical uses of geothermal sources to produce broad scale electricity, as well as for small scale heating and cooling. The Zoom meeting is on Tuesday, April 30 at 6:30 p.m.

Forrest is a scientist with a PhD from Scripps Institution of Oceanography and a professional

writer, editor, and instructor with strong expertise in ecology, geology, geochemistry, water chemistry, conservation, and sustainable development.

He also earned BA degrees in English (UCLA) and Marine Biology (UC Santa Cruz), as well as an MS in Marine Sciences from Moss Landing Marine Labs. He has published book chapters and papers in peer-reviewed journals on myriad topics ranging from structural geology and gas and water geochemistry, to amphibian disease ecology, and balancing conservation of vulnerable and endangered species with green energy development.

Forrest will also discuss some of the caveats and potential issues regarding the development and locations of larger-scale geothermal power plants – including their potential impacts on endangered and vulnerable species, impacts on the surrounding land and water resources, and cultural implications. Finally, he will discuss recent developments in lithium extraction from geothermal fluids and deposits.

Fallbrook Climate Action Team is an all volunteer group. FCAT presents monthly presentations about climate change and mitigation on the last Tuesday of every month except December. To receive the Zoom link, sign up for the group's e-blast at <https://fallbrookclimateactionteam.org/>.

Submitted by the Fallbrook Climate Action Team.

Families and pets welcome to Spring Boutique

RAINBOW – The Rainbow Valley Grange is hosting its annual Spring Boutique Sunday, April 28 from 9 a.m. to 4 p.m., 2160 Rainbow Valley Blvd.

There will be activities for the whole family including fire safety

demos, a bake sale, free kids craft table, face painting, a jumper house (for a fee), silent auction, live music, beer and wine along with more than 40 unique vendors.

A food truck, La Taqueria Jalisco, will be selling food and

there will also be Fallbrook VFW, North County Fire and Camp Pendleton Young Marines booths. The event is mostly outdoors and pet friendly.

Submitted by Rainbow Valley Grange.

Soroptimists to hold 'Bunco de Mayo' fundraiser

VISTA – Soroptimist International of Vista and North County Inland is hosting a "Bunco de Mayo" fundraiser Saturday, May 4. The family-friendly event will be held at the Gloria McClellan Senior Center, 1400 Vale Terrace Drive, in Vista. The event begins at 11:30 a.m. Tickets

are \$25 each and include a light lunch and prizes. To reserve a spot, contact Thoraldina Soyland at 760-809-8146 or buy tickets online at <https://bit.ly/3uRjRKd>.

Funds raised go to help women and girls through Soroptimist's "Dream" programs. The Vista club recently gave out \$14,000

in education grants to five local women, all single mothers who are overcoming obstacles to success and attending local colleges and trade schools. To learn more, visit <http://soroptimistvista.org>.

Submitted by Soroptimist International of Vista and North County Inland.

CALENDAR

April 28 – 11 a.m. to 3 p.m. – Rally for Children holds its 29th year of "Arts in the Park" at Live Oak Park. Admission is free! The event offers art, music, entertainment and endless activities for children and their families. Free bus shuttles are provided from 10:45 a.m. to 3:30 p.m., from both the Maie Ellis Education Center and Potter Jr. High to Live Oak Park and back every 30 minutes. Event co-sponsored by the Fallbrook Union Elementary School District.

April 29 – 11 a.m. to 4 p.m. – Blood Drive presented by San Diego Blood Bank. Blood

donations will be collected at Fallbrook Regional Health District's Community Health & Wellness Center, 1636 E. Mission Road. To schedule an appointment visit www.fallbrookhealth.org/blood-drive-dates. Appointments are honored first and walk-ins are welcome. For more info, call 619-400-8251.

May 11 – 9 a.m. to 2 p.m. – Fallbrook Garden Club's Spring Flower Faire Extraordinaire takes place at the Fallbrook Historical Society, 1730 S. Hill Ave. Entrance on Rocky Crest Road. All varieties of plants, vegetables, and garden art for sale. Funds support community beautification projects, club activities and scholarships.

May 26 – 10 a.m. to 3 p.m. – The Fallbrook Vintage Car Club's Car Show and Swap Meet happens in Downtown Fallbrook using the same streets and boundaries as the annual Harvest Faire. Eight restaurants will be open as well as two local food trucks, with live

entertainment at Alvarado Street and Main Avenue plus a beer and wine garden in Vince Ross Square. Theme is "Decades of Fords."

May 27 – 11 a.m. – Veterans of Foreign Wars Post 1924 to hold its annual Memorial Day Ceremony at Fallbrook Masonic Cemetery, 1177 Santa Margarita Drive. Includes Voice of Democracy essay winner and Honorary Guest Speaker Retired Air Force Lt Col Kenneth Munson. Fallbrook Garden Club to provide flowers to place on graves. A free lunch will be provided at the VFW Hall, 1175 Old Stage Road.

Oct. 4 – Boys & Girls Clubs of North County hosts its annual North County Cup at Journey at Pechanga. Golfers of all levels are welcome; all proceeds benefit the Boys & Girls Clubs of North County. Tickets are \$250 per golfer, sponsorships available. For more information visit www.bgnorthcounty.org or call 760-728-5871.

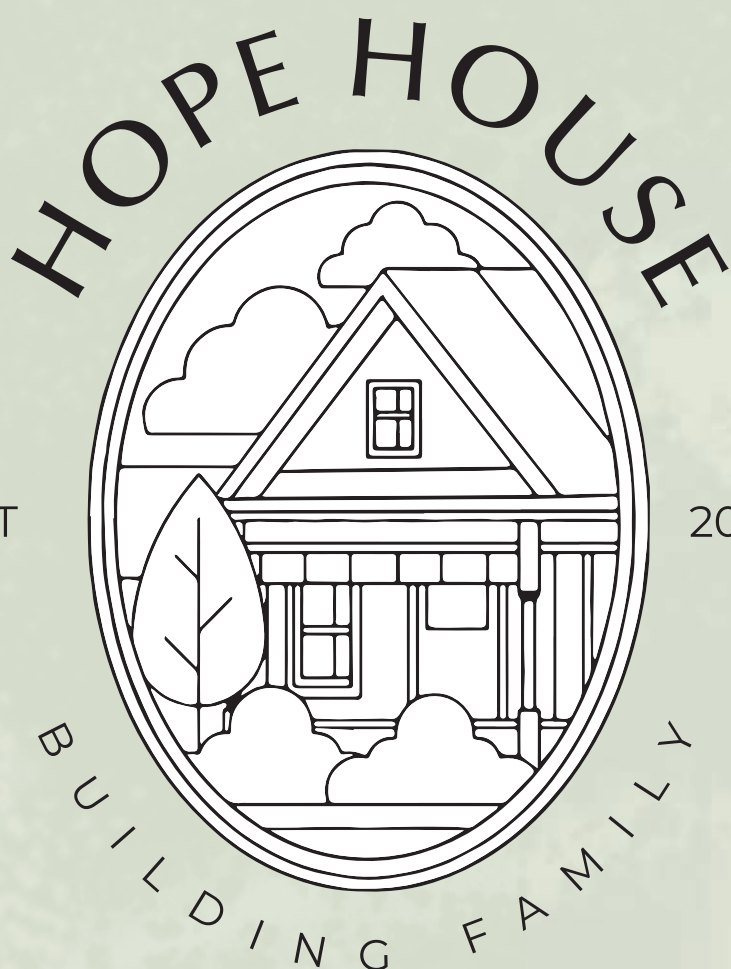
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DONATE AT:
www.hopehousefallbrook.org

“³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything. ⁵ If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. ⁶ But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. ⁷ That person should not expect to receive anything from the Lord.”

– James 1:3-7



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Offered at \$998,747



27 Shady Hill Lane, Fallbrook

Nestled within the picturesque landscape of Fallbrook, 27 Shady Hill offers a serene retreat in the 24-7 guard gated neighborhood of Rolling Hills Estates. This meticulously crafted property boasts a fusion of modern sophistication and natural beauty, promising a lifestyle of luxury and tranquility. As you approach the residence, a lush garden welcomes you, adorned with vibrant foliage like roses and Jacaranda trees and colorful blooms, creating an inviting ambiance. The architecture seamlessly blends contemporary design elements with timeless aesthetics, characterized by clean lines, expansive windows, and a tasteful color palette.

Offered at \$2,898,747



1650 Winterwarm Dr, Fallbrook

Sprawling One level custom home with panoramic views in the Winterwarm area located in central Fallbrook. Charm, ocean breezes and the kick back country lifestyle await you. Well maintained and cared for, you can enjoy as is or visualize your dreams with changes suitable to your style. Third bedroom is detached from the main home by a covered breezeway creating privacy for your upcoming guests or extended family. Separate fenced area for perhaps your 4-H projects, a few chickens or that horse you always wanted. Convenient location close to town yet also private.

Offered at \$1,098,747

Ken's Corner

Summer will be here before you know it

It is a wonderful time for family gatherings, barbecues, pool parties and vacations! If you have been thinking of a new home to enjoy those family activities, or possibly that dream home to have a staycation...we can find the perfect home for you! With more buyer demand for good homes in turn key condition timing is perfect to get your home sold too! We can get the results you need!

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Sharon's Corner

Time to Sell?

For a free list of 10 things to consider before you list your home, give us a call or email! The market is balancing and inventory is increasing. How you approach the selling process can affect your net results! If you have questions, we have answers!

LET'S TALK! - Sharon

Business Spotlight



Fresco Grill AND WINE BAR

Bonsall Fine Wine and Spirits offers the Best Selection of Fine Wines and Hard-to-Find Spirits in the local area. We've teamed up with GrubHub to offer same-day alcohol delivery in Fallbrook, Bonsall, and surrounding areas. Call for special requests.

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Charity Spotlight



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AT THE VINEYARD AT 1924

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Register at fallbrookfoodpantry.org/dine-n-dash

LOCAL

Encore members 'Go for the Gold'



Fallbrook Encore Club members visit the Chula Vista Elite Athlete Training Center on a field trip. Village News/Courtesy photo

FALLBROOK – Several members of Encore Social Club enjoyed a special event touring the Chula Vista Elite Athlete Training Center. The center is a U.S. Olympic and Paralympic training site comprised of 155 acres of state-of-the-art training facilities.

The center supports more than a dozen summer and Paralympic sports, as well as cross training ability for various winter sports. As they toured the beautiful grounds, Encore members were inspired to see some of the U.S. Olympic athletes training, and enjoyed lunch at the center's dining hall along with the athletes. The next summer Olympics will be held this year in Paris, France.

As members engaged in special events and monthly activities, the 'Salad Bar' gathering had a nice turnout with a lunchtime potluck. This recurring activity is often theme based, and sometimes includes a light game to enjoy. This month the theme was "birthdays."

Attendees also enjoyed a delicious homemade birthday cake and each person received a small plant as a birthday gift.

The next monthly coffee meeting will be held on Tuesday, May 7 at 9:30 a.m. at Christ the King Church. The guest speaker will be Karen Houghton, RN, BSN and cookbook author of Naturally Gourmet. She will give a discussion on healthy eating and will provide delicious plant based recipes and food samples for members to taste.

Encore is a community social club open to all who live and/or work in Fallbrook, Bonsall, Rainbow, and De Luz. Young and old, singles and couples; all are warmly welcome. There is truly something for everyone! For more information on the organization and a detailed description of its activities and events, visit [www://fallbrookencoreclub.com](http://www.fallbrookencoreclub.com).

Submitted by the Fallbrook Encore Club.

BWC busy with spring fundraiser, new members



Bonsall Woman's Club's newest members attend a New Members Luncheon to get more information about BWC, from left, Amy Cunningham, Valerie Alvord, Ananda Ganino, Ximena Wick, Neva Day, Jackie Michalkiewicz, Gail Greco and Terri Gullo. Village News/Courtesy photos

BONSALL – Bonsall Woman's Club will host their annual spring fundraiser on Tuesday, May 7, at Ciao's Restaurant in Vista. "Viva Las Vegas" will feature a Vegas-glam theme, fashion show and a "surprise" hip-gyrating entertainer. Tickets are almost sold out, but are still available at \$65 per person.

Fundraiser co-chairs Laurie Criscenti and Debbie Harris have been leading a committee of 15 members for the past four months to organize the luncheon program, which will include raffle baskets, silent auction, door prizes, craft sales, photo booth, and prize wheel. Club donations and community sponsorships have contributed to the planning efforts.

"The success of this fundraiser is very important to our club and our community," BWC President Mary Jo Pfaff said. "Without the hard work that our members put into these events, we would not be able to contribute to all of the local organizations that we support."

In addition to planning the fundraiser, BWC has been busy welcoming and preparing new members to take an active role in the club.

Organized by Second Vice Presidents/Membership Cindy Gibson Floyd and Connie Jordan, BWC hosted a "New Members Luncheon" on April 10 to welcome



Organizing the New Members' Luncheon for the Bonsall Woman's Club are, from left, Second Vice Presidents Connie Jordan and Cindy Gibson Floyd, and President Mary Jo Pfaff.

women who have joined the club since 2023. President Pfaff provided a brief history of BWC, followed by presentations by the Board of Directors and committee chairs who explained their roles and opportunities for getting involved.

"Our new members give me great promise for the future of our club. Their energy, enthusiasm and talents are remarkable," Pfaff shared after the meeting. "We have members who joined last year who are already serving on the Board and committees."

Recognized at the meeting were new members Valerie Alvord, Gini Brooks, Amy Cunningham, Neva Day, Cindi Frank, Ananda Ganino, Gail Greco, Terri Gullo, Jackie Michalkiewicz and Ximena Wick. Not in attendance were new members Larissa Anderson, Linda Birnie, Judith Hughes, Julie Johnson, Margaret Riley, Diana Smith, and Gina Ellis.

