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Sunday, March 8th

Fallbrook & Bonsall  
**VILLAGE NEWS**

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**LOCAL**

**Super Tuesday:  
Sanders projected  
to win California,  
Campa-Najjar  
leads in 50th**

Democratic presidential candidate Bernie Sanders was projected Tuesday night to win the California primary, far and away the biggest Super Tuesday prize.

As of press time, about 31% of votes counted had gone to Sanders. Former Vice President Joe Biden was a distant second with 22% of the vote, with New York City Mayor Mike Bloomberg and Senator Elizabeth Warren far behind. Warren, with 12% of the vote, was barely ahead of Pete Buttigieg — who dropped out of the race on Sunday — in California, a bad sign for her campaign.

In a closely-watched local race, Democrat Ammar Campa-Najjar was in first place in the 50th Congressional District, according to early returns; Republicans Darrell Issa and Carl DeMaio were splitting the conservative vote in the heavily-Republican district, which includes Fallbrook, but Issa was consistently leading

see *ELECTION*, page A-6

**thisweek**

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**MacDonald to be honored as Woman of the Year**

Jeff Pack  
Staff Writer

Last week it was announced that Fallbrook Chamber of Commerce Chief Executive Officer Lila MacDonald would visit Sacramento in March to attend a luncheon and a state session at the Capitol where she will be honored as Woman of the Year by District 75 Assemblymember Marie Waldron.

“At first it was surreal,” MacDonald said in a phone interview. “I mean, when you think about how many people are in the district, it kind of blows me away and truly I’m used to honoring other people because I’m working for the cause, not the applause. So, it’s kind of weird to be receiving something.

“I do what I do because I love the community, not for some award.”

According to the California

see *MACDONALD*, page A-6



Fallbrook Chamber of Commerce Chief Executive Officer Lila MacDonald will be honored by District 75 Woman of the Year Assemblymember Marie Waldron in March. Village News/Shane Gibson photo

**Fallbrook woman funds martial arts scholarship in daughter's memory**

Will Fritz  
Associate Editor

The family of a young woman from Fallbrook who lost her life in a car accident almost five years ago will honor her memory with a scholarship to allow children to take classes at the same martial arts academy she once attended.

Valerie King was at the Saturday, Feb. 29, grand re-opening of Martial Art Concepts on Brandon Road — the school recently came under new ownership — to present the first scholarship, covering half a year’s worth of classes, and receive an honorary black belt for her daughter.

Valeria King’s daughter, Haylee King, was killed in 2015 when the Jeep she was riding in blew a tire on Interstate 40 about a half-hour west of Needles. She was 20 years old.

“We for four years tried to figure out what to do,” Valerie King said. “We didn’t know if we wanted to do a college scholarship, but it didn’t resonate with me, and to me it wasn’t gonna carry her name on. This is something that’s gonna change a kid’s life. It changed hers.”

Haylee King started taking classes at Martial Art Concepts, which primarily teaches hapkido and taekwondo, when she was in fourth grade. Valerie King said she put Haylee King in martial arts classes because she was having problems with bullies, and she



Valerie King receives an honorary black belt and commemorative belt rack Saturday, Feb. 29, from Martial Art Concepts owner Mike Knox, left, for her daughter Haylee King, who was killed in a car accident in 2015. Village News/Will Fritz photo

wanted to make sure her daughter could defend herself.

“We put Haylee in martial arts in fourth grade. She was being bullied; some kid threatened to bring a gun to school and shoot her,” Valerie King said.

At first, Haylee King didn’t like the idea of learning martial arts, Valerie King said. But she agreed to try the classes for at least

a month.

“Within three days, she was thanking me, telling me how much she loved it,” Valerie said. “A year later, she knocked out her sixth grade, male bully. And ever since she’s been taking this class, she has taken care of many bullies and stopped people from bullying other people.”

Haylee King was in martial

arts classes until eighth grade and reached the level of brown belt.

The recipient of the scholarship did not wish to be identified, according to Martial Art Concepts owner Mike Knox, but Valerie King said a new recipient would be designated every six months.

Knox said he was put in contact

see *MOTHER*, page A-6

**Fallbrook Food Pantry, Bonsall Rotary allocated Neighborhood Reinvestment Program funding**

Joe Naiman  
Village News Reporter

The Fallbrook Food Pantry and the Bonsall Rotary Club were allocated Neighborhood Reinvestment Program grants Feb. 25.

The San Diego County Board of Supervisors voted 5-0 to allocate \$50,000 to the Fallbrook Food Pantry for the acquisition of a new building facility and \$10,000 to the Bonsall Rotary Club for the chapter’s Wine, Brews and Blues Festival fundraiser.

The Neighborhood Reinvestment Program is intended to provide grants to nonprofit organizations for the furtherance of public purposes at the regional and community levels. In addition to nonprofit

organizations, county supervisors can also fund schools and fire departments, and supervisors can also use money from their budgets to supplement other county funding for specific county projects such as parks, roads and libraries.

Each county supervisor recommends the allocation of their Neighborhood Reinvestment Program funds, although those allocations must be approved by a majority of the board. The grants to the Fallbrook organizations were from the 5th District budget of Supervisor Jim Desmond.

The Fallbrook Food Pantry was established in 1981 and its mission is to aid community members in need of food. The Fallbrook Food Pantry also provides emotional support to

Fallbrook, Bonsall, De Luz, Rainbow and Pala residents and refers individuals in need of clothing, shelter or medical care to the appropriate agency.

More than 600 households are helped through the senior, children and neighborhood distribution programs. The Neighborhood Reinvestment Program grant will help the Fallbrook Food Pantry purchase a new facility within the existing Brandon Street building which will provide supplemental meals.

“The support we provided to Fallbrook Food Pantry will allow them to continue and enhance their operation,” Desmond said.

The Bonsall Rotary Club supports local organizations as well as worldwide Rotary efforts such as Rotary International’s

campaign to eradicate polio. The Wine, Brews and Blues Festival has been the Rotary chapter’s major fundraiser for the past 23 years, and the proceeds from that event are earmarked toward community activities.

This year’s Wine, Brews and Blues Festival will take place June 6, and the Neighborhood Reinvestment Program funding will help with the purchase of shade sails, linens and tables, plates, drinking glasses, paper ice buckets, forks and napkins.

“The Bonsall Rotary Club is a fantastic organization that makes a huge difference in the community,” Desmond said. “I’m proud of everything they support and look forward to their continued success.”



# ANNOUNCEMENTS

## Fallbrook Newcomers Club to welcome San Diego Parks and Recreation to March meeting

FALLBROOK – The Fallbrook Newcomers Club will host their March coffee meeting Thursday, March 12, at 9:30 a.m. at Christ the King Lutheran Church, 1620 S. Stage Coach Lane, in Fallbrook. All new residents of Fallbrook, Bonsall, Rainbow and De Luz are invited to attend, meet other new residents and find out more about the Newcomers Club and what social activities are offered. The March meeting will welcome a representative from the San Diego Parks and Recreation Department who will make a presentation on the planned San Luis River Park in Bonsall and answer any questions attendees may have. For more information about the Fallbrook Newcomers Club, visit [www.fallbrooknewcomers.com](http://www.fallbrooknewcomers.com). Submitted by Fallbrook Newcomers Club.