Bonsall Woman's Club is a 501(c)(3) organization that has been supporting Bonsall since 1980. New members and guests are always welcome. Meetings are held the first Thursday of each month at the Bonsall Community Center, starting at 10 a.m. More information about BWC can be found at <https://www.bonsallwomensclub.org/>. Questions can be emailed to bonsallwomensclub@gmail.com. Submitted by Bonsall Woman's Club.

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Sunday, May 26, 2024

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For Information and Registration go to:
www.FallbrookVintageCarClub.org/carshow/
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 All event proceeds benefit the Fallbrook Food Pantry.

Village Rotary learns about Palomar's Fallbrook campus

FALLBROOK – Two representatives from Palomar College gave a presentation to the Fallbrook Village Rotary at their Tuesday meeting, April 16. The speakers were Dr. Star Rivera-Lacey, superintendent and president of Palomar College, and Ryan Williams, manager of the Palomar College Fallbrook Education Center.

Palomar College has a big service area covering 2,500 square miles and has been operating for 77 years. The flagship campus is in San Marcos with classes extending from Ramona to Camp Pendleton including classes at the Vista Detention Facility. Lately, a

lot of students are not transitioning from high school to college.

So, Palomar College has an Early College Program where high school students can get college credits while in high school, so when they are ready to transition, they see themselves already as college students. The college offers 250 certifications and degrees and short term trade, career and technical classes focusing on new industries with livable wages.

The Palomar Comet program allows a first time college student free tuition for the first two years. The Palomar Fallbrook Education Center offers many academic programs including: Associate

Degree for Transfer in Psychology, Certificate of Proficiency in EMT Basic, Coursework in Public Safety, Core Prep in Biology, Nursing, and Chemistry.

The Fallbrook campus received about 21% of the proposition M bond money from which a 40,000 square foot permanent building will be built to expand essential services and facilities with groundbreaking likely this August.

For more information about the Fallbrook Village Rotary, visit <https://fallbrookvillagerotary.com/>.

Submitted by Fallbrook Village Rotary.



Village Rotary President Jennifer Weeks, center, Village News/Courtesy photo welcomes Dr. Star Rivera-Lacey, left, and Ryan Williams to the group's April 16 meeting.



The Gun Safety Event collected 56 unwanted firearms from local residents.

BUYBACK

from page A-1

Pala Tribal Law Enforcement and the American Indian Veterans Association of Southern California for their support in making this Gun Safety Event a success as well as the Health and Human Services Agency for their support.

Most importantly, the public did its part in helping to keep their communities safe by getting unwanted firearms off their streets.

The public can always turn in their unwanted weapons at any Sheriff's station or substation. For their safety, they should keep the gun in the trunk of their car and await further instructions from a deputy.

For a list of Sheriff's patrol stations, go to <https://www.sdsheriff.gov/bureaus/law-enforcement-services-bureau/patrol-stations> or call the Sheriff's non-emergency line at 858-565-5200.

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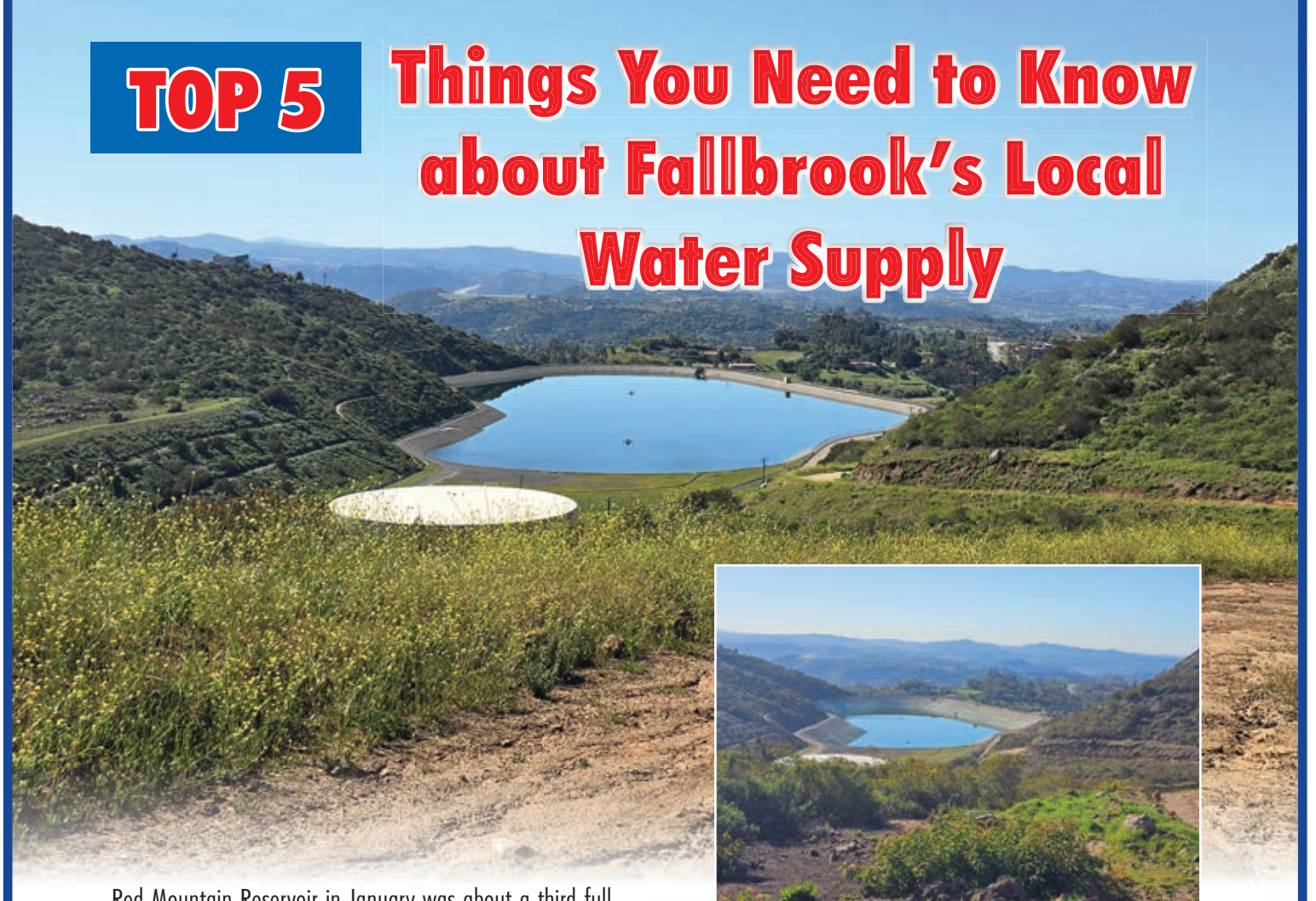
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FPUD news

Keeping Fallbrook informed



TOP 5 Things You Need to Know about Fallbrook's Local Water Supply



Red Mountain Reservoir in January was about a third full. Today, it is filled to capacity.

FPUD's Red Mountain Reservoir in January.

- 1** We're using mostly local water. Right now, more than 80% of the water that comes out of your tap is local water from the Santa Margarita River which flows right through Fallbrook.
- 2** This is a huge shift from 3 years ago when 100% of our water was imported. Imported water – imported ANYTHING – is more expensive.
- 3** Our local Red Mountain Reservoir is full - it's at capacity. It holds 440 million gallons of water.
- 4** California goes from drought to non-drought. Thanks to your conservation and 2 wet years, we have plenty of water and no additional conservation efforts are required at this time. We have plenty of water – for NOW.
- 5** Mostly local water: In March, we only had to purchase about 38 acre-feet of imported water. Compare that with March 2022 – we had to purchase about 460 acre-feet of imported water. An acre-foot is enough water for three families of four for a year. It is about the size of a football field, covered in 1 foot of water.

We began using water from the Santa Margarita River at the end of 2021. It reduces imported water purchases! And it helps protect us from rising imported water costs. It's a long-term investment that helps to keep water rates stable.

The Santa Margarita River flows right through Fallbrook but for about seven decades, we were involved in one of the longest-running federal lawsuits over water rights to the river. Now with that lawsuit behind us, we share the river's water with Camp Pendleton. The water is purified at our water treatment plant on Alturas Road and then sent to Fallbrook taps.

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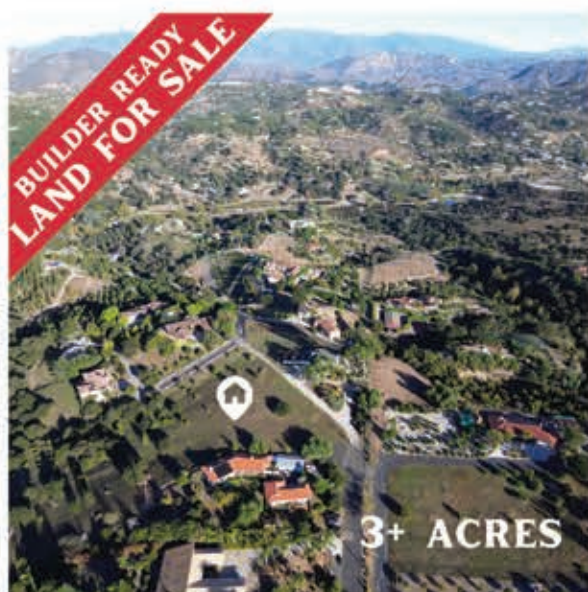


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Featured HOME

4715 CALLE DE LA VUELTA, FALLBROOK



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2187 KIRKCALDY RD, FALLBROOK

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A HUGE THANK YOU TO ALL THOSE WHO SHOWED UP TO THE AVOCADO FESTIVAL SUNDAY! WE HAD AN AMAZING GROUP OF VOLUNTEERS AND AN EVEN MORE AMAZING CHAMBER OF COMMERCE CEO. WE CANNOT WAIT TO SEE EVERYONE NEXT YEAR!




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SUPPORT YOUR LOCAL VFW

STOP BY THE FALLBROOK VFW POST 1924 FOR ANY OF THESE MEAL NIGHTS. ALL THESE EVENTS ARE OPEN TO THE PUBLIC:

- APRIL 25TH** Thirsty Thursday (Open Mic Night) 3-8pm
- APRIL 26TH** Bike Night & Dinner 6-9pm 6-7:30pm
- APRIL 28TH** Mike's Margaritas 10am-2pm
- APRIL 29TH** Burger Night 5pm-7pm




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Festival has more than just avocados



Ashlyn Baker, 8, builds her avocado racer during the Fallbrook Avocado Festival. Village News/Shane Gibson photo



Brianna Lucchesi of Ballet Folklorico Village News/Nancy Heins-Glaser photo enjoys the festival after her group's performance.



Judges take notes as they try guacamole contest entries during the Fallbrook Avocado Festival. Village News/Shane Gibson photo



Food is grilled for hungry festival goers during the annual Fallbrook Avocado Festival.



From left, Pepper Miller, 10, Miranda Matteson, 10, and Elizabeth Fiero, 10, practice CPR at the North County Fire Admin building during the Fallbrook Avocado Festival. Village News/Shane Gibson photo



The caboose on the corner of Main Avenue and Elder Street is open for guests to tour during the Fallbrook Avocado Festival. Village News/Shane Gibson photo



Anne Klentz helps visitors in the Fallbrook Chamber of Commerce office. Village News/Shane Gibson photo



An entry for the guacamole contest presents a miniature display of tortillas and ingredients during the Fall took Avocado Festival.

HEALTH

Community Resource Navigator empowers families in rural areas amidst growing challenges

FALLBROOK – In a landscape marked by evolving community needs, Katia Elizondo Márquez, the dedicated Community Resource Navigator for the Fallbrook Regional Health District, has been instrumental in bridging critical gaps and empowering families in rural areas.

Through strategic partnerships with local organizations, including school districts and key community service providers, Elizondo Márquez has spearheaded impactful initiatives to address pressing issues such as mental health, family services, healthcare, senior support, and housing.

In the past six months alone, Elizondo Márquez has served a total of 68 clients (70% female and 21% male), showcasing the significant impact of her work. The primary needs identified in the community are housing assistance, senior services, and healthcare services.

Recognizing the top demand for housing assistance, especially in rural settings, Elizondo Márquez has collaborated closely with organizations like Community HousingWorks, PATH San Diego, and Interfaith Community Services to ensure that families have access to affordable and emergency housing options.

One of the key challenges faced by the community is language barriers, particularly among the Hispanic/Latino population. These



Katia Elizondo Márquez, the Community Resource Navigator for the Fallbrook Regional Health District, lends a helping hand as she guides a client through paperwork.

barriers often hinder individuals from accessing essential resources such as food, housing, transportation,

and healthcare.

Elizondo Márquez has been relentless in her efforts to overcome these obstacles, providing tailored support to everyone based on their unique circumstances.

Her commitment to her clients is evident in the impact stories that have emerged from her work. One such story involves a family referred to by the FUESD Mike Choate Early Childhood Education Center. Originally from Michoacan, Mexico, the family sought assistance with food and housing resources after obtaining their residency/green card.

Through Elizondo Márquez's guidance and the resources provided, the family secured housing, gained access to essential food resources via the Fallbrook Food Pantry, received crucial legal assistance, and found employment opportunities.

Expressing her gratitude, the client shared a heartfelt letter with Elizondo Márquez, saying, "Thank you for all the support that you have given us, for your time and empathy, and for only wanting the best for us. Thank you for being an angel who has guided us through this path, we hope to always count on your beautiful friendship."

Elizondo Márquez's impact extends beyond individual success stories, influencing the broader community by connecting clients with vital services such as domestic violence support, employment

assistance, family services, food access, healthcare, housing solutions, legal aid, mental health support, senior care, transportation assistance, and utility support.

By directing resources to community nonprofits and engaging highly skilled staff, partners, and passionate volunteers the Fallbrook Regional Health District endeavors to offer health and wellness services to our served communities of Bonsall, De Luz, Fallbrook, and Rainbow.

As the demand for community resources continues to grow, Elizondo Márquez remains steadfast in her dedication to empowering families and individuals, ensuring that no one is left behind. Her collaborative approach and unwavering commitment exemplify the spirit of service and resilience within the community.

For those in need of assistance with basic needs or seeking local resources, Elizondo Márquez is here to help. Reach out to her for personalized support and guidance in accessing essential services within this community. Her office hours are Monday through Friday from 9 a.m. to 5 p.m. and Tuesdays from 11:30 a.m. to 7 p.m. Feel free to give her a call at 760-731-9187 or email her at kelizondomarquez@fallbrookhealth.org.

Submitted by Fallbrook Regional Health District.

Protein is a vital fuel for child development

Karlene Karst, BSc Nutrition

Special to the Village News

As a nutritionist, mother of three, chief cook and married to an Italian man with a huge extended family, my entire world revolves around eating. Every day from morning to night, food occupies my mind, from what is in the fridge to what we are going to eat for meals and

snacks, plus the questions, "Will they eat it, and will they like it?"

Today, I have more time, and my kitchen is manageable; however, it was not always this easy. As a new mother 16 years ago, I remember feeling overwhelmed with meal preparation, which surprised me as I am a dietitian and I love to eat. So, I asked myself, how could food possibly be a source of stress? Admittedly, feeding my family

in those early years was no small feat. As my firstborn, Luca, grew and our family expanded with Matteo and Capri, I needed to devise a healthy strategy to survive. I decided to make a plan that my family could grow with for the long term, including how to deal with the challenges of mealtime battles, which were sure to be expected.

My plan progressed into a 256-page cookbook for busy

mothers called "This Kitchen Is for Dancing," filled with over 100 healthy recipes, with chapters on how to plan meals, shop and stock a pantry. Not every day is a win, but I am fortunate to have children who love and appreciate good, healthy whole foods.

Expand your child's palette.

Helping to expand food choices for a child, who only wants to eat curly macaroni with butter, is daunting. Did you know that over 50% of parents classify their children as picky eaters? It can be difficult and worrisome for a parent, but you are in the driver's seat because you buy the food that comes into the home. So, it's your role to create a positive eating environment that encourages your children to explore new food.

Get enough nutrition.

Mealtime battles and endless negotiations over food often leave you questioning if your child is getting the nutrition they need. Ensuring your child's health and well-being is a top priority, and one crucial element to focus on is protein intake. Protein is an essential nutrient vital to a child's growth and development. Getting enough protein can become a concern when your kids push food around the plate and rarely eat. However, there are many ways to ensure your child receives adequate protein even when their food preferences and consumption are limited. Add variety and boost protein intake.

Start early and keep trying.

Be patient and persistent and never force children to eat. Begin by offering your child a variety of food. A toddler, for instance, can take up to 15-20 attempts to eat certain food. Since my children were toddlers, they have eaten what the adults eat. I never made separate meals. They have also never been "kids' menu eaters," and I credit that to giving them adult-like food, cooking with various spices and eating exotic cuisines.

Make it educational.

As a nutritionist, I teach my children the "why." I have always believed that positive change and healthy habits are easier to understand and build when you know why.

Ask them to help.

When children have a hand in making a meal, they will be more inclined to try it. I have found this to be especially important with school lunches – I give options and let them choose, so it is not a big surprise when you pack the lunch.

Variety is the spice of life.

Rotate protein sources to include

lean meats, poultry, fish, eggs, dairy products, legumes, nuts/seeds and other whole grains rich in protein like oats and quinoa and use nutritious flours, like almond when baking. Protein shakes are a fabulous way to sneak in more protein, and the flavor options are endless. First, you will need a high-quality protein powder. My children like Whey Factors protein in vanilla flavor. You can add healthy ingredients like nut butter and cacao, or make a fruit smoothie with fresh berries or other fruit. Busy children love a quick smoothie snack.

Try small portions.

Offer smaller amounts to prevent your child from feeling overwhelmed. You can always give more if they ask for it. And then wait until they grow up and you have teenagers to feed.

Model healthy eating behavior and attitudes.

Children often mimic their parents' eating habits. If they see you enjoying various foods, they might also be more open to trying them.

Mealtime should feel relaxed, joyful and focused on time with loved ones. Give thanks and show gratitude for the nourishment that food provides our minds and bodies.

Most of all, take the time to help your children count their blessings. Children worldwide would be eager to have more than one choice when they eat. Involve your children in shopping and meal planning. Take them to help at a food pantry or in a community food drive, and always ask them to share recipes they want to try. Before you know it, your children will prepare meals for you.

My Children's Favorite Blueberry Power Smoothie

Ingredients:

1 cup of your choice of milk or water
1/2 cup frozen blueberries
1 banana
1 Tbsp hemp seeds
1 scoop of whey protein powder, vanilla flavor
Optional: Drizzle of honey

Directions:

In a blender, add the ingredients and puree until smooth.

Karlene Karst holds a bachelor's degree in nutrition and is an expert in natural health and wellness. She is the author of several books, and is an upbeat, knowledgeable TV personality and spokesperson appearing on the cover of magazines and TV shows in Canada including "The Marilyn Denis Show," "CTV Morning Live," "Global Morning News" and "Breakfast TV."

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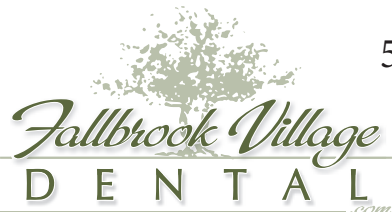


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Temecula baby in need of life-saving transplant



Dean Baker is in need of a life-saving kidney transplant. Village News/Courtesy photo

TEMECULA – With the cost of a life-saving transplant often exceeding \$800,000, most transplant families are unable to shoulder that financial burden. The Children’s Organ Transplant Association is a national 501(c)(3) charity dedicated to organizing and guiding communities in raising funds for transplant-related expenses. In Temecula, volunteers are raising funds for COTA in honor of transplant patients like local toddler, Dean Baker.

Dean is the son of Ashley and Darrik Baker. Born in 2022, Dean was diagnosed with end stage renal disease. The transplant team at University of California Los Angeles Health in Los Angeles recommended a life-saving kidney transplant. Temecula volunteers are raising \$75,000 for COTA to assist with transplant-related expenses.

Volunteers are needed for this COTA community campaign. Individuals and groups interested in more information should contact Community Coordinator Maria Nacar at maria.nacar@svusd.org or 949-697-8643.

COTA helps transplant families avoid financial devastation. Transplant procedure costs range from \$100,000 to more than

\$800,000. Once the transplant is complete, families face significant transplant-related expenses, including medication; transportation to and from the transplant center; lodging and expenses while parents are out of work and often living with the hospitalized child far from home. These out-of-pocket expenses add up to tens of thousands of dollars annually for transplant families with lifetime totals often exceeding \$1,000,000. In cases where a shortfall exists, COTA helps bridge the financial gap.

Dean’s family has asked for assistance from the Children’s Organ Transplant Association. One hundred percent of all funds raised for COTA in honor of patients assists with transplant-related expenses.

Contributions may be sent to the Children’s Organ Transplant Association, 2501 West COTA Drive, Bloomington, Indiana, 47403. Checks should be made payable to COTA, with “In Honor of Dean’s Fight” written on the memo line. Secure credit card gifts are accepted online at <http://www.COTAforDeansFight.com>.

Submitted by Children’s Organ Transplant Association.

Helping students to be proactive about preventing blue light exposure

Dr. Premilla Banwait
Special to the Village News

Learning in a modern classroom often depends less on textbooks and more on technology. Most students are accustomed to virtual learning and often rely on technology to stay connected with teachers and complete assignments. This reliance on digital devices may put students at higher risk of eye issues such as nearsightedness or digital eye strain – especially when combined with screen time at home.

“Outside activities still rank at the top of the list of favorite activities for most kids – but playing on digital devices and watching TV scores highly, too,” Dr. Premilla Banwait, vice president of clinical programs at UnitedHealthcare, said. “We want young people and adults to be aware of the blue light that comes with that screen time, what it may mean for their eye health and overall well-being and what they can do about it.”

The sun is the largest source of natural blue light as it can boost alertness, help cognitive function and elevate mood, Banwait said; however, blue light becomes concerning when individuals are exposed to artificial sources through TVs, computers and smartphones. Researchers continue to evaluate the potential health implications that may come from too much exposure to blue light, including sleep problems and various symptoms that are collectively called digital eye strain. Compared to adults, children may be at higher risk for these issues, as their still-developing eyes may allow more blue light to reach their retinas.

Additionally, when devices are viewed often at close range, for prolonged periods of time along with reduced outdoor time there is increased risk of nearsightedness – or the inability to see far-away objects clearly. Nearsightedness affects 42% of Americans, up from 25% in the 1970s and may contribute to serious eye diseases later in life, including retinal detachment, glaucoma

and cataracts. Use these tips to help reduce the risk of nearsightedness and digital eye strain. Keep computer screens at least 30 inches away from your eyes and consider using larger screens and font sizes whenever possible.

Use night mode, a warmer-looking setting that may appear as a yellow or amber tint.

Consider glasses with blue-light-filtering lenses or anti-reflective coatings, which may help protect against harmful blue light and glare, both of which can contribute to digital eye strain.

Practice the 20/20/20 rule – every 20 minutes, take 20 seconds and look at something 20 feet away.

Spend time outside to give eyes time focusing on objects far in the distance and get exposure to healthy, natural blue light.

Beyond these measures, remember that a comprehensive eye exam should be part of your child’s health checkups. The American Optometric Association recommended an eye exam before first grade and annually, or as recommended, thereafter.

Getting an exam scheduled over the summer may make it easier to be ready for the next school year – especially because the ability to see is crucial for children’s scholastic and social development.

With nearsightedness on the rise and up to 50% of the global population at risk of developing the condition by 2050, UnitedHealthcare vision members in six cities – Chicago, Dallas, Houston, Los Angeles, Seattle and Washington – now have access to a complimentary comprehensive assessment for myopia and a discount off the first year of treatment for new pediatric patients. These appointments are offered in collaboration with Treehouse Eyes, a leader in childhood myopia management treatment, with the goal to over time expand this discount program to additional UnitedHealthcare vision members in more cities.

Dr. Premilla Banwait is vice president of clinical programs at UnitedHealthcare.

Hospital CEO Wetton promoted to group vice president of California

TEMECULA – Southwest Healthcare Temecula Valley Hospital announces the promotion of Darlene Wetton, CEO of Temecula Valley Hospital, to group vice president of California. In this new capacity, Wetton will oversee a portfolio of health care facilities within the Southwest Healthcare network across Southern California.

“Elevating Darlene to group vice president is a testament to her remarkable leadership and unwavering dedication,” Eddie Sim, president of acute care division for Universal Health Services Inc., said. “Throughout her tenure at TVH, she has consistently demonstrated a profound commitment to excellence and a steadfast focus on delivering exceptional care to our patients.”

Under Wetton’s visionary leadership, Temecula Valley Hospital has garnered widespread acclaim, achieving accolades such as a 5-Star Medicare Hospital Compare rating, 11 Leapfrog A-grade ratings and two Leapfrog Top Hospital designations. Her promotion reflects not only her personal achievements but also TVH’s commitment to excellence in patient care and community health.

Expressing her gratitude for the promotion, Wetton said, “I am deeply honored and inspired by the opportunity to further advance healthcare delivery and outcomes across Southern California. Together with our dedicated teams, I am eager to embrace this new challenge and continue our mission of excellence.”

Beyond her transformative impact within the hospital walls, Wetton’s commitment to service extends to her active engagement



Darlene Wetton, former CEO of Southwest Healthcare Temecula Valley Hospital, is the new group vice president of California for Southwest Healthcare.

in civic and community initiatives. She currently holds esteemed positions on several boards and has been recognized for her outstanding contributions to healthcare and the community.

“We extend our heartfelt congratulations to Darlene on her well-deserved promotion,” Sim said. “Her leadership and dedication exemplify the values of Southwest Healthcare Temecula Valley Hospital, and we are confident in her ability to continue making a significant impact in

her expanded role within the Southwest Healthcare network. Darlene’s promotion will further strengthen our commitment to providing exceptional health care services across California, and her leadership will be instrumental in driving positive outcomes and fostering collaboration within our integrated network of care.”

Submitted by Southwest Healthcare/Temecula Valley Hospital.

DEA encourages communities to make every day take back day

WASHINGTON – The U.S. Drug Enforcement Administration has launched a new campaign encouraging the public to make Every Day Take Back Day by utilizing year-round collection sites to dispose of unneeded and unwanted medications.

For more than a decade, DEA has worked with state and local law enforcement partners to host National Prescription Drug Take Back Days each year to help Americans rid their homes of unneeded medications. The Take Back program has received an overwhelming response from communities across the country.

In 2023, DEA collected more than 1.2 million pounds of unneeded medications at more than 4,600 sites nationwide during our two one-day events.

DEA has now registered a record 17,000 pharmacies as authorized collectors to help Americans dispose of unused prescription drugs any day of the year. These safe disposal receptacles, in addition to DEA’s annual Take Back Day events, provide the public with an easy, no-cost opportunity to anonymously dispose of medications that are no longer needed.

Take Back Day has helped Americans easily rid their homes of unwanted or expired medications. These medications can be a gateway to addiction and have helped fuel the opioid epidemic.

According to a report published by the Substance Abuse and Mental Health Services Administration (SAMHSA), a majority of people who use a prescription medication for a nonmedical purpose obtained that medication from a family member or friend.

Removing unnecessary medications from the home can help prevent situations involving not taking medication as intended or dosed; taking someone else’s prescription; and taking the medicine for euphoric effects rather than medicinal purposes.

“DEA has worked closely with the registrant community to dramatically increase the number of permanent disposal sites accessible to Americans. As a result, members of the public can now go to any one of 17,000 pharmacies across the nation to dispose of unused prescription medications any day of the year,” said DEA Administrator Anne Milgram. “I encourage everyone to

take advantage of these collection sites and make every day Take Back Day.”

Make Every Day Take Back Day by visiting a local pharmacy, hospital, or business with a DEA-registered year-round collection. In addition, many local police departments provide year-round drug disposal boxes.