## Fallbrook Village Rotary presents the 2020 Miss Fallbrook and Miss Teen Fallbrook Scholarship Pageant

FALLBROOK – Several ladies will compete in the Miss Fallbrook and Miss Teen Fallbrook Scholarship Pageant April 4, at the Bob Burton Center for Performing Arts at Fallbrook High School. The show will begin at 6 p.m. with doors opening at 5:30 p.m. Tickets may be purchased before April 1 from the contestants for \$15. Tickets will only be available for purchase at the venue for \$20 cash after April 1. For more information on the pageant, contact Sherri Trombetta at [sherritrombetta@att.net](mailto:sherritrombetta@att.net) or contact any Fallbrook Village Rotary member. Submitted by Fallbrook Village Rotary Club.

## Celebrate Women’s History Month with Writers Read

FALLBROOK – Writers Read at Fallbrook Library, a free monthly event, will celebrate Women’s History Month 2020 with an open mic reading of poetry and prose Tuesday, March 10, from 6-7:45 p.m. The reading will feature local poets Kathy O’Fallon and Penny Perry. Members of the community are invited to share their favorite celebrations of women in the form of creative writing. First receiving congressional designation in 1987, Women’s History Month is honored by schools, libraries and other institutions across the country with commemorations of women who have made their marks for countless achievements in the arts and sciences and within their families. The 2020 theme for the month is “Valiant Women of the Vote,” in recognition of the centennial of the 19th Amendment to the U.S. Constitution, recognizing women’s right to vote. Learn more about women’s history at [www.WomensHistoryMonth.gov](http://www.WomensHistoryMonth.gov). Fallbrook Library is located at 124 S. Mission Road, between Alvarado and Fig streets in Fallbrook. For more information, contact K-B Gressitt at [kbgressitt@gmail.com](mailto:kbgressitt@gmail.com) or (760) 522-1064. Submitted by Writers Read.

## Fallbrook High School choir presents spring concert

FALLBROOK – The Fallbrook High vocal music department brings “An Evening of Song,” Thursday, March 5, at 7 p.m. at the Bob Burton Center of Performing Arts at the high school. The classical concert will feature the Warrior choir singing songs such as “Mangwani Mpulele,” a Zulu folk song, arranged by Lana Walters. It also features the Madrigals advanced vocal ensemble singing selections such as “Garden of My Own,” a calming ballad, arranged by Daniel Kallman. Soloists include senior Roseline Sanchez, singing “Chi Voul La Zingarella,” junior Sydney Breese singing “Das Veilchen” and sophomore Damon Gallegos singing “Die Forelle.” Finally, the entire department will come together to sing the “Taco Bell Canon” and a madrigal version of Smash Mouth’s “All Star.” The entire concert is sung by choral students and directed by Heather Smith, Fallbrook High’s choral director. Tickets are \$5. All proceeds will support the department, so they can go to festivals and have more concerts. Submitted by Fallbrook High School.

## Gem and Mineral Society to hold annual Rough N’ Cut



Volunteers Mishell Rose and Manny Diaz help customers at the 2019 Rough N’ Cut fundraiser. Village News/Courtesy photo

FALLBROOK – The Fallbrook Gem and Mineral Society presents their annual Rough N’ Cut, March 21, from 1-4 p.m. at 123 W. Alvarado St. in Fallbrook. With free parking and admission, this event is not to be missed. Visitors can dive into the world of rough rocks with local miners and gem experts. Everyone is welcome to shop for rough stones, yard rocks, lapidary materials, slabs, mineral specimens, crystals, gemstones and much more. Silent auctions will continue throughout the event at 1:30 p.m., 2:30 p.m. and 3:30 p.m. Fallbrook Gem and Mineral Society’s world class museum will also be open 11 a.m. to 4 p.m., and a team of friendly volunteers will be on-site to answer any geology questions. Come and meet the museum curator from 11 a.m. to 1 p.m. All children visiting the museum will receive a free tumbled rock. Submitted by Fallbrook Gem and Mineral Society.

## VFW Auxiliary to serve corned beef and cabbage



New members are welcomed by members of the Fallbrook Veterans of Foreign Wars Post 1924 Auxiliary, from left, Jeaneane Henson, Shelby Watson, Christa Oast-Hoag, Phyllis Wagner, Bree Salas, Deb Bottomly, Dana McCarthy, Barbara Adams, Jayne Underhill, Jean McCasland, Midge Thomas, Shara French, Ronne Branson and Anne Richter. Village News/Courtesy photo

FALLBROOK – Fallbrook Veterans of Foreign Wars Post 1924 Auxiliary raises funds to support local veterans and projects. Their next event is a St. Patrick’s dinner of corned beef and cabbage to be held March 13. All are welcome to come and enjoy, 1175 S. Old Stage Road. For more than 100 years, the Veterans of Foreign Wars Auxiliary has been fulfilling its original objectives by supporting the Veterans of Foreign Wars, serving veterans, service members and their families and spreading patriotism nationwide. Fundraisers also include their second Friday dinners at the post; all are welcome to join them. Submitted by Fallbrook Veterans of Foreign Wars Post 1924 Auxiliary.

## Be a hero for patients: Donate blood during Red Cross Month

FALLBROOK — The American Red Cross urged the public to join its lifesaving mission by giving blood or platelets this March in celebration of Red Cross Month. Donors of all blood types, especially type O, are urgently needed to help ensure blood is available for patients this spring. The Fallbrook Library, 124 S. Mission Road, will host a blood donation opportunity Tuesday, March 10, from 9:30 a.m. to 3:30 p.m. Every day, thousands of patients depend on blood donations to help save their lives – patients like Heath Cornford who spent his first 217 days of life in the hospital. Born in February 2018 with an abnormal narrowing of the heart, Heath has undergone many complex surgeries – including a heart transplant – and required a number of blood transfusions. “I can’t tell you how thankful we are for the lifesaving donations that saved our son,” his mother Mylinda Cornford said. “Blood is something you can donate for free. You can make an impact, save a life and give back to your community.” Heath recently celebrated his second birthday and is a thriving, energetic toddler. parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements. Blood and platelet donors can save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at [www.RedCrossBlood.org/RapidPass](http://www.RedCrossBlood.org/RapidPass) or use the blood donor app. Volunteers are needed. Another way to support the lifesaving mission of the American Red Cross is to become a volunteer transportation specialist and deliver lifesaving blood products to local area hospitals. Volunteer transportation specialists play a very important role in ensuring an ample blood supply for patients in need by transporting blood and blood products. For more information and to apply for a volunteer transportation specialist position, visit [www.rdcross.org/driver](http://www.rdcross.org/driver). Submitted by American Red Cross.

# Fallbrook Open 2020

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# Fire department update includes weed abatement and homeowner’s insurance

**Chief Stephen Abbott**  
*North County Fire Protection District*

With long-range weather forecasts predicting an early start to the fire season, which is increasingly becoming a year-round threat, a number of steps are being taken now to maximize community’s preparedness.