Editor’s note: The Fallbrook sheriff’s substation does have a prescription drug drop off kiosk in its lobby, available during business hours, Monday through Friday. Medications can also be dropped off at most pharmacies. In Fallbrook, these drug stores have drop off kiosks: Albertsons, 1133 S. Mission Road; CVS, 1101 S. Mission Road; and Rite Aid, 1331 S. Mission Road.

For those with base access, the USN Naval Hospital Camp Pendleton, 200 Mercy Circle, also takes unused medications. And if you go shopping in Temecula, these drugstores are another option for dropping off those medications: Vons, 29530 Rancho California Road; CVS, 29610 Rancho California Road; CVS, 30640 Rancho California Road or Albertsons, 30530 Rancho California Road.



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ENTERTAINMENT

Theatre Talk: 'The 39 Steps'

Elizabeth Youngman-Westphal
Special to The Village News

If you wish to be in on the joke, watch Alfred Hitchcock's 1926 "The 39 Steps" first. Then see the new play at New Village Arts in Carlsbad.

If you don't watch it, you may fall into the same chasm I did wondering what the blazes was A.J. Knox up to? And why? All was revealed after I watched Hitchcock's film noir on YouTube this morning. That's when I got it! The play is absolutely brilliant.

It went from, "oh, golly, will I be banned from another playhouse for telling the truth?" to A.J. should send me flowers. (My favorite being daisies in case he asks).

Without knowing the show, it appears to be a scatter-brained-English farce performed by four remarkable players. But. It was so tedious. I wanted to run for the door but couldn't for two reasons. One, we'd leave a big gap in the room and second, Handel's Ice Cream sponsors the after-show cast party.

I fretted all the way home and over my first cup of coffee this morning trying to find a way to not offend anyone. While trying to glean more details about Hitchcock's handling of the film, I stumbled upon it on YouTube and it was free to watch.

Originally a novel by John Buchan, it was later adapted into a screenplay for Hitchcock in 1926. After the film it was adapted to a play. Which explains why Hitchcock introduced the show on the Ray Charles Stage at New Village Arts last Saturday night April 13.

"The 39 Steps" is a mystery in two acts performed by four entertaining actors, all possessing great skill.

Yet this was my impression. Four really good actors were working their tails off. Unfortunately, without knowing the show, it felt dated, overdone, and was exhausting to watch. Yet, the house was laughing and guffawing, even though packed by cast-friendly family and friends, they were cheering their friends onward on opening night.

I was distraught and felt trapped waiting to get to the ice cream all

the while still wondering what was A.J. Knox thinking when he directed this show?

Still the actors were keeping pace and doing a bang-up job even though occasionally their dialects slipped because the plot bounces from London to Edinburgh.

At the time, the humor seemed forced and as far as English farces go this one was wasted on an American audience. For me, it was starting to smell.

As it turns out, the film was an early work by Hitchcock. Once I watched the film, the play made sense. Normally, I would not encourage anyone to see a show that way, except in this case. The play follows the film plotline verbatim. So now instead of finding this show a total waste of a perfectly good Saturday night, I get it! And you will too! It is hilarious.

The plot: It's 1930. Richard Hannay (Dallas McLaughlin) is a handsome English gent who stops by the music hall before returning to his bachelor flat. Naturally, he meets a beautiful, troubled woman, who for reasons she cannot explain, asks to come home with him. He's feeling pretty lucky until she is stabbed and he's accused of her murder.

Entangled in a plot to steal state secrets, Richard encounters dubious characters as he solves the mystery. All of the other dubious characters are played by the comedy timings of Reden Magtira and Kenny Bordieri. Like all great comedy teams do, they entertain. Bravo! What an opening night.

Yet the stellar moment belongs to Pamela (Erica Marie Weisz). She not only pulls laser focus but also sucks the air from the room when she holds the audience in rapt attention as she removes her damp stockings while cuffed to the hapless Hannay. (That, in itself, was his best bit of acting.)

"The 39 Steps" will play until May 12 at New Village Arts in Carlsbad. It's a hit. Tickets are on sale at www.newvillagearts.org or 760-433-3245. Rated 9 out of 10. It's a winner!

Elizabeth can be reached at eyoungman@redermedia.com



Erica Marie Weisz as Pamela provides the stellar moment in "39 Steps" Village News/Daren Scott Photography photos at New Village Arts in Carlsbad.



All of the male characters in "39 Steps" are played by Kenny Bordieri, Dallas McLaughlin and Reden Magtira.

Kids say the funniest things

Quotes from brothers Jameson, 7, and Seamus, 5, over the years. Submitted by their mother Kathy Custer

(Trying to light candles on his

birthday cake, Jameson pushes the top button on the lighter and is looking really confused because it won't light)...

Jameson, age 5: "How can this

lighter sense that I'm a kid?"

(Pointing to his chalk drawing on the driveway)...

Seamus, age 3: "Mommy guess

what I drew!"

(Mom feeling totally lost because this drawing doesn't resemble anything)...

Mom: "Um, is it an alien?"

Seamus: "No."

Mom: "Monster?"

Seamus: "No."

Mom: "Um, turtle?"

Seamus: "No."

Mom: "How about you give me a clue. What sound does it make?"

Seamus: "I don't know."

Mom: "What do you mean you don't know?"

Seamus: "I don't know what it is."

Mom, laughing hysterically: Are you telling me that you don't know what you drew and had me trying to guess what it was?

Seamus: "Uh huh."

Seamus, age 3: "I have a little nail on my toe."

Mom: "Ooh, it must be time to trim your toenails."

Seamus: "Uh huh."

Mom: "How about your fingers? Are you still chewing your fingernails?"

Seamus: "Yes." (He begins chewing on his pointer fingernail).

Mom: "They say when you chew on your nails you are nervous about something. Are you nervous?"

Seamus: "Yes."

Mom, surprised/concerned: "What are you nervous about?"

Seamus: "My nails."

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Recital at Regency entertains the residents



Piano and voice students of Natasha Ragland Village News/Courtesy photo perform a recital at Regency, April 14, for residents, friends, and families, from left, Ella Johnson, Natasha Ragland, Peter Li, Donna Wheeler, Ella Toma, Robby Dabbs, Marilee Ragland and Jack Ragland. The program featured songs from "Fiddler on the Roof," "The Little Mermaid," "The Lion King," Campfire Girls, Judy Garland, patriotic, Chopin, Grieg, Beethoven, Doo-Wop, Gypsy, Folk songs, Ragtime, and Jazz.

Artists paint local scenes for contest



The first place award in the Fallbrook Artists Association's annual Plein Air competition is Susan De'Armond, April 13.



Francesca Nunez Bailey takes second place in the Plein Air competition. Artists picked a spot in Fallbrook to paint for the contest.



Ruth Parker poses with her plein air painting which took an honorable mention award. Village News/Courtesy photos



Artist Debbie Krentz Johnson displays her third place winning painting at Vince Ross Village Square where the entries were judged by Toni Williams.



Patty Mangels takes an honorable mention award for her plein air painting.

Honor Our Graduates Class of 2024

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SPORTS

Fallbrook girls gain edge in girls swim league championship quest

Joe Naiman
Village News Reporter

Fallbrook High School and Ramona High School are the only two Valley League swim teams with on-campus pools, and the April 19 meet at Ramona may have given Fallbrook a league championship.

Regular-season standings account for half of the formula which determines the final league positions and the other half is based on positions at the league championship meet.

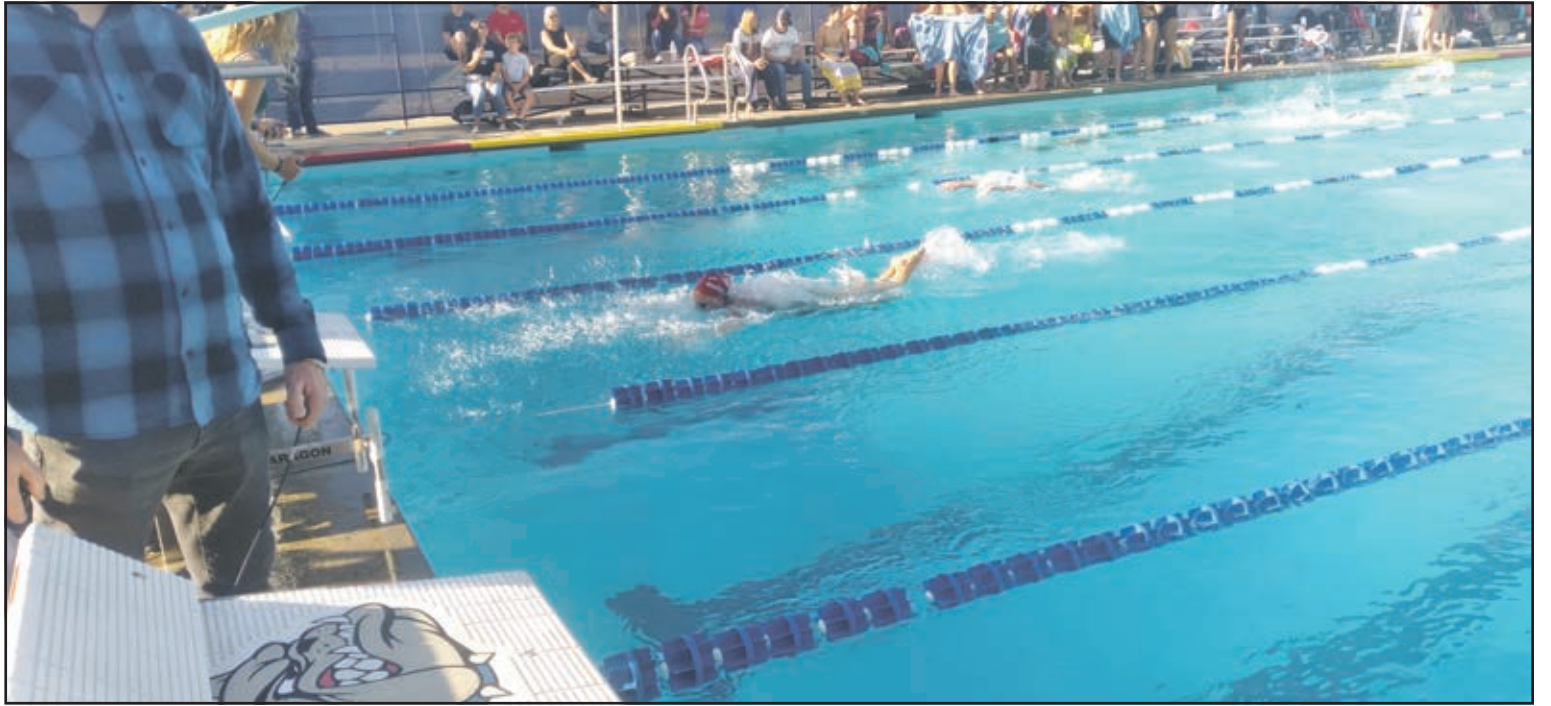
Fallbrook's 103-83 victory April 19 gave the Warriors a final Valley League record of 7-0 in dual meets while Ramona finished with a 6-1 mark. The league meet which will take place April 25-27 in Fallbrook will likely determine whether Fallbrook shares the league championship or wins the league title outright.

"It's the first step, but we still have work to do," said Fallbrook coach Sean Redmond.

The meet consisted of eight individual swimming events, three relay swim races, and diving. "Some didn't go quite like I expected, but it all came together," Redmond said.

In 2022, Fallbrook was undefeated in league dual meets and placed first at the league meet while Ramona was 3-2 in Valley League meets for third place that year and tied for second at the league meet. The 2023 Ramona girls lost only to Fallbrook in league dual meets and obtained a share of the league championship after finishing 44 points ahead of the Warriors at the league meet.

"We'll see how that goes this



Fallbrook's Kela Kendall is on the verge of winning the 100-yard butterfly in the meet against Ramona.

Village News/Joe Naiman photo

year," Redmond said.

Individual league champions are determined solely on performances at the league meet. In 2022, current Fallbrook junior Maile McMahon won the Valley League girls diving championship. Last year, current Ramona junior Piper Williams was the league champion.

The scores of each judge for a dive are added and then multiplied by the degree of difficulty to provide the total score for that dive. Williams (in conjunction with Ramona diving coach Deena Vizcarra) opted to practice more difficult dives April 19 and placed fifth. McMahon scored 191.60 points on six dives to win that event while Fallbrook sophomore Emylee Turner placed second with 190.75 points.

A time of 2:03.11 gave Ramona first-place points in the 200-yard medley relay with the Fallbrook quartet of junior Liesel Young, senior Ava Dowden, senior Kela Kendall, and sophomore Claire Lucia finishing second at 2:03.44. Fallbrook senior Ava Papoulias won the first individual event, taking 2:04.90 to win the 200-yard freestyle, with Ramona freshman Avery Watkins having the second-place time of 2:05.68.

Dowden then won the 200-yard individual medley in 2:23.60 to beat Ramona freshman Alessandra Alberts by four seconds. Ramona's Dusseault sisters then took first and second in the 50-yard freestyle, creating a tie score for the two teams.

Fallbrook finished first and third in the 100-yard butterfly,

which Kendall won in 1:08.75, with Ramona obtaining position points for second, fourth, and fifth. Ramona was first, second, and fifth in the 100-yard freestyle.

"Going into the 500 it was a close meet," Redmond said.

Papoulias won the 500-yard freestyle, completing her 20 laps in 5:44.25. Ramona sophomore Avonlea Hammonds was second at 5:46.18. Fallbrook was given points for third and fourth.

Ramona won the 200-yard freestyle relay in 1:48.23. Kendall, freshman Ava Bird, freshman Ella Martinez, and Papoulias had a time of 1:49.67. Ramona also obtained third-place points for that race.

"The backstroke and breaststroke were critical for us," Redmond said.

Fallbrook finished first, third, and fifth in the 100-yard backstroke. Young had a winning time of 1:11.26. Ramona freshman Abby Hollopeter became the second finisher 1:15.29 after the race began.