To begin, in the near future the annual weed abatement notices will be mailed districtwide. Please note that the date for compliance is May 15, a full month earlier than last year. Fire prevention personnel will begin compliance inspections after that deadline has passed.

Additionally, the timeframe for completion has also been shortened, so residents are asked not to delay when they receive a

notice. Accordingly, if assistance is needed with mowing, the fire district suggested making arrangements now with weed abatement contractors to ensure properties will be in compliance by this deadline.

Currently, there are no free chipping days available due to the lack of grant funding which has historically supported this program.

As result of the lessons learned from the “Camp Fire” in Paradise, the San Diego County Office of Emergency Services will expand access to the Wireless Emergency Alert system for local government agencies, such as North County Fire, to directly provide immediate updates to the public.

Residents who have not

already done so are asked to register their mobile devices with AlertSanDiego. Although this system is separate from the WEA network, it is another way to ensure you are getting up to date information during an emergency.

In the near future, the district will be working with local insurance professionals and legislators to identify ways to collectively assist homeowners in addressing challenges with obtaining and retaining homeowner’s insurance, which has become a problem for many residents in California.

Finally, the fire district has received several inquiries regarding what its next steps will be in light of Proposition A’s failure. The district has initiated a comprehensive strategic planning process to evaluate all aspects

of current fire and emergency services delivery, which will naturally include addressing some rather significant deferred facilities maintenance challenges.

This strategic plan will include a number of strategies and may include a combination of those outlined in various outreach materials that were distributed over the last year.

For example, the district will consider alternative materials and methods of fire station construction that can be employed to address at least some facility deficiencies and what lasting impacts will remain as a result of implementing these options.

The district will explore the latest methods of enhancing revenues to recover costs by engaging the California State

University San Marcos “senior experience” program to determine what other fire departments across country are doing. Some of these methods may include debt service restructuring in order to capitalize on historically low interest rates.

There are many recent and pending legislative changes at both state and federal level that need to be taken into consideration. As it will take several months to obtain findings from the university, evaluate the impacts of recent legislative changes, and develop comprehensive goals and objectives for each strategy, the district anticipates it will take approximately six months to complete the strategic plan, which will be designed to cover a five-year planning horizon.

# Fix a critical spirit

**Dr. Rick Koole**  
*LifePointe Church*

It seems like everyone is a critic these days, and we’ve all

faced painful criticism at some points in our lives. Today I want to challenge you to see if you have developed what is called a “critical spirit.” That’s when you just can’t

seem to help but look at everyone else with a critical eye. Following are some thoughts to consider:

A critical spirit can be just as destructive as a critical comment.

You may never actually utter a negative criticism to another person, but deep within you there may be a spirit of criticism regarding some of the people in your life. And it may be sucking the joy out of your life.

We all know the people in our churches or our lives who think they have a spiritual gift of being critical. And we also know that they tend to be the least joyful people we know. A critical spirit may be the root of a life devoid of joy.

Jealousy is often a cause of a critical spirit.

Jealousy is one of the leading causes of a critical spirit. When an individual thinks life isn’t fair because they lack the blessings that others may be enjoying, they may resent God as well as the person enjoying the blessing.

Comparison is often a cause of a critical spirit.

We tend to measure our

successes in life by comparing them with the successes of others. People with a critical spirit may try to elevate their opinion of themselves by degrading the people around them. They may think, “I’m not perfect, but at least I’m better than so-and-so.”

Or they may acknowledge the successes of others, but impugn their motives by accusing them of only doing it for the glory, the money or the power. Or, they may dismiss others by believing they are just fakes.

A critical spirit seldom leads to great accomplishments.

President Theodore Roosevelt, like all great presidents, was the constant target of critics who seemed to question just about everything he sought to accomplish. In response to his unrelenting critics he said the following:

“It is not the critic who counts; not the man who points out how the strong man stumbles or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust

and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”

The cure for a critical spirit is love.

When asked what the greatest commandment was, Jesus said, “Love the Lord our God with all our heart, all our soul, all our mind and all our strength.” And then he said, the second great commandment is that we are to “Love our neighbors as ourselves.”

Let me suggest that if you work on your love for God and the people around you, you may find the path to victory over a critical spirit.

NEXT BINGO NIGHT: WEDNESDAY 3/11



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



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



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**Seller will entertain offers between \$525,000 & \$595,000**



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

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### Chris & Kim Murphy









# Angel Society donates \$36,500 to local nonprofits



Angel Society board members Marilyn Wertz, left, and Eve Desborough display some of the jewelry and other party décor available in the Angel Thrift Store's Bridal Expo. Village News/Courtesy photoss

FALLBROOK – A total of \$36,500 in philanthropic fund donations was approved by the board of directors of the Angel Society in January and February of this year. They also planned a new feature for the thrift store, see details below.

Programs benefiting children included La Paloma’s PTA library programs and playground equipment as well as Vallecitos School District programs. Fallbrook STEM Academy, Fallbrook Child Development Center and Unforgotten Faces also received funds.

Youth programs on the list were Fallbrook Youth Rugby, Fallbrook High School boys’ lacrosse boosters, an Eagle Scout project and Rally for Children’s Arts in the Park event. A donation was also made to Fallbrook Village Rotary for scholarships for Miss Fallbrook and Miss Teen Fallbrook Pageant winners.

The Angel Society has been supporting Fallbrook Boys and Girls Club for more than 30 years and their annual donation was made in February.

Other local recipients include the following. Fallbrook Smiles Project provides dental and medical screening at local schools and senior centers. Hope Clinic, located in Fallbrook, provides help for local women. Fallbrook Blanket Project benefits seniors, local hospitals and more while the Veterans of Foreign Wars’ local facility offers many activities for disabled veterans and others.

Area recipients of funds include San Diego Rescue Mission which has many programs to help needy in several locations in San Diego County. Interfaith is a long-standing program in North County which provides food, temporary shelter and services for families and seniors in need.

Directors set up the area upstairs March 1 for a Bridal Expo which will last the whole month of March. The expo features wedding gowns and party attire including shoes and evening bags. Items for a reception include silver, Champagne flutes, china, frames, cake toppers and more.

Visitors are reminded to visit the jewelry case that is always filled. Thanks to many donors, items are added daily.

The Angel Society is currently reviewing scholarships that will be awarded to local high school students this year. Philanthropy committee reviews requests from nonprofit organizations for donations at monthly meetings.

The Angel Society generates funds through sales at its Angel Thrift Store which is owned and operated by volunteers. There are no paid employees.

Angel Thrift Store is located at 1002 S. Main Ave. in Fallbrook and is open Monday through Saturday, 10 a.m. to 3 p.m. Donations are accepted 10 a.m. to 2 p.m.

Submitted by Angel Thrift Store.



Working on the wedding dress display are Angel Society board members Mona Castro, left, and Linda Heyser.



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www.fallbrookchamberofcommerce.org



Preparations are well underway for the 34th Annual Avocado Festival in downtown Fallbrook, and sponsors for this event are now being widely sought in Southern California. Sponsors are welcome at any level - including the Community Stage, Fun Zone and the Main Stage/Beer & Wine Garden area - in addition

to the larger sponsors with booths. Each year, radio promotions, along with magazine and newspaper coverage, highlight our sponsors while helping reveal exciting new elements of the festival. Sponsor names and logos are featured prominently wherever appropriate. Event information, with sponsor names, is easily accessed on the Fallbrook Chamber website, and posters are distributed throughout the

community well in advance. With the ease of using the Chamber website, and the variety of media types put into play, our sponsors receive ample exposure. In addition, each sponsor with a booth in the festival will receive their own Sponsor Banner to hang at their booth location. We invite you to take advantage of this opportunity and contact us for information on how you can support the Avocado Festival.

Please welcome these new businesses and individuals to our Chamber membership by introducing yourselves at one of our functions!

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Month

SunDay

Wednesday, March 18  
5:30 - 7:00 pm

Hosted by:  
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399 Heald Lane  
Fallbrook



Art of the Avocado Competition

Junior Art of the Avocado Competition

Entries are still being accepted in three categories: 2-Dimensional, 3-Dimensional and Photography in the adult and junior competitions. Judging will take place at a private reception at the Fallbrook Chamber of Commerce office by a panel of judges selected from the community. Awards will be announced at that time, and presented at the Avocado Festival on April 19 at 4 pm.  
  
Now in its second year, the Junior version of the Art of the Avocado is also seeking applicants. There will be a separate Junior Reception, as well as a separate panel of judges. Call Anita Kimzey at 760-731-0277 for more information.



MEMBER SPOTLIGHT

Fallbrook Village Toastmasters

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## Live Oak students celebrate Dr. Seuss' birthday



Morey Sherman celebrates Dr. Seuss' birthday, March 2, by guest reading to students during Read Across America Day at Live Oak Elementary School.

Village News/Shane Gibson photos



Live Oak Elementary School kindergartner Mia Lopez listens as guest readers read books aloud in classrooms in celebration of Read Across America Day.



North County firefighter Justin Rivera reads a Dr. Seuss book to third grade students at Live Oak Elementary School during Read Across America Day.



San Diego County Sheriff's detective Morgan Fomby reads a Dr. Seuss book to first grade students at Live Oak Elementary School during Read Across America Day.



Siegrid Stillman, board member of Fallbrook Union Elementary School District, participates as a guest reader at Live Oak Elementary School for the celebration of Reading Across America Day and Dr. Seuss' birthday.



Live Oak Elementary School kindergartner Brody Johnson listens as guest readers read a variety of books in celebration of Dr. Seuss' birthday and Read Across America Day.



Leon Clark, general manager of ABC 10News, reads a Dr. Seuss book to kindergarten students at Live Oak Elementary School in celebration of Read Across America Day.



HEALTH & BEAUTY

Fentanyl Epidemic: A father’s love starts his fight

Jeff Pack  
Staff Writer

When he took to the podium at the Temecula City Council meeting on Tuesday, Feb. 4, Alex’s dad looked shaken, but he took a deep breath, adjusted his glasses and began to read from a speech he had written.

“I’m Alex’s dad,” the man said. “I’m here on behalf of Jacob Alexander, 2017 graduate of Chaparral High School. Dec. 3, 2019, dead. I’m here on behalf of Caleb Dunlap, senior at Great Oak High School, Dec. 15, 2019, dead. I’m here on behalf of Dylan Perez, 2017 graduate of Great Oak High School, Dec. 17, 2019, dead. I’m here on behalf of Alexandra Capelouto, 2017 graduate of Great Oak High School, Dec. 23, 2019, dead.

“I just found that three more young people in Temecula have died since then.”

As he continued to fight back tears and rage in his voice, Alex’s dad told the city council of warnings issued about the danger of fentanyl and of weak laws pertaining to drug dealers.

“I’m asking you to help me fight this epidemic,” he said.

On Jan. 23, the Riverside County Sheriff’s Department’s Temecula Station issued a special bulletin pertaining to counterfeit pill-related overdoses and deaths in Riverside County.

“The Riverside County Sheriff’s Department and the Drug Enforcement Administration (DEA) is alerting the public of dangerous counterfeit pills killing people in our communities,” the bulletin reads. “Mexican drug cartels are manufacturing mass quantities of counterfeit prescription pills containing fentanyl, a dangerous synthetic opioid that is lethal in minute doses, for distribution throughout North America.”

The bulletin goes on to say that the department has responded to an “alarming number” of overdose incidents involving counterfeit

“Percocet” and “Oxycodone” pills.

“A number of overdoses resulted in the unfortunate death of the individual,” the bulletin reads.

At the bottom of the bulletin, in red lettering and all caps, it reads: “Multiple overdoses have already occurred in the Temecula Valley.”

According to the United States Drug Enforcement Agency, “Fentanyl is a synthetic opioid that is 80-100 times stronger than morphine...Fentanyl is added to heroin to increase its potency, or be disguised as highly potent heroin. Many users believe that they are purchasing heroin and actually don’t know that they are purchasing fentanyl – which often results in overdose deaths.”

According to the Center for Disease Control, “overdose deaths involving synthetic opioids other than methadone, which includes fentanyl, increased almost 47% from 2016 to 2017. Roughly 28,400 people died from overdoses involving synthetic opioids other than methadone in 2017.”

According to 2019 data provided by the San Diego County Medical Examiner’s office and a report from the county, “unintentional fentanyl overdose deaths in the San Diego region increased by 68% when comparing this year’s midyear data with the same period for 2018... from January through June this year, there were 69 fentanyl deaths compared to 41 in the first six months of last year.”

“In the last decade when someone overdosed on fentanyl, it was often when someone was prescribed it, and perhaps put on too many fentanyl patches or altered the patches,” said Chief Deputy Medical Examiner Dr. Steven Campman. “I can’t even remember the last time I saw a death from misused prescribed fentanyl.

“Now, in the deaths we see, the fentanyl is illegally obtained as counterfeit oxycodone or alprazolam. Illegal drug makers and dealers make pills to look like oxycodone or alprazolam, but the pills have fentanyl in them, and



Matt and Christine Capelouto at their Temecula home hold a picture of their daughter Alexandra who died at the age of 20 from an overdose of pills laced with fentanyl Dec. 23. The Capelouto family has set out on a mission of justice for their daughter and to raise awareness about drug addiction and the growing incidents involving fentanyl in overdoses.

they are deadly,” he said.

In talking with law enforcement officials and people working on the front lines of opioid addiction and drug-related cases — the rise of fentanyl is an outright epidemic and it’s growing every day.

Alexandra Capelouto, according to her dad, overdosed and died after taking a lethal dose of a drug he said was laced with Fentanyl in her own bedroom while visiting home during the winter break from Arizona State University where she was a straight-A student.