Dowden needed 1:12.01 to win the 100-yard breaststroke. Ramona's Alberts was second at 1:18.39. Lucia and sophomore Sofia Max finished third and fourth.

Fallbrook closed the meet by taking first and third in the 400-yard freestyle relay. Papoulias, Martinez, Bird, and Dowden won in 3:58.73. Hammonds, senior Kayla Gompper, Watkins, and junior Katie Dusseault had the second-place time of 4:07.49.

"It was a close meet," Redmond said.

Dual meet win over Bulldogs positions Warrior mermen for league championship

Joe Naiman
Village News Reporter

Regular-season standings account for half of the formula which determines the final league positions for the Valley League swim championship with the other half based on positions at the league championship meet.

In an April 19 dual meet between the two Valley League boys teams which entered the competition in Ramona with undefeated records, Fallbrook defeated Ramona to take that advantage into the April 25-27 league meet in Fallbrook.

"It's great going undefeated. It was very unexpected this year," said Fallbrook coach Bill Richardson.

Ramona's 2022 boys were undefeated in Valley League dual meets, including a home victory against Fallbrook, but Fallbrook outscored the Bulldogs by 14 points at the league meet so the Bulldogs and Warriors shared first place in the final standings. Ramona's boys won the 2023 league championship outright, following an undefeated dual meet season with a 48-point advantage over the Warriors at the league meet.

"We lost to them last year," Richardson said. "It's good to get back to winning."

If only one school in a dual

meet has a diver the diving is not included in the team score although individual divers are scored for CIF qualifying purposes. The 2022 dual meet in Ramona had a 108-78 score in the Bulldogs' favor. Fallbrook's return to Ramona this year was a 90-80 Warriors' victory.

"I truly expected that this would be a competitive meet," Richardson said. "They still had a chance to beat us."

Fallbrook and Ramona were both undefeated in all previous 2024 dual meets. Both teams entered the April 19 competition with 6-0 league records.

"I think the talent is part of it," Richardson said. "We had some strong relays and we had a lot of kids who have really been improving this season."

In a league dual meet, each school is allowed three swimmers or divers in each individual event and position points are given for the top five finishes. A school can enter up to two quartets in each relay race with points given for the three fastest times.

Richardson noted that the improvement of the swimmers who provided depth allowed for more position points. "Those third, fourth, and fifth-place points really helped," he said.

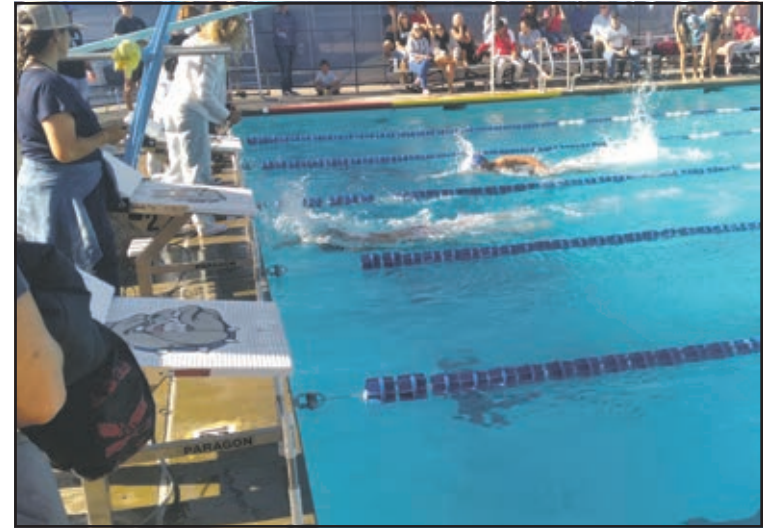
The scores of the three judges for a dive are added and then

multiplied by the dive's degree of difficulty to obtain the total score for each dive. Fallbrook senior Jamison Ewig was the only boy diver April 19, and since his score was irrelevant for team purposes he had the luxury of practicing more difficult dives for the league and CIF meets. His six dives totaled 134.35 points.

A diver may also swim if he does not exceed the limit of two individual events and four total events for the meet, so Fallbrook junior Felix Alcorn did not dive April 19. Alcorn was preceded by senior Carson Vance and junior Alex Reichart and followed by senior Sam Goode in the 200-yard medley relay which began the swim portion of the meet.

Fallbrook's winning time was 1:48.99 while the second-place Ramona quartet took 1:55.02. Vance won the first individual event, the 200-yard freestyle, in 1:52.85 with Ramona senior Justin Setterberg finishing second at 1:54.29.

Ramona had the first two 200-yard individual medley finishes with Fallbrook collecting position points for third through fifth. Ramona senior Jayden Mitchell beat out Goode for the 50-yard freestyle win by 1/100 of a second, but Fallbrook also took third and fourth in that race. The Bulldogs finished first and second in the



Warrior Carson Vance beats out Ramona Bulldog Justin Setterberg to win the 200-yard freestyle.

Village News/Joe Naiman photo

100-yard butterfly with Fallbrook obtaining the remaining position points.

Reichart won the 100-yard freestyle in 50.78 seconds with Mitchell finishing in 51.63 seconds and Goode earning third. Vance had the winning 500-yard freestyle time of 5:12.38 with Setterberg completing his laps in 5:25.61 for second.

Reichart, Goode, junior Milo Pollard, and Vance had a time of 1:33.35 to win the 200-yard freestyle relay. Ramona's faster team took 1:35.85 and the Bulldogs also obtained third-place points.

Ramona senior Logan Werner won the 100-yard backstroke with the Fallbrook swimmers finishing second, third, and fifth. Reichart had a winning time of 1:07.34 in the 100-yard breaststroke and Fallbrook also took fourth-place and fifth-place points.

The meet concluded with the 400-yard freestyle relay. "My top three swimmers were already used up," Richardson said. "I was expecting that we would get second in that relay."

Fallbrook finished second and third.

Warriors reach state girls basketball regional final

Joe Naiman
Village News Reporter

Fallbrook High School's girls basketball team was invited to the state basketball playoffs, and the Warriors won three games in the state Division IV tournament before losing in the regional final.

The Warriors had state playoff wins over Kennedy High School of Granada Hills, El Camino Real High School of Woodland Hills, and Oceanside High School. Grossmont High School advanced to the state final with a 57-52 victory over the Warriors in the March 5 regional final.

"The state playoffs are hard because you don't really know much about your opponent," said Fallbrook coach Trae Harrison.

"My goal for us was to just

compete," Harrison said. "We had to compete to the best of our ability, and we did."

Fallbrook reached the semifinals of the CIF San Diego Section Division I playoffs, where the Warriors lost to top-seeded Cathedral Catholic. Cathedral subsequently defeated Grossmont in the CIF section championship game, and the Dons received the 16th seed among Southern California teams in the state Division III playoffs but defeated top-seeded Dana Hills and eighth-seeded Canyon (Anaheim) before losing in the regional semifinals to fifth-seeded Granada Hills.

The state Division IV playoff bracket gave Fallbrook the seventh seed for the Southern region. Kennedy had the 10th seed, so the Cougars traveled to Fallbrook

for the Feb. 27 first-round playoff game.

Fallbrook leveraged an 11-8 lead after the first quarter into a 30-20 halftime cushion. The 46-31 Fallbrook advantage after three periods turned into a 61-47 Warriors victory. Each of the Nordeen sisters scored 19 points with senior Claire Nordeen adding 17 rebounds, six steals, and three assists while freshman Grace Nordeen also had 10 rebounds, a steal, and an assist.

The 14 points from junior Janice Garcia were complemented by eight rebounds, three steals, two assists, and a blocked shot. The team leader with two blocked shots and with four steals, freshman Emery Pizzo, also scored six points, pulled down three rebounds, and recorded a steal.

The other three points were scored by freshman Taylor Thomas, who also recorded four rebounds, two assists, and two steals.

El Camino Real had the second seed, giving the Royals a Feb. 29 home playoff against Fallbrook. "They had the home crowd," Harrison said. "It was a tough game. We pulled it off, but the numbers don't say much about the score at all."

Fallbrook had leads of 19-12 at the end of the first period and 34-24 at halftime. A 15-11 Royals scoring advantage in the third period narrowed the gap to 45-39. Fallbrook outscored El Camino Real by a 13-9 margin in the fourth quarter for a 58-48 triumph.

"It was a tough hard-fought game for us," Harrison said.

Claire Nordeen provided 19

points, 12 rebounds, three assists, and two steals. Grace Nordeen had 18 points, nine rebounds, three steals, and an assist. Thomas scored 12 points, dished out five assists, grabbed two rebounds, and stole the ball twice. Garcia contributed six points, five rebounds, two assists, and a steal. Pizzo had the Warriors' only blocked shot along with three points, four rebounds, two steals, and an assist.

Oceanside, which lost to Grossmont in the other section Division I semifinal, was seeded 11th in the state playoffs and defeated sixth-seeded Poly (Sun Valley) in the first round. The first-round results also included 14th-seeded Chatsworth defeating third-seeded Whittier Christian, so

Warriors come up two runs short



Fallbrook outfielder Will Sherman makes a leaping catch during the varsity baseball game against Westview.

Village News/Shane Gibson photos



Warrior Jaxon Dent swings at a pitch delivered by the Westview pitcher. Fallbrook lost 3-2.



Fallbrook batter Evan Thomas puts a bunt down advancing Fallbrook baserunners against Westview.



Warrior pitcher Jace Cervantes delivers a pitch to a Westview batter.



Fallbrook second baseman Isaiah McMillian fields a ground ball and throws out a Westview batter.

STATE from page B-6

Oceanside hosted the Chancellors in the second round and won that game. Oceanside thus faced Fallbrook in the regional semifinal, and since the Warriors were the higher seed the Pirates made the trip to Fallbrook for the March 2 game.

"Another tough game," Harrison said.

Fallbrook also hosted Oceanside in a Dec. 5 non-league game. The score was tied at halftime before the Warriors pulled out a 59-44 victory.

"Beating anybody twice is tough," Harrison said. "We figured it out, but it was definitely a hard-fought game."

The Pirates entered the regional semifinal with a 21-9 record. "We had the home crowd," Harrison said. "That helped us a bit."

Oceanside was ahead by an 11-6 margin when the buzzer to end the first quarter sounded. The Pirates had a 19-17 halftime lead. A 14-10 Fallbrook scoring advantage in the third quarter made the score 31-29 in the Warriors' favor. Fallbrook scored 11 points in the fourth period while Oceanside had six points to finalize the score at 42-35.

The ability to control the glass aided the Warriors. Fallbrook had 21 defensive rebounds and 18 offensive rebounds for a total of 39. Oceanside's 20 rebounds consisted of 17 defensive and only three offensive ones.

Claire Nordeen pulled down 15 rebounds, Grace Nordeen took 14 balls off the boards, Garcia grabbed five rebounds, Thomas had three, and Pizzo provided two. Grace Nordeen scored 19 points, Garcia had 11 points, Claire Nordeen contributed eight points, and Pizzo shot four points

into the nets.

Grace Nordeen had four steals, Claire Nordeen and Garcia each had two, and Pizzo took away one ball. Pizzo led the team with two assists with Claire Nordeen, Garcia, and Grace Nordeen each having one. Pizzo and Garcia each blocked a shot.

Fallbrook had the 11th seed in the 2023 San Diego Section Division I playoffs and Grossmont was seeded sixth, but the Warriors advanced with a 68-32 win over the Foothillers who were coached by Grace Campbell. "It bothered her the whole time," Harrison said. "She wanted revenge and we made her fight for it. They had to earn it."

Grossmont and Fallbrook both entered the state regional final with 26-8 season records. Grossmont and Helix shared the Grossmont Hills League championship while Fallbrook was the outright Valley League champion.

"They're just a tough team. They're fast. They're aggressive. They're well-coached, disciplined," Harrison said.

The March 5 game at Grossmont had a 17-6 score in the Foothillers' favor after one quarter. "The game started really rough for us," Harrison said.

Fallbrook outscored Grossmont in the other three periods. "We won't give up," Harrison said. "We compete to the end, and that's what happened."

The Warriors were not able to make up the deficit. The halftime score was 27-17, and Grossmont entered the fourth quarter with a 42-35 lead.

A late three-point shot sealed the win for Grossmont. "It was a tight game at that point," Harrison said.

"We did everything we needed to do to win the game," Harrison said. "We were right there."

Fallbrook's scoring consisted of 14 points from Grace Nordeen,

12 from Claire Nordeen, nine by Thomas, eight from Pizzo, seven by Garcia, and two from sophomore Olivia Castillo.

Grace Nordeen had 13 rebounds, Claire Nordeen provided 10, Pizzo pulled down five, Garcia grabbed four, and Thomas took two. Claire Nordeen and Pizzo each had three steals and three assists,

Grace Nordeen had two steals and an assist along with a blocked shot, Garcia had two assists, and Thomas had a steal and an assist.

"It was tough but a great learning experience for the team overall," Harrison said. "It was a learning lessons, and the girls are taking it in stride."

Grossmont lost in the state final

to St. Bernard's (Eureka), who had the Northern region's top seed. Fallbrook ended the season with a 26-9 record, giving the Warriors the most wins in the lifetime of any of the players.

"They liked the success, and they wanted to continue that," Harrison said. "We were excited about the season."

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Local sculptor installs unique work in Pasadena



Bonsall native Kellan Shanahan poses with his "Arroyo" sculpture on Foothill Boulevard in Pasadena.



A crane lowers the sculpture onto its concrete base, Feb. 28.



Lucette Moramarco
 Associate Editor

When the city of Pasadena put out a public call for a sculpture to add to its Art in Public Places program last year, Kellan Shanahan decided to combine his experiences in art, architecture and computer programming to create a one-of-a-kind piece for his submission.

He fabricated a small-scale model that earned him a spot in the second round where he was interviewed by the Pasadena City Council about his proposal. Once his project was chosen, building it took him three months.

Shanahan grew up in Bonsall, graduating from Fallbrook High School in 2009 before majoring in Fine Arts at Chapman College. He works in the field of architecture in Los Angeles now but has spent time helping others with their art, including Fallbrook sculptor Michael Stutz.