“This happened in the comfort of her own bedroom late at night by herself,” Alex’s dad said. “Of the four kids that died in December, three of the kids died by themselves in their bedroom. This isn’t like they’re out taking this partying, have another woohoo good time. These are kids who are addicted. You get to the point with addiction where you need this to feel normal or you want the pain to go away so bad. “The addict’s craving overrides the ability to make a rational decision and they end up taking this stuff that is just bought off the street or wherever.”

He said he’s learned a lot about addiction and the effects the disease can have on even the strongest, most intelligent individuals in society.

“I have my, my pre-Dec. 23rd life and now I have my post-Dec. 23rd life,” Alex’s dad said. “In my pre-Dec. 23rd life, I certainly was under the logic that if people do drugs, that’s their choice. That’s what happens when you do drugs.”

He said he watched a video that explained to him how gripping addiction can be.

“After watching this video, I

understand,” he said. “Because there are genetic differences in the brains of people who are susceptible to addiction and just like any disease, it needs to be treated. Not all addicts are liars, stealers and cheats.”

He said he’s learned drug users who suffer an overdose are likely to suffer another one.

“If somebody does this for the first time or they’ve relapsed, your journey is not over with, your journey is just beginning,” he said. “And then this is something that you just have to manage for the rest of your life and get it under control. Unfortunately, my daughter won’t have that second chance.”

He said he will be speaking publicly more in the future to reach out and educate parents and the community.

“I do plan on speaking about this,” Alex’s dad said. “In fact, I know what I’ve learned over the last month and a half. I absolutely 100% know based on my personal experience with this at this point, I know that there’s information that can be given to parents at this point that can absolutely save kids’ lives.

“I know what information was not provided to us that, had we had had it, my daughter would be alive today.”

For now, he is narrowing his focus to helping to change laws and standards of charges that can be brought against dealers who sell drugs to people who die as a result. It was partly the reason he wanted to speak at the city council meeting.

“The maximum extent of the law is potentially manslaughter,” Alex’s dad said. “To me it’s murder. But unfortunately, California

sucks. In most cases and I’m talking just about every single case, the most the drug dealer gets charged with is selling and dealing drugs and they spend very, very little time, if any, behind bars.”

Alex’s dad said since the video has reached more than 15,000 views, he’s received a lot of correspondence from family members who have lost loved ones to the drug.

“Since this video has gotten out there, when I get home from work at night, I’m getting on my computer and stuff and I’m trying to reply to people as best as I can,” he said. “I have had so many people reach out to me. ‘Oh, my brother died of fentanyl last year.’ ‘Oh, my kid died of fentanyl poisoning back in 2015.’ ‘Oh, my best friend died of fentanyl.’

“I’m wondering, is there any office where we can find out how many people have actually died from it? I am guessing that the numbers would be alarming. You heard about four here in December. A detective told me that actually over the last month and a half, including December with my daughter, that things slowed down quite a bit to where they’re averaging like one a week where he said for a period of a few months they were averaging one to two a day.”

Editor’s note: This is the first in a series of stories pertaining to fentanyl and the fatal risks associated with the drug and its effects on the community. The Village News will be speaking to people on the front lines of this epidemic.

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

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Flu deaths increase to 74, cases decrease in San Diego

José A. Álvarez  
San Diego County Communications Office

The number of local influenza deaths increased to 74 after 11 additional fatalities were reported last week, compared to 41 at this time last season, the San Diego County Health and Human Services Agency announced recently.

The new flu deaths include a 26-year-old woman from South County who died Feb. 13 from influenza B. Only two of the 11 reported deaths occurred last week, and all had underlying medical conditions.

“Influenza can be deadly, especially for those with existing chronic health conditions,” Dr. Wilma J. Wooten, county public health officer, said.

The number of lab-confirmed cases decreased last week, when 1,232 cases were reported. That’s 402 fewer flu cases compared to the previous week.

Also, fewer people showed up at local emergency departments with influenza-like illness last week; 6% of all visits. The figure was 7% the week before.

The county Health and Human Services Agency publishes the Influenza Watch weekly report, which tracks key flu indicators and

summarizes influenza surveillance in the region.

For the week ending Feb. 22, the report showed 17,935 lab-confirmed cases to date, compared to 5,486 last season.

When to seek medical help

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

County health officials are encouraging people who are sick to first contact their health care provider by telephone or arrange an urgent appointment. You should go to an emergency department when you have any of the following symptoms: difficulty breathing or shortness of breath; chest pain or abdominal pain. sudden dizziness; confusion; severe or persistent vomiting or flu-like symptoms that appear to get better, but then return with a fever and worse cough.

- How to prevent the flu
- People should also do the following to avoid getting sick:
- Wash hands thoroughly and often.
- Use hand sanitizers.
- Stay away from sick people.
- Avoid touching your eyes, nose and mouth.
- Clean commonly touched surfaces.
- If you are sick, stay home and avoid contact with others.



# Review of techniques in managing depression

**Stanley Popovich**  
*Special to Village News*

Some people have a difficult time managing their depression. Sometimes, their depression and fears can get the best of them. As a result, here is a short list of techniques that a person can use to help manage their depression.

One of the ways to manage depression is to challenge negative thinking with positive statements and realistic thinking. When encountering thoughts that make a person fearful or depressed, they can challenge those thoughts by asking themselves questions that will maintain objectivity and common sense. For example, they are afraid that if they do not get that job promotion then they will be stuck at their job forever. This thought depresses them; however, their thinking in this situation is unrealistic. The fact is that there all are kinds of jobs available and just because they don't get this job promotion doesn't mean that they will never get one. In addition, people change jobs all the time, and they always have that option of going elsewhere if they are unhappy at their present location.

Some people get depressed and have a difficult time getting out of bed in the mornings. When this struggle happens, a person should take a deep breath and try to find something to do to get their mind off the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things. Doing something will get their mind off the problem and give them confidence to do other things.

Sometimes, a person can get depressed over a task that they will have to perform in the near future. When this issue happens, they can visualize doing the task in their mind. For instance, the

person and their team have to play in the championship volleyball game in front of a large group of people in the next few days. Before the big day comes, they could imagine playing the game in their mind. They could imagine that they're playing in front of a large audience. By playing the game in their mind, they will be better prepared to perform for real when the time comes. Self-visualization is a great way to reduce the fear and stress of a coming situation.

Another technique that is helpful is to have a small notebook of positive statements that makes them feel good. Whenever the person comes across an affirmation that makes them feel good, they could write it down in a small notebook that they can carry around in their pocket. Whenever they feel depressed, they could open up the small notebook and read those statements.

Take advantage of the help that is available. If possible, talk to a professional who can help manage fears and anxieties. They will be able to provide additional advice and insights on how to deal with a current problem. By talking to a professional, a person can help themselves in the long run because they will become better able to deal with their problems in the future. Managing fears and anxieties takes practice. The more they practice, the better they will become.

The techniques that I have just covered are some basic ways to manage depression; however, the best bet is to get some help from a professional.

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods." His book has become popular with over 300 positive book reviews and counting. For more information, visit [www.managingfear.com](http://www.managingfear.com).

# San Diego County monitors potential COVID-19 cases

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

The local medical community has been working with San Diego County health officials on monitoring potential cases of the new coronavirus or COVID-19 in people who have traveled to China or been in close contact with a confirmed case.

The county Health and Human Services Agency follows the Centers for Disease Control and Prevention guidelines for risk assessment and management of people with potential COVID-19 or patients under investigation.

Due to patient privacy, HHSA will not release information on patients under investigation for COVID-19 or people under self-quarantine.

HHSA is releasing the number of patients under investigation, as well as those who are under self-quarantine. Figures are updated Fridays.

**Patients under investigation**

Here's the process HHSA follows for patients who arrive at one of the 11 U.S. airports where the CDC is conducting screening as people return from areas of mainland China other than Hubei province:

If patients have no symptoms, they are self-quarantined at home for self-monitoring with public health supervision. Self-quarantine lasts 14 days.

If patients develop symptoms – fever, cough or difficulty breathing – they should call the county health department; if they are determined to meet the CDC guidelines to be considered a patients under investigation, then transport to hospital is arranged, the patients under investigation is placed in isolation and specimens are collected and sent to the CDC for confirmation of COVID-19.

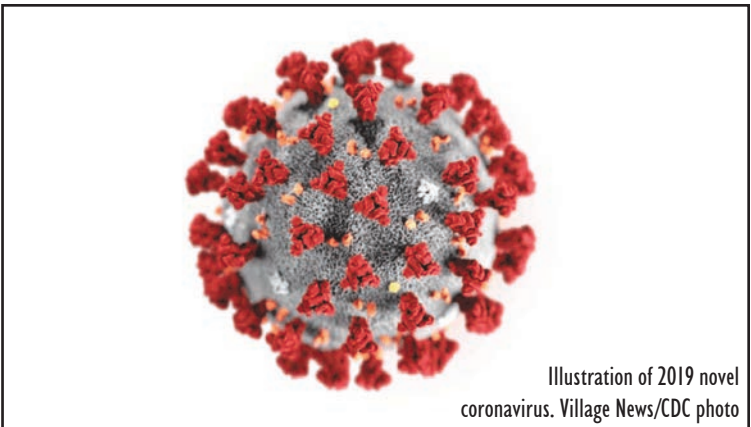


Illustration of 2019 novel coronavirus. Village News/CDC photo

The patient's symptoms determine where the patients under investigation is in isolation until test results are returned.

**Manage severe symptoms**

If patients have severe illness, such as difficulty breathing or high fever, they remain hospitalized and in isolation.

If patients are in isolation at a hospital, the hospital treats and monitors the patients under investigation and any hospital personnel with direct patient contact to the patients under investigation.

**Care for mild symptoms**

If symptoms are mild, the patients under investigation are released to mandatory isolation at home, under public health supervision until results return.

If patients are negative, the patients will continue home quarantine and self-monitoring with public health supervision until the 14-days quarantine period is over.

If a patient under investigation is under self-quarantine at home, the following takes place:

Patients are under self-observation and remain alert for possible symptoms.

Patients are asked to take their temperature twice daily and write it on their log. HHSA contacts them daily – by phone or text or both – to find out if they have

developed symptoms. Contact will last for 14 days.

Patients are asked to remain at home to the extent possible.

Patients are asked to avoid public or group activities, such as going to the movies, parties, etc.

Patients are asked to use good hand hygiene and to wash their hands thoroughly with water and soap.

**How to Protect Yourself from Coronaviruses**

It's important for the public to be prepared should a local COVID-19 outbreak occur. To limit the spread of infection, you should:

Wash your hands often to help protect you from germs.

Avoid touching your eyes, nose or mouth.

Avoid close contact with people who are sick.

If you are sick, stay home and keep your distance from others to protect them from getting sick too.

Cover your mouth and nose with a tissue when coughing or sneezing, then was your hands.

Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

For more information about COVID-19, visit the CDC's website, <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

# Kicking It

**Elizabeth Youngman-Westphal**  
*Special to The Village News*

First of all, let's all wash our hands constantly throughout the day. A 20-second scrub takes about as long as it takes to sing the Alphabet Song. Hand sanitizer is only second best to soap and water.

Finally, I can state emphatically my family doctor was wrong. At my age, exercising only three times a week for just 30 minutes would not have worked for me.

I'm thinking in my unmedical diagnosis that my plodding metabolism is caused by low blood pressure. With a lazy pulse like mine, I would not have had any success without the following schedule.

In the beginning, I did two 20-minute routines daily for six weeks. Then I dropped to one daily workout six days a week, then down to 4-5 times a week since August 2019. It's a process. One that anyone, at any age, can accomplish. After all, the New England Journal of Medicine said exercising at any age will help. Or something to that effect.

Now with this new routine, I can manage exercising at home because all I need is me. Wherever I go, I'll take my exercise routine. Especially with my upcoming 15-day trip. I've forewarned my 27-year-old granddaughter what the daily routine includes – in rapid succession – 10 pushups, 10 situps, 10 deep squats and 10 jumping jacks.

My best time so far has been under 120 seconds. When I take motion sickness medication, I can do two sets back to back or 40 in succession. Without the meds, I still get dizzy, which I believe is a carry-over from the 32-day Panama Canal cruise. Another nonmedical conclusion.

As it turns out, I am getting to learn very small bits of the science associated with exercising. Like it is best to exercise before eating. What happens is it puts the body in a metabolic state of ketosis causing "an additional energy source for the brain in the form of ketones."

None of that ever meant much to me. Except now I am learning if I exercise before eating, my body will burn stored body fat. You know it lives in the muffin top. Stored body fat is the hardest fat to lose.

Some nutritionists go so far as to suggest having caffeine before a workout offers increased benefits. Apparently, though not included

would be those whipped-cream-filled-24-ounce extra-large delights served at some coffee houses.

To help build strength and stamina, while kicking up my slow heart rate, Kellen has added a two-footed jump. Not a 2-foot jump. I keep my ankles together and jump up a 7-inch stair rise. Now I hop up from the garage to the landing into the house. Caution: Do not try this exercise without guard rails on both sides to assist with the landing and sensible tie-shoes.

Throughout the day, I'll drop a dozen squats plus do more while brushing my teeth. I can only do 14 mediocre modified pushups without much trouble. As a side benefit of doing pushups, not only are my arms getting stronger so is the pectoralis major. It is the muscle group throughout the chest holding us together. The "pecs" are at the top of the breast plate and now as they

strengthen the added benefit is my bosom is lifting. Crazy huh?

Getting started with a program requires a food diary. It is essential. The Atkins little red book "Carb Counter and Acceptable Foods List" can be found on their website. I believe it is still complimentary.

Record every bite of food in a daily log. Get a small dollar notebook if you don't already have one at home. You must write down everything. Do not cheat yourself.

Remember. No bread. No pasta. No potatoes. No diet drinks. No beer. No dessert. No candy. No ice-cream. I haven't given up vodka or wine.

You cannot, on the other hand, drink too much water or eat too many green veggies.

Stock the fridge with a large sealed container of raw salad made with cauliflower, broccoli, celery, English cucumbers, carrot rounds, walnuts and seeds in a simple

pickling of rice wine vinegar. Or, for a different taste use, low-fat dressing at 25 calories per tablespoon.