He also took a summer course in computer modeling at the California College of the Arts in San Francisco. He considers computer programming "creative, like an instrument" with which one can "practice a technical skill" and express oneself.

The sculptural piece is titled "Arroyo" and is 8'H x 3'W x 3'D. Shanahan said it is made out of laser cut sheets of steel welded to the frame and rusted to a natural patina, explaining that "the cut patterns are taken from topographical data of the Arroyo Seco river and mountains above Pasadena – where the NASA Jet

Propulsion Laboratory is located. JPL conducted a satellite survey several years ago that created 3D scans of the entire planet – and made the data open source and available to the public."

He said he "created a script using that data to generate the patterns that were cut out by machine, as an homage to Pasadena's history with JPL and the landscape of the Arroyo Seco that is one of favorite nature preserves in Los Angeles County."

The panels are made of corten, a type of steel that is designed to rust. According to Shanahan, the process of oxidation creates a coating, sealing the underlying layer of metal so that it does not need maintenance. He also designed the sculpture with its intended location in mind, purposely not using shiny metal so there wouldn't be a blinding reflection affecting passing traffic.

Shanahan chose to assemble his sculpture in Fallbrook at Stutz's studio on Alvarado Street since studio space is more accessible here and "it's closer to the network of public artists and supporters I've grown up with," he said.

The sculpture was moved to Pasadena and installed with the help of a crane on Feb. 28.

He said he wanted "to get the word out about this piece in as many ways as possible, while representing the community that helped me reach this milestone in my career as an artist. Moving to the city has made me realize Fallbrook is a little known gem of working artists and deserves more recognition."



Kellan Shanahan welds the sides of his sculpture together at Michael Stutz's studio on Alvarado Street.

REAL ESTATE & HOME and GARDEN

All Aboard to Santa Fe Part 1 of 4

Elizabeth Youngman-Westphal
Special to The Village News

A few weeks ago, PBS aired a 60-minute program about the Museum of Folk Art in Santa Fe, New Mexico. The program was so intriguing, it lured me to the oldest state capital in the country.

We started our adventure in Oceanside by boarding Amtrak's Pacific Surfliner to Fullerton. After waiting a bit for the delayed train, we met our attendant on the platform outside car number 432 of the Southwest Chief. The attendant

helped us store the suitcases and herded us up the narrow stairway just as the engineer rocketed the No. 4 train out of the Fullerton station.

It turned out to be a good decision to take the overnight train to our destination. Santa Fe seems too far to drive at over 800 miles away, yet too close to fly, which is why we chose to take the train.

All in all, it took us a little more than 24-hours to get from home to our final destination. And that was the logic I used when convincing VJ to upgrade into a roomette. The only other option was to sit up all



Elizabeth Youngman-Westphal and her husband VJ board the Surfliner in Oceanside.



The Southwest Chief travels through Arizona on the way to New Mexico. Village News/Elizabeth Youngman-Westphal photos

night in a chair.

Even though the space was small (6'6" x 3'6"), we still had two facing leather chairs, a collapsible table, and enough space to store his ukelele and my overnight bag. And as long as the top bunk was closed, we could stand up.

Here's the bonus. When booked into an Amtrak sleeping car, one is allowed to bring along personal booze. An option that is not available when traveling on the rest of the train. Oh-boy! I had just settled in for a martini when the attendant came back with our dining time. All guests in sleeper cars get three squares a day including either a soda or an adult beverage with dinner.

While the dining car wasn't like one you saw in the 1950s movies, it was clean and the food good. Furthermore, Amtrak has upgraded the quality of the tableware from the once wimpy Styrofoam and flimsy plastic flatware to high-end disposable-monogrammed-plastic tableware. Which was very acceptable.

While we enjoyed a tasty three-course dinner, our steward changed the room into upper and lower bunks. Which is why we decided to go to the Observation car to catch the scenery.

On this train, there were two sleeping cars, an observation car with café on the track level, one two-sided dining car, numerous passenger cars, and a couple of engines to pull us.

Several different room sizes were available, from the roomette all the way up to a family room with a private toilet for four. The

extra space would have been more comfortable, yet they were fully booked. Although within our space, we enjoyed two-large picture windows, a sliding door with a latch, temperature control, two reading lights, and we were treated to unbelievable vistas from our cozy nest.

What was it like? It was like sitting on a run-a-way buckboard pulled by six-wild horses. Especially when the train rocketed across the plains. The train swayed and bucked which often made

walking dangerous.

It was Johnny Mercer who wrote "...on the Atchison, Topeka, and the Santa Fe... Whoo hoo, hoo hoo, hoo, hoo." I cursed his grave because his song thrummed in my head all the way from Fullerton, California, through Arizona, into New Mexico, up and until we made our departure at Lamy to meet the Amtrak shuttle to Santa Fe a mere twenty minutes away!

To be continued...

Elizabeth can be reached at youngman@redermedia.com.



VJ Westphal settles in the upper bunk in his roomette.

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Supervisors set hearing for Mount Olympus Preserve land acquisition

Joe Naiman
Village News Reporter

The San Diego County Board of Supervisors will hold a Wednesday, May 22, hearing on the potential acquisition of approximately 222 acres which would be added to the Mount Olympus Preserve.

A 4-0 county board of supervisors vote Wednesday, April 10, with Terra Lawson-Remer absent, set the May 22 hearing date. The land on the southwest side of the open space preserve would be purchased from the Moritzky Trust for \$1,200,000.

Mount Olympus separates Pala from Rainbow, and the draft North County Multiple Species Program includes the land as a preserve both for its sensitive species such as the Rainbow manzanita and the

Englemann oak and for its value as a linkage and corridor for animals including large animals such as deer, mountain lion, coyote and bobcat. The preserve currently totals 1,261 acres.

The 222-acre property is currently open space, and open space easements limit the value of the land. The appraised value of \$1,200,000 equates to approximately \$5,400 per acre. The total one-time cost of \$1,640,500, which would utilize some of the county's general fund revenue, also includes \$62,500 for staff time and appraisal reports to complete the transaction, \$8,000 for closing and title costs, \$348,000 for the preparation of a preserve-specific Resource Management Plan and initial species monitoring and \$22,000 to conduct initial

stewardship, which will include signage, access control, vegetation management, land surveying and other supplies and services.

The \$67,740 estimated annual operating and management costs consist of \$47,000 for operating costs to manage the site, \$12,800 for adaptive management and biological monitoring and \$7,940 of fixed charged assessments for vector control, road maintenance and water availability.

The acquisition itself would be categorically exempt from California Environmental Quality Act review, although any new uses would require environmental review as well as a funding source.

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



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Supervisors approve grant application resolution for Santa Margarita Preserve water system upgrade

Joe Naiman
Village News Reporter

The state's Department of Water Resources has a County Drought Resilience Planning Assistance Program which provides up to \$125,000 in financial assistance or direct technical assistance to access one-time support to establish a standing Drought and Water Shortage Task Force and develop a County Drought Resilience Plan.

An April 10 San Diego County Board of Supervisors action approved a County Drought Resilience Planning Assistance Program grant application resolution to fund the design of water system improvements at four county parks including Santa Margarita Preserve.

The supervisors' 4-0 vote, with Terra Lawson-Remer absent, adopted the resolution and authorized county Department of Parks and Recreation Director Brian Albright or his designee to submit all necessary grant application documents and conduct negotiations regarding the grant application which also covers three county parks in Lakeside. The grant will allow the county to prepare the final construction documents for water system improvements at those four parks.

State legislation passed in 2021 requires state and local governments to share responsibility for preparing and acting in the case of a water shortage event. The legislation provides new requirements for small water suppliers, county governments, the Department of Water Resources, and the State Water Resources Control Board to implement more proactive drought planning and to be better prepared for future water shortage events or dry years.

Each county is required to have a standing drought task force to facilitate drought and water shortage preparedness for state small water systems (defined as systems which pipe water to between 5 and 14 service connections and provide drinking water to fewer than 25 people on a regular basis), domestic wells, and other privately supplied homes within the county's jurisdiction.

Each county must also develop a plan demonstrating the potential drought and water shortage risk and proposed interim and long-term solutions for state small water systems and domestic wells within the county.

The Department of Parks and Recreation is responsible for the operation and maintenance of 13 small water systems which serve day use neighborhood parks, community parks, and preserves including Santa Margarita Preserve and Wilderness Gardens Preserve.

The 13 locations provide service to an average of 9,000 monthly users and have between one and three potable and/or non-potable water tanks ranging in size from 5,000 to 60,000 gallons which draw water from natural well water sources or natural springs.

Some of those small water systems were installed more than 25 years ago and have surpassed their useful lives. The deferred maintenance on the small water systems has resulted in several emergency projects ranging from repair of failing tanks and well pumps to mandating boil water orders. Those failures negatively impact water service reliability, quality, and the use of the facilities.

During 2023, DPR completed a Countywide Small Water System

Emergency Action Plan Assessment which found that eight of the 13 parks, including Santa Margarita Preserve, showed extensive deterioration in their small water systems.

The purpose of the assessment was to perform preliminary reporting of existing conditions for each park's small water systems. The assessment included topographical and geotechnical reports, identification of electrical and mechanical components, plumbing, conceptual plans for a temporary tank, and general system site plans. DPR has completed the 30% design phase for upgrades at those eight parks.

Santa Margarita Preserve, El Monte Park, Oakoasis Preserve, and Louis A. Stelzer County Park were identified as the four most qualified parks to meet the DWR grant criteria. The grant funding would cover the remainder of the county's design consultant costs required to advance design of recommended improvement plans from 30% completion to final construction documents.

The design documents will include improvements to potable and non-potable water tanks, distribution lines, well pumps, and pressure tanks and/or chlorination systems to prevent catastrophic failures and to re-establish high-quality and reliable water service at those locations.

The total estimated cost for the improvement plans is \$400,000, and county general fund money will complement the DWR grant. The scope of the project will be adjusted if DWR does not award the grant funding. If the grant funding is approved final construction documents for the improvements at the four parks will be prepared by the end of 2025.

Friendly dog needs a home



Posey is an 18 month old terrier mix. She weighs 28lbs., is very friendly and enjoys playing with other dogs. She knows basic commands, loves going for walks and playing fetch. Anyone who would like to meet Posey, can email info@fallbrookanimalsanctuary.org.



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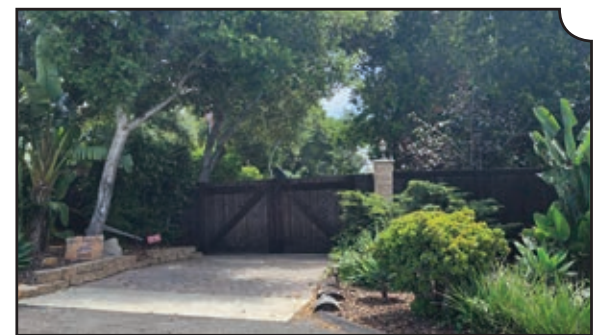
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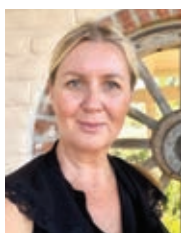
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Discover the world of farm life at D’Vine Path

FALLBROOK – Beginning in May, D’Vine Path will offer a new weekly Farm and Garden workshop, aiming to educate the community about animal care, farming and gardening. The farm at D’Vine Path welcomes new clients interested in agricultural growth as well as positive social interactions with peers.

For the next six months, from May 9 to Nov. 7, D’Vine Path will be hosting the Farm and Garden Workshops for neurodivergent adults. Participants must be represented by the San Diego Regional Center, but they are not required to be D’Vine Path students.

With these new workshops, D’Vine Path hopes to continue its efforts towards expanding its outreach and help more adults with special needs find comfort in, and a passion for, nature. The Farm and Garden workshops will offer new opportunities and help to further improve the lives of neurodivergent adults in the community.

For one hour each Thursday, participants can expect to learn all about organic gardening, pollination as well as caring for multiple ranch animals. Participants will expand their knowledge and interact with miniature donkeys as well as a Sulcata tortoise. Each participant will learn about grooming, feeding and walking these animals.

The workshops will also offer a unique opportunity to socialize and make connections with other participants on the farm. Participants will be able to bond with their peers and foster a sense of community while improving their gardening skills and learning all about agriculture.

According to D’Vine Path Executive Director Lenila Lingad Batali, these Farm and Garden workshops are necessary in Fallbrook and they will help to expand the local environmental

knowledge. “One of the reasons for these workshops, besides offering more experiences to our community, is to educate and show our clients how being in nature can help inspire more positivity in their lives,” Batali said.

Every Thursday, from 10 to 11 a.m., participants will thrive on the farm and gain new skills among their peers. Each class is limited to six participants, so interested parties are encouraged to get involved as soon as possible.

Batali looks forward to welcoming new participants

and continuing to grow the D’Vine Path family through the workshops.

In order to attend the Farm and Garden workshops, individuals interested in the program must reach out to their Service Coordinator at SDRC to approve their participation. Questions about the Farm and Garden workshops at D’Vine Path can be directed to workshops@dvinepath.org.

For more information about D’Vine Path, visit <https://www.dvinepath.org/>.

Submitted by D’Vine Path.



D’Vine Path students JJ Askey and Jordan Love practice grooming the miniature donkeys at the farm. D’Vine Path/Courtesy photos



Students and staff at D’Vine Path study horticulture and gain practical experience in the garden.



Neriah Stafford, student at D’Vine Path, grooms one of the three miniature donkeys at D’Vine Path before taking him on a walk.

South Mission Road speed limit from Winter Haven to Pepper Tree reduced to 45 mph

Joe Naiman
Village News Reporter

The speed limit on South Mission Road between Winter Haven Road and 880 feet south of Pepper Tree Lane will be reduced from 50 mph to 45 mph.