Stock the fridge with boiled eggs and lots of cheese. Make double tuna salad to have on hand for breakfast, lunch or dinner.

Did you know 1/2 cup of cottage cheese is packed with 12 grams of protein? Spooned on slices of tomato and it is delicious; sprinkled with blue cheese, it's nirvana. With needing about 45-60 grams of protein each day, cottage cheese turns out to be a good for source of protein anytime.

Snacks can be a hiccup. If you have a microwave container, use real popcorn cause it's only 15 calories a cup. The pre-manufactured packets are too high calorically. No container? Pop it on the stove and add 1 tablespoon of butter for added taste. It is a low carb snack with a pinch of protein.

Another go-to snack is peanut butter in celery. It's crunchy and sweet.

The grocery bill falls radically. The waistline shrinks. The glow returns to your eyes and your skin will lose its ruddiness.

Like any program, there can be a glitch. For whatever dependency the body has on sugar, somedays the body's mind goes crazy and demands something. It's like a buzz. Usually around bedtime. Try this. Grab a tablespoon of peanut butter followed by drinking 8 ounces of water.

Get out of the kitchen. Grab a book and go to bed. Funny how it works, the next morning you won't be hungry. I promise.

Now, go wash your hands. With 16 days before departure, I am doing a lot of handwashing.

Elizabeth Youngman-Westphal can be reached at [eyoungman@redermedia.com](mailto:eyoungman@redermedia.com).

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# Be aware of the connection between oral health and the opioid epidemic

**Dr. John Chang and Gary Mendell**  
*Special to Valley News*

For approximately 5 million people each year, wisdom-teeth removal is part of the rite of passage into adulthood. But for some, wisdom-teeth extraction represents a first exposure to opioids, and a recent study from Stanford University found that teens can end up in a battle with these medications after the procedure.

The consequences of the epidemic are significant. Opioids each day cause more than 130 overdose deaths in the United States, according to the Centers for Disease Control and Prevention, and the annual economic cost exceeds \$500 billion, according to a study from The Council of Economic Advisors. In 2017, there were 2,199 overdose deaths involving opioids in California

- a rate of 5.3 deaths per 100,000 persons, which is lower than the national rate of 14.6 deaths per 100,000 persons.

Painkilling prescriptions are often necessary and useful for some medical conditions. However, these powerful drugs — such as oxycodone or codeine — come with a high risk of misuse and addiction. This risk is especially true for teens and young adults, in part because adolescent brains are not fully matured and are therefore more susceptible to the effects of opioids.

Given the significance of this issue, it is important to recognize the risks for young people and remind everyone about the importance of proper dental care and the often-overlooked connection between oral health and opioids.

Oral health professionals write 12% of all opioid prescriptions, including 54%

of opioid prescriptions for adolescents, according to a UnitedHealthcare analysis of claims data. While any dental procedure should involve professional advice from a dentist or oral surgeon, patients and parents should be aware of the risks associated with potential exposure to opioids following care. To that end, parents, educators and health professionals should consider publicly available resources, such as this public service announcement and this toolkit, which includes commonly asked questions and a pain-management checklist to help patients better understand options before and after wisdom-tooth extraction.

Other than in extreme cases, it's important to limit prescriptions for the minimum appropriate dosage and number of days, which the CDC recommends at three days and fewer than 50 morphine milligram equivalents per day.

This recommendation is because the likelihood for chronic opioid use increases most sharply after the first few days of use, according to the CDC, and misuse or dependence on opioids can lead to addiction to powerful illicit drugs.

If you or a loved one is prescribed an opioid following a dental procedure or another medical event, it's good to ask your health care professional if there are alternative pain medications that might work, including over-the-counter pain relievers such as a combination of acetaminophen and ibuprofen. In many cases, these medications can be equally effective in pain management, without the risk of addiction.

Approximately 70% of misused opioid prescriptions were obtained, stolen or purchased from a friend or relative, according to the CDC. That's why it's important to keep opioids in a safe place, such as a locked cabinet, and properly

dispose of unused medications by returning the drugs to the pharmacy or mixing them with water and an unappealing substance, such as cat litter, before putting it in the trash. If just thrown in the trash, unused prescription drugs may be retrieved and misused.

By taking steps, the community can help support the health of young people and address the connection between oral health and opioids. For more information about how to work together to confront this public health issue, visit [www.Shatterproof.org](http://www.Shatterproof.org) or <https://newsroom.uhc.com/opioids.html>.

*Dr. John Chang is senior medical director with UnitedHealthcare of California, and Gary Mendell is founder and CEO of Shatterproof, a national nonprofit organization dedicated to reversing the addiction crisis in the United States.*

## Palomar Health offers health-education

SAN DIEGO – Palomar Health will host a variety of free and low-cost health-education classes and screenings led by physicians and other health professionals during the month of March. Following is a schedule for March 16-30 with registration information:

**Supportive Nutrition for Seniors**  
Pomerado Outpatient Pavilion, Education Classroom  
Monday, March 16, 1-2:30 p.m.  
Join dietician Janice Baker for a discussion on senior nutrition such as weight management, diets for medical needs and reducing risk of malnutrition.  
Free; registration required: [www.PalomarHealth.org/Classes](http://www.PalomarHealth.org/Classes) or call (800) 628-2880.

**Beat Back Pain**  
Palomar Medical Center Escondido, Raymond Family Conference Center  
Wednesday, March 18, from 6-7:30 p.m.  
Battling back pain? Spine surgeon Dr. Paul D. Kim will discuss the causes, diagnosis and advanced options for back and neck pain relief.  
Free; registration required: [www.PalomarHealth.org/Classes](http://www.PalomarHealth.org/Classes) or call (800) 628-2880

**Heal Your Hips**  
Palomar Medical Center Escondido, Raymond Family Conference Center  
Thursday, March 19, from

6-7:30 p.m.  
Are painful hips keeping you from doing the things you love? Join orthopedic surgeon Dr. Pascual Dutton for an informative discussion on the causes of hip deterioration and advanced options for treatment.  
Free; registration required: [www.PalomarHealth.org/Classes](http://www.PalomarHealth.org/Classes) or call (800) 628-2880

**Low Cost/High Nutrition: Healthful Eating on a Budget**  
Palomar Health San Marcos, second floor classroom  
Monday, March 23, from 10-11:30 a.m.  
Pomerado Outpatient Pavilion, Education Classroom  
Monday, March 23, from 6-7:30 p.m.  
Healthy eating does not need to be a budget buster! Dietician Janice Baker will discuss simple and cost-effective ways to nourish yourself without sacrificing taste.  
Free; registration required: [www.PalomarHealth.org/Classes](http://www.PalomarHealth.org/Classes) or call (800) 628-2880

**My Beating Heart**  
Pomerado Outpatient Pavilion, Education Classroom  
Monday, March 23, from 1-3 p.m.  
Abnormalities in your heart's electrical system can cause your heart to beat too fast, too slow or irregularly. Nurse Luanne Arangio-Law will discuss the signs, symptoms and treatments of heart rhythm problems.