The San Diego County Board of Supervisors approved the first reading and introduction of the speed limit reduction ordinance which includes recertification for radar enforcement on a 3-0 vote Wednesday, March 13, with Joel Anderson and Terra Lawson-Remer not present. A 4-0 vote Wednesday, April 10, with Lawson-Remer absent, approved the second reading and adoption.

The new speed limit will become enforceable Friday, May 10, although the county’s Department of Public Works can erect signage earlier. The action also recertified the 35 mph speed limit on South Mission Road between Hill Street

and 860 feet south of Pepper Tree Lane for radar enforcement.

Due to a change in the boundaries the speed limit on South Mission Road between 860 feet south of Pepper Tree Lane and 880 feet south of Pepper Tree Lane was increased from 35 mph to 45 mph and those 20 feet were also recertified for radar enforcement.

For a speed limit to be enforceable by radar, a speed survey must show that the speed limit is within an adjacent 5 mph increment to the 85th percentile speed. Periodic recertification, including a supporting speed survey, is required for continued radar enforcement and DPW or a contractor typically conducts speed surveys every seven years.

The speed limit may be rounded either up or down from the 85th percentile speed. The speed limit may also be rounded down an additional 5 mph if findings are made that the road has conditions

which would not be apparent to a motorist unfamiliar with the road.

The 2.77-mile segment of South Mission Road from 880 feet south of Pepper Tree Lane to Hill Street is a four-lane through highway with a striped median. The segment has both residential and commercial usage and varies in width from 70 to 90 feet. South Mission Road is classified as a Boulevard in the mobility element of the county’s general plan.

Two traffic surveys were taken Aug. 10, 2023. The survey 500 feet north of Stage Coach Lane had a 24-hour volume of 21,721 vehicles consisting of 11,199 southbound and 10,522 northbound motorists. The 21,386 drivers 200 feet south of Fallbrook Street made 11,404 southbound and 9,982 northbound trips.

Between July 1, 2020, and June 30, 2023, the portion of South Mission Road from Winter Haven Road to 880 feet south of Pepper

Tree Lane had 40 reported collisions including 19 with at least one injury and one with a fatality. It created a collision rate of 1.74 per million vehicle miles; the statewide average for similar suburban divided four-lane roads with a speed limit of 55 mph or less is 1.33 per million vehicle miles.

During that 36-month period 110 reported collisions occurred between 880 feet south of Pepper Tree Lane and Hill Street including 50 injury collisions and two incidents involving fatalities. The segment accident rate for that portion is 2.62 per million vehicle miles.

Three speed surveys were also taken Aug. 10, 2023. The 138 vehicles 300 feet north of Sterling Bridge had an 85th percentile speed of 52.3 mph with 62% driving within a 10 mph pace of 43-52 mph. The collision history was used to justify the additional 5 mph reduction in the speed limit, and the 45 mph zone also creates a transition

between the 35 mph segment and the 50 mph speed limit south of Winter Haven Road.

The speed survey 140 feet south of Clemmens Lane had an 85th percentile of 39.0 mph with 83% of the 109 drivers within a 32-41 mph pace. The 131 vehicles 140 feet north of College Street had an 85th percentile of 36.7 mph with 65% in a 26-35 mph pace.

The Oct. 27 meeting of the county’s Traffic Advisory Committee included a recommendation to reduce the speed limit on South Mission Road from Winter Haven Road to 880 feet south of Pepper Tree Lane to 35 mph and to recertify that segment for radar and to retain and recertify for radar the 35 mph speed limit on South Mission Road from 860 feet south of Pepper Tree Lane to Hill Street.

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

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Blue heron takes up residence at Wildlife Sculpture Garden

FALLBROOK – The Fallbrook Land Conservancy’s Wildlife Sculpture Garden got another resident April 5, with the installation of a larger than life-size blue heron. The sculpture, entitled “Misty Morning,” was created by noted artist Don Rambadt of Milwaukee, Wisconsin.

According to fellow artist Chris Chantland, “Don’s exquisite simplicity of lines and shapes to form out of metal, birds that almost fly away is second to none.”

Rambadt received a Bachelor of Fine Arts from the University of Wisconsin in Milwaukee and has his studio in Milwaukee. He has public placements in seven states and his work can be found in numerous museum and private collections around the world.

Rambadt’s work is well known in Fallbrook, where his sculptures are on public display at Vince Ross Village Square, the Fallbrook Public Library, and the Fallbrook Land Conservancy’s Wildlife Sculpture Garden at 1815 South Stage Coach Lane.

“Misty Morning” brings the number of sculptures in the FLC Wildlife Sculpture Garden to 11, making it one of the largest collections of native wildlife sculptures in Southern California.

The Fallbrook Land Conservancy, formed in 1988, protects, through ownership or conservation easements, more than 4,000 acres of open space in San Diego County. It also has an active Save Our Forest committee that plants and maintains trees in public places, and an environmental education program for elementary school children.

Submitted by Fallbrook Land Conservancy.

From left, Wendell Perry, Francisco Gutierrez, Dave Veltman and Eric Heald are hard at work securing the sculpture to the rock.



Posing with the just installed blue heron sculpture are, from left Eric Heald, Wallace Tucker, Dave Veltman, Francisco Gutierrez, Wendell Perry, and Beverly Tucker.



County updates Local Street Improvement Program

Joe Naiman
Village News Reporter

The first update in two years of San Diego County’s TransNet Local Street Improvement Program was approved during the Wednesday, April 10, San Diego County Board of Supervisors meeting.

A 4-0 vote, with Terra Lawson-Remer absent, updated the list of projects which will be funded by TransNet local streets and roads revenue over the next five years. The update covers planned expenditures from fiscal year 2024-2025 to fiscal year 2028-2029.

In 2004, the county’s voters passed an extension of the half-cent TransNet sales tax which is divided between highways, transit and local streets and roads. The county expects to receive \$203.6 million of TransNet revenue during the five-year period from fiscal year 2024-2025 to fiscal year 2028-2029.

The Regional Transportation Improvement Plan is coordinated by the San Diego Association of Governments, which administers the TransNet funding, and the RTIP includes the Local Street Improvement Program. The RTIP is updated every other year but amended on a quarterly basis. At one time the county updated its Local Street Improvement Program annually, but the April 10 update is the first since March 2022.

In 2015, the county amended its Local Street Improvement Program to add the Camino Del Rey drainage improvements which will upgrade the existing Bonsall drainage system to accommodate a 100-year flood. The work will raise a one-mile dip section out of the flood plain and install new drainage culverts.

The drainage improvements will eliminate ponding on the road during heavy rain which

may cause vehicles to lose control when the roadway is flooded. The design will incorporate storm drain improvements, trash capturing devices, and biofiltration systems. The March 2022 update assumed completion of the project by the end of fiscal year 2024 and programmed \$3,000,000 during fiscal year 2022-2023 and \$3,155,000 for 2023-2024.

The update calls for \$9,500,000 of future TransNet funding consisting of \$2,000,000 in 2024-25 and \$7,500,000 during 2025-2026. The additional \$3,345,000 will cover final design and right-of-way acquisition as well as increased construction costs. The county’s Department of Public Works expects construction to begin during the January-March third quarter of fiscal year 2024-2025.

The county is now including road maintenance in its Local Street Improvement Program appropriations, and the 2022 plan had a five-year total of \$28.55 million for roadway maintenance and overlay to fund road sealing, asphalt concrete overlays, sidewalk repairs and other pavement resurfacing or rehabilitation.

The total amount in the 2022 plan included \$10,122,695 for the Fifth Supervisorial District. The update calls for \$31.25 million of TransNet expenditures for road maintenance between fiscal year 2024-2025 and fiscal year 2028-2029 with \$2,219,889 each year equating to a total of \$11,099,446 for roads in the Fifth District.

The county’s annual cost share of \$12,500 for the regional traffic signal management program is also included in the Local Street Improvement Program. That amount was unchanged from the 2022 plan.

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

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EDUCATION

FUESD Girls In STEM event inspires young minds at CSUSM

FALLBROOK – Female students from all over Fallbrook Union Elementary School District came together at California State University San Marcos Friday, April 5, for the annual Girls In STEM event. The event was aimed at fostering interest and excitement in science, technology, engineering and mathematics fields among young girls.

Hosted at the prestigious CSUSM campus, the event provided an opportunity for FUESD girls to engage with faculty members and current CSUSM female science students in a series of captivating science experiments. From exploring the effects of liquid nitrogen on items such as balloons, bouncy balls and flowers to delving into activities in the university's makerspace, the students were immersed in hands-on scientific exploration.

One of the highlights of the event was the panel discussion, where FUESD girls heard from current and graduate female STEM students as well as faculty members. The panelists shared insights into the possibilities that await young girls in the fields of science, technology, engineering and mathematics, inspiring the attendees to dream big and pursue their passions.

In addition to the enriching educational activities, the students also enjoyed a campus tour through a scavenger hunt, exposing them to the vibrant atmosphere of higher education and igniting aspirations for their academic futures.

Seth Trench, director of communications at FUESD, expressed his enthusiasm for



Fallbrook Union Elementary School District students from 2024 Girls in STEM visit California State University San Marcos to foster interest and excitement in science, technology, engineering and mathematics fields among young girls. Village News/Fallbrook Union Elementary School District photos

the event.

“Seeing real-world examples of women excelling in STEM is invaluable for our female students,” Trench said. “It ignites a spark of possibility within them and fosters a sense of empowerment, showing them that with hard work and support, anything is possible. Witnessing our girls engage passionately with science and technology at the Girls In STEM event is a testament to the bright future they’re destined to create.”

The event was a testament to the collaborative efforts of FUESD and CSUSM in nurturing the next generation of female leaders in STEM fields. By empowering young girls with knowledge, skills, and confidence, initiatives like the Girls In STEM event play a pivotal role in shaping a brighter and more inclusive future.

Submitted by Fallbrook Union Elementary School District.



Science, technology, engineering and math students from California State University San Marcos showcase the effects of liquid nitrogen to visiting Fallbrook elementary students.

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The big one is back! Circus Vargas rolls into Temecula



Circus Vargas performer Stevie performs as the circus returns to Temecula now until April 29. Village News/Shane Gibson photos



Circus Vargas performers entertain guests under the Big Top in Temecula.



Trapeze artists perform aerial stunts for guests attending the Circus Vargas show at the Promenade in Temecula.



Circus Vargas performers entertain guests during a unicycle performance in Temecula.



Circus Vargas performers entertain guests under the Big Top in Temecula.



A crossbow stunt wows the crowd during a Circus Vargas show in Temecula.



A Circus Vargas performer quickly spins on a rope high above the ring.



Circus Vargas performer Jones plays the saxophone for guests during a show in Temecula.



A Circus Vargas performer entertains guests with a comedy bit chasing the spotlight during a show in Temecula.

BUSINESS

Children & Money: The Essentials

Elena Czarnowski
Special to the Village News

In the whirlwind of parenting, managing money conversations with children can feel like navigating uncharted waters. Yet, it's a crucial aspect of their development that sets the stage for their financial future. Let's break down the essentials.

Parents are the frontline educators in the realm of money matters; however, it's essential to approach these conversations with empathy and understanding, considering each family's unique dynamics. Start teaching children about money early, involving them in simple tasks like counting coins and comparing prices.

Engage children in discussions about money beyond specific purchases. Focus on fundamental concepts like the value of goods and the importance of saving. For instance, ask if they'd prefer one \$2 Kinder Egg or two Hershey's bars or if they'd rather save the money altogether.

Timing matters. Avoid lecturing children about money when they're not receptive. Choose moments when they're calm and engaged, like during a dedicated family meeting.

Money conversations can happen anywhere, but a quiet, focused environment is essential.

Whether at home, on a walk or in the car, find a space where everyone can concentrate.

Instilling good money habits early lays the foundation for financial success. Teaching budgeting, saving and informed decision-making empowers children to manage their finances responsibly.

Host weekly family meetings focusing on different money-related topics. Use resources like Kid Laboratories, offering engaging programs to supplement traditional learning about money.

By actively communicating the family's values and principles regarding money, you equip your children with the skills they need to confidently navigate the financial world. So, the next time you're at the store with your little ones, seize the opportunity to impart valuable lessons about money. It's an investment in their future that pays dividends beyond dollars and cents.

Elena Czarnowski is a digital educator, specializing in non-traditional learning topics. Her most popular courses include "Moneywise: Financial Literacy for young teens" and "Goals & Grace: Character Development and Goal Setting." Explore an entire suite of offerings at <http://www.kidlaboratories.com>.

Mary Fay Pendleton students dive into real-world business experience



BizTown is a simulation experience that encourages fourth to sixth-grade students to step into the world of business. Village News/Fallbrook Union Elementary School District photo

FALLBROOK – Students from Mary Fay Pendleton School of Fallbrook Union Elementary School District embarked on an enriching and educational field trip Monday, April 1, to BizTown, a dynamic mini-city experience located in San Diego. The 10,000-square-foot facility is designed to provide students with hands-on exposure to real-world business operations, bridging the gap between classroom learning and practical application.

BizTown offers a unique opportunity for students to immerse themselves in a lifelike environment, comprising 21 life-sized businesses. During their visit, students from Mary Fay Pendleton School were tasked with running

a business, earning paychecks, opening bank accounts, paying taxes and voting. Through these activities, they were challenged to understand the complexities of business management and the importance of financial literacy.

"Mary Fay's visit to BizTown was an invaluable experience for students," Brian Frost, principal at Mary Fay Pendleton School, said. "It allowed them to apply the knowledge and skills they've learned in the classroom to real-world scenarios, fostering a deeper understanding of economic principles and personal finance."

AJ Thomas, coordinator at BizTown, shared about BizTown's vision for students and the future of San Diego, said. "Our mission

is to empower young people for their future economic success and support the development of a diverse talent pipeline in San Diego. Each year we welcome over 21,000 students from over 200 schools across the San Diego Region."

BizTown serves as a catalyst for academic achievement and lifelong learning, providing students with a monumental experience that prepares them for future success. By participating in hands-on activities and simulations, students gain practical skills and insights that will serve them well in their academic and professional endeavors.

Submitted by Fallbrook Union Elementary School District.

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APRIL	FRI 26	SAT 27	SUN 28	TUE 30	WED 1	THU 2
ABIGAIL R	2:10 PM 4:40 PM 7:10 PM	2:10 PM 4:40 PM 7:10 PM	2:10 PM 4:40 PM 7:10 PM	2:10 PM 4:40 PM 7:10 PM	2:10 PM 4:40 PM 7:10 PM	2:10 PM
CHALLENGERS R	1:40 PM 4:35 PM 7:25 PM	1:40 PM 4:35 PM 7:25 PM	1:40 PM 4:35 PM 7:25 PM	1:40 PM 4:35 PM 7:25 PM	1:40 PM 4:35 PM 7:25 PM	1:40 PM 4:35 PM 7:25 PM
CIVIL WAR R	2:00 PM 4:45 PM 7:30 PM	2:00 PM 4:45 PM 7:30 PM	2:00 PM 4:45 PM 7:30 PM	2:00 PM 4:45 PM 7:30 PM	2:00 PM 4:45 PM 7:30 PM	2:00 PM 4:45 PM 7:30 PM
THE FALL GUY PG-13						5:00 PM 7:45 PM
THE MINISTRY OF UNGENTLEMANLY WARFARE R	1:30 PM 4:15 PM 7:00 PM	1:30 PM 4:15 PM 7:00 PM	1:30 PM 4:15 PM 7:00 PM	1:30 PM 4:15 PM 7:00 PM	1:30 PM 4:15 PM 7:00 PM	1:30 PM 4:15 PM 7:00 PM

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Chamber annual awards luncheon set for June 5

FALLBROOK – The Fallbrook Chamber of Commerce is presenting its Annual Awards and Installation Luncheon Wednesday, June 5, at Grand Tradition Estate & Gardens, 220 Grand Tradition Way, in Fallbrook. Located inside the magnificent Arbor Terrace, seating for this special event begins at 11:30 a.m. and the luncheon program begins at noon.

This event will recognize citizens who give so much and make Fallbrook the extraordinary community that it is. Another aspect of the program is the

installation of the incoming board of directors for the 2024-2025 fiscal year and a special spotlight on retiring board members.

Recognition Awards to be presented are Chamber Ambassador of the Year, Chamber Business of the Year, Chamber Member of the Year, Chamber Nonprofit of the Year, Citizen of the Year and one for Lifetime Achievement. Members who have supported the chamber for more than 25 years will be recognized as well.

Hosted by the Fallbrook

Chamber of Commerce, the ticket price is \$79 per person, and all reservations must be prepaid. Table sponsorships for chamber members are \$100, which includes your name on the chamber website, in the program and on a table. The table sponsorship does not include the luncheon ticket. Register online at <http://www.fallbrookchamberofcommerce.org> or call 760-728-5845.

Submitted by Fallbrook Chamber Of Commerce.

Worker of the Week shares good news



Good News Club volunteer Jeanelle Higgins tells children about Isobel Kuhn, a missionary, at the Fallbrook Community Center where the club meets every Tuesday from 2:30-4:30 p.m. She has been with the group for three and a half years. The Fallbrook Good News Club needs volunteers and donations; to help, contact Colleen Sharp at the community center on Tuesdays, 2:30 p.m.

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SHERIFF'S LOG

NOTE: While these reports have been taken straight from the Sheriff's Office, individuals are innocent until proven guilty. These addresses reveal the block number, not an exact location.

April 14	
200 blk E. Fig St.	Spousal/cohabitant abuse with minor injury
3600 blk Pico Rd.	Medical examiners case - Death
April 15	
1800 blk Dorothea Av.	Petty theft
Old River Rd. / Montrachet St.	Found property
400 blk W. Clemmens Ln.	Missing juvenile/runaway
April 16	
5700 blk Kensington Way	Grand theft - Theft of motor vehicle parts/accessory
1300 blk Via Encinos Dr.	Vandalism - \$400 or more
1100 blk S. Main Av.	Lost article
4100 blk Pinehurst Ct.	Vandalism - \$400 or more
1200 blk Calle Sonia	Arrest - Mental health crisis - Obstruct/resist executive officer with serious injury
April 17	
200 blk W. Kalmia St.	Burglary - Vehicle
700 blk Morro Rd.	Annoy/molest child
Hwy 76 / Via Monserate	Arrest - Traffic pursuit - Possess/purchase for sale narcotic/controlled substance, possess controlled substance paraphernalia, avoid police officer with wanton disregard for safety
5000 blk Avocado Park Way	5150 - Mental health evaluation - 72 hr observation
1500 blk Loch Ness Dr.	Missing juvenile/runaway
100 blk E. Aviation Rd.	Arrest - Contempt of court: disobey court order
200 blk Sky Country Ct.	Vandalism - \$400 or more
April 18	
1400 blk S. Mission Rd.	Arrest - Possess stolen vehicle, manufacture/sale/possess/etc metal knuckles, possession controlled substance paraphernalia
1000 blk Funquest Dr.	Get credit/etc others ID
200 blk Hass Ln.	Burglary - Residential
200 blk N. Main Av.	Petty theft
April 19	
700 blk W. Elder St.	Violate domestic violence court order
2000 blk Winterwarm Dr.	Annoying phone call obscene/threatening - Intimidation
April 20	
S. Pico Av. / W. Elder St.	Assault with deadly weapon: firearm on person, shoot at inhabited dwelling/vehicle
900 blk S. Main Av.	Vandalism - Vehicle
600 blk Hillcrest Ln.	Take vehicle without owner's consent/vehicle theft
500 blk W. Beech St.	Arrest - Possess controlled substance paraphernalia, carry concealed dirk/dagger
100 blk S. Mission Rd.	Assault with deadly weapon: not a firearm
April 21	
900 blk Rice Canyon Rd.	Arrest - Spousal/cohabitant abuse with minor injury
1100 blk Alturas Rd.	Temporary restraining order - Misc. incidents
1000 blk S. Mission Rd.	Simple battery

OBITUARIES



Lucile (Emrich) Reeder peacefully departed to be with the Lord on Sunday morning, April 21, 2024. She was born on May 21, 1932, in Denver, Colorado, to Jay and Lola Emrich.

Lucile pursued her passion for music education, graduating from the University of Northern Colorado, Greeley Campus. Later, she continued her studies at Westmont College in Southern

California, where she cherished singing in the choir and was proud to contribute editing to one of Corrie Ten Boom's books.

Lucile's dedication to education shone brightly in her role as a beloved elementary school teacher in Covina and West Covina. It was during this time that she met Howard Reeder, the love of her life, whom she married on April 13, 1957. Together, they raised three sons: James, Thomas, and Charles.

Lucile continued her education, completing a masters degree in counseling from Cal State Fullerton in 1981.

After 25 years of teaching, Lucile and Howard retired to Fallbrook. Howard had previously transitioned from teaching to becoming a pastor and they continued their service at the Fallbrook United Methodist Church. Lucile was an active member of the California Retired Teachers Association local chapter as well.

Lucile is survived by her three sons: James (Karen), Thomas (Lila), and Charles (Julie), along with nine grandchildren and six great-grandchildren. She was an extraordinary wife, mother, grandmother, and mother-in-law, known for her genuine love and devotion to her family.

Lucile was preceded in death by her three older brothers, Herbert, Ray and Paul.

She will be remembered fondly for getting emotional during ice skating, her passion for knitting and for sports – especially the Dodgers, family celebrations and camping trips, her musical talents on the piano, and her joy in singing with the choir.

Lucile's life was a beautiful tapestry of love, faith, and dedication, leaving an indelible mark on those fortunate enough to have shared life with her. She will be deeply missed. In lieu of flowers, we think she would suggest hugging your loved ones.

In Memoriam to Warren L. Stuber, the GTO Man

Springtime, time for celebration of life, and time to “fuel your passions.” In diverse modes of celebration, some people choose “love of cars, and speed.” This concept exemplifies the spirit of Warren Stuber.

He was ironically struck and killed by a car in Fallbrook on Feb. 11, 2018. However, his memory can be epitomized in part by the quote: “If you must choose between power and speed, you’ve got to go for speed.”

From stories told of his life, he was a renowned early drag racer in Detroit and also known at the Irwindale course in Torrance from the 1960's through the 1980's. His family, in fact, was composed of entrepreneurial auto-engineers and die tool cutters.

His father, a notable MIT grad, designed America's first front wheel drive mechanism for Ford Corp. circa 1932. Warren treasured the original patent and prototype which he kept in a large briefcase at his home.

Known as the GTO Man, Warren often worked his passions on his massive GTO engine, or working mechanics on his vintage trucks (circa 1940's), or El Camino racer.

This “passion for cars and speed” shows itself each Springtime all over San Diego County at various car shows and concourses. Once, while strolling the Encinitas Classic Concourse, a WWII Rolls Royce Phantom III “Woodie,” a California convert, surprisingly showed up. Yet, the main point

is the “spirit of fueling your passions” as embodied by Warren L. Stuber during his lifetime.

He was a car racing enthusiast; he was an ever loyal friend to men of his ilk; he was a collector of valuable WWII German military antiques (derived from his army military service in Germany circa

1950's), and he was a nationally respected numismatic collector of rare, valuable coins.

Warren's diverse character, original humor, and powerful spirit is missed and remembered by his family and numerous friends. May he RIP - WLS.

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NEYEN

from page A-1

this SEAL training and I loved it," Neyen said. "I loved how physically exhausting it was and mentally challenging. They told me that women could be divers and they go through this training, and I instantly was sold. But I told myself I must finish playing rugby before I join the Navy. So that has always been a goal of mine, to be a Navy diver.

"I will never forget being yelled at in dive school for taking more weight than the men for a farmer's carry, and someone switched with me for a split second, and I was told I needed to keep a higher standard as a woman. Most men have never even worked with a female diver. It's different, not in a bad way but something I wasn't used to."

Neyen started playing rugby in middle school when her PE teacher encouraged her to try out for the team. She immediately fell in love with the sport after her first practice.

Off-duty, she trades her diving gear for rugby boots. Her proficiency on the rugby pitch has not only garnered respect within the Navy community when she was recruited to join the Navy women's rugby team in 2022 but has also propelled her to compete at national and international levels as a member of the U.S. Women's rugby team in 2023. Her athleticism and strategic acumen make her a formidable force in the rugby arena, a testament to her dedication and passion for the sport.

Neyen graduated from Officer Candidate School at Officer Training Command Newport, Rhode Island, on Sept. 29, 2023. As a Surface Warfare Officer, she stands at the cusp of a new and exciting chapter.

Her journey, marked by relentless pursuit of excellence and unyielding commitment, positions her as a formidable leader in the making. Her ability to balance the demands of her various roles serves as a shining example of her resilience and organizational prowess.

"There are a lot of similarities between the U.S. team and serving," said Neyen. "You are



Ensign Megan Neyen grew up in Fallbrook.

taught to put the team before yourself just like you're taught to take care of your sailors. It's about work ethic and keeping a positive mental attitude.

"I chose to go the officer route for multiple reasons. But mainly, to make a change. I have a very positive attitude and I truly believe that leaders who care for their sailors will help retain them and in return will complete the mission. If I can help retention in the Navy while bringing a positive work environment, I will be successful."

Neyen's influence extends beyond her immediate responsibilities. She is known for her mentorship and support of junior personnel, inspiring them to reach their full potential. Her leadership style, characterized by a rare blend of empathy and firmness, sets her apart as a role model for aspiring naval officers.

"Take the hard days and remember those to build you," said Neyen. "Being a professional athlete and in the Navy is not easy by any means, you must be willing to sacrifice something but, in the end, - it's always worth it. Take the chance

and build those around you on the way. Lighting someone else's light doesn't take away from yours."

Neyen's odyssey from being a young athlete to a Navy diver, rugby player, and naval officer



As Megan Pinson, Neyen played rugby in high school and later competed with the U.S. Women's Rugby team. photo courtesy of Ensign Neyen

is a testament to her indomitable spirit and unrelenting pursuit of excellence. Her story serves as a beacon of inspiration for anyone striving to push boundaries and achieve greatness.

She embodies the values of

discipline, determination, and service, and her future as a naval officer promises to be as illustrious as her accomplishments. She is a true triple threat, a force to be reckoned with in every sense of the word.



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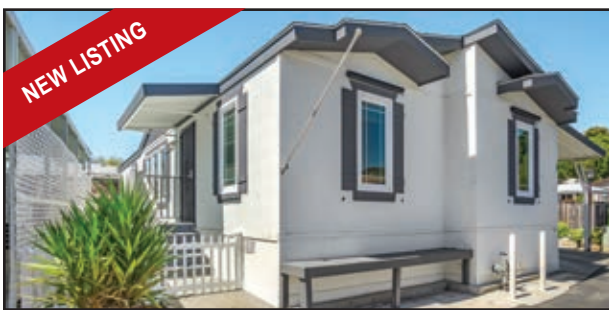
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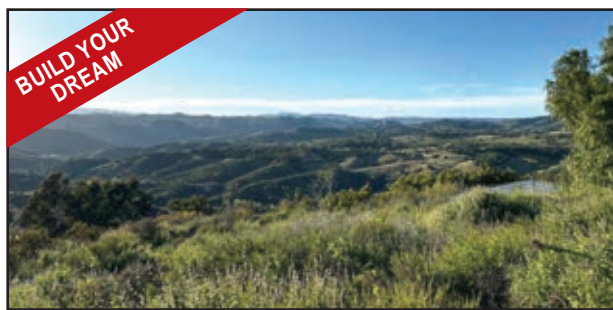
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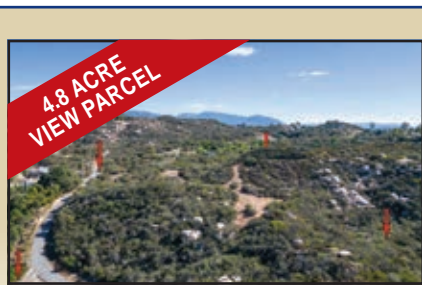
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