Free; registration required: [www.PalomarHealth.org/Classes](http://www.PalomarHealth.org/Classes) or call (800) 628-2880

**Balance Basics**  
Palomar Health San Marcos, second floor classroom  
Tuesday, March 24, from 10-11:30 a.m.  
Join physical therapist Dr. Lindsay Chesney as she discusses the balance system, assessment of balance disorders and conditions that cause balance problems. Attendees will learn fall prevention basics and practice balance exercises.  
Free; registration required: [www.PalomarHealth.org/Classes](http://www.PalomarHealth.org/Classes) or call (800) 628-2880

**What is Coronary Artery Disease?**  
Palomar Medical Center Escondido, Raymond Family Conference Center  
Tuesday, March 24, from 6-7:30 p.m.  
Coronary artery disease is the result of plaque buildup in the coronary arteries, leading to blockages that could cause a heart attack. Join cardiologist Dr. Mikhail Malek for an informative class on the causes, prevention and treatment options.  
Free; registration required: [www.PalomarHealth.org/Classes](http://www.PalomarHealth.org/Classes) or call (800) 628-2880

**Managing the Emotional Aspects of Caregiving**  
Pomerado Outpatient Pavilion,

Education Classroom  
Wednesday, March 25, from 1-2:30 p.m.  
Discover how to recognize, understand and respond to the emotional challenges of being a caregiver. Also learn stress management techniques.  
Free; registration required: [www.PalomarHealth.org/Classes](http://www.PalomarHealth.org/Classes) or call (800) 628-2880

**Minimally Invasive Hysterectomy and Robotic Surgery in Gynecology**  
Palomar Medical Center Escondido, Raymond Family Conference Center  
Wednesday, March 25, from 6-7:30 p.m.  
Urogynecologist Dr. Brano Cizmar will discuss the benefits of minimally invasive and robotic approaches to hysterectomy and gynecology procedures such as pelvic organ prolapse repair.  
Free; registration required: [www.PalomarHealth.org/Classes](http://www.PalomarHealth.org/Classes) or call (800) 628-2880

**What is that Itch?**  
Pomerado Outpatient Pavilion, Education Classroom  
Friday, March 27, from 1-3 p.m.  
Join nurse Luanne Arangio-Law for an overview of common skin disorders. She will discuss diagnostic tests, treatment options and when to see your health care professional.  
Free; registration required: [www.PalomarHealth.org/Classes](http://www.PalomarHealth.org/Classes)

or call (800) 628-2880

**Alternative Treatments for Chronic Pain**  
Palomar Medical Center Poway, Conference Room C/D  
Monday, March 30, from 6-7:30 p.m.  
Is chronic pain taking over your life and keeping you from doing things you enjoy? Anesthesiologist and chronic pain specialist Dr. Zachary Cohen will share nonsurgical pain management techniques to help you live pain free while reducing the amount of medications you take.  
Free; registration required: [www.PalomarHealth.org/Classes](http://www.PalomarHealth.org/Classes) or call (800) 628-2880

**Common Blood Tests**  
Pomerado Outpatient Pavilion, Education Classroom  
Monday, March 30, from 1-3 p.m.  
Join nurse Luanne Arangio-Law as she discusses the most common blood tests and what they're used for.  
Free; registration required: [www.PalomarHealth.org/Classes](http://www.PalomarHealth.org/Classes) or call (800) 628-2880

**Basic Diabetes Education Series in Spanish**  
Free; call (760) 405-2225 for information, dates, times and location.

*Submitted by Palomar Health.*

THANKS, VILLAGE NEWS!



“We started advertising in the Village News the very first week it was published, and have been doing so ever since. I don’t think there is a more effective, affordable, advertising medium available in the Fallbrook area. The staff, from Julie and Michele on down, are great to work with and very responsive to our needs.”

*Chris Hasvold,*  
COLDWELL BANKER VILLAGE PROPERTIES





The Fallbrook/Bonsall

Village News

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ENTERTAINMENT

Events for all ages found at Fallbrook Library

FALLBROOK – The Fallbrook Library will host many free events in March including concerts, kindergarten gear up sessions as well as teen and tween events.

**Saturdays, March 7, 14 and 28,** at 3 p.m. – Tween Takeover: March 7 is movie and snacks; March 14 is “Just Dance!” and March 28 is a free paint session for those ages 9 to 14. Sign up at the library’s front desk or call (760) 731-4650.

**Monday, March 9,** from 1-2:30 p.m. – The Insight Book Club will meet to discuss “The Pioneers” by David McCullough. The story of settlers who began America’s migration west. Sponsored by the Friends of the Fallbrook Library.

**Mondays, March 9, 16, 23 and 30,** at 4 p.m. – STEAM after school activities: March 9 is “Cracking Open Geodes;” March 16 is “Tickle Plants;” March 23 is “Slime” and March 30 is “Radical Reptiles!”

**Tuesdays at 10:30 a.m.** – Kindergarten Gear-Up! Beginning on every Tuesday from March 10 through May 19 the library will hold a 10-session program that prepares children ages 3 1/2 to 5 and parents with the skills needed to be ready for kindergarten.

**Tuesdays, March 10, 17 and 24,** at 4 p.m. – Teen Time: Teens ages 12 to 17 are invited to join together for fun activities. March 10 is fuse beads; March 17 is rock

art and March 24 is water color class with Niki.

**Thursday, March 12,** at 6 p.m. – Lecture: Laurel Lozzi will share her experiences in Nepal and Bhutan with personal images, stories and insightful reflections. Sponsored by the Friends of the Fallbrook Library.

**Thursday, March 19,** at 6 p.m. – Page Turners: The adult fiction book club will discuss “Save Me the Plums” by Ruth Reichl. Copies of the book are available for check out.

**Thursday, March 19,** at 7 p.m. – Concert: Highland Way. The Celtic band will perform traditional Celtic music from Scotland and Ireland, including some originals. Sponsored by the Friends of the Fallbrook Library.

**Sunday, March 22,** at 3 p.m. – Classical Sundays: Trio Celeste will perform Beethoven’s Piano Trio in B-flat Major, Op. 97. Sponsored by the Fallbrook Music Society.

**Thursday, March 26,** at 1 p.m. – Concert: Freaney and Friends. Pianist Lesi Mei will perform Ludwig Beethoven Sonata No. 27 in E Minor, Op. 90; Johannes Brahms’ Intermezzi, Op. 117; Bach-Busoni’s Chaconne in D Minor and Robert Schumann’s Kreisleriana, Op. 16. Supported by the Friends of the Fallbrook Library.



The Fallbrook Branch Library offers a variety of events for the whole community from children’s activities and concerts to book clubs and lectures. Village News/Lucette Moramarco photo

**Thursday, March 26,** at 4 p.m. – Teen video game tournament.

**Tuesday, March 31** – The library will be closed for Cesar Chavez holiday.

The Fallbrook Library is located at 124 S. Mission Road in Fallbrook. For more information about these and additional scheduled activities, visit [www.sdcl.org](http://www.sdcl.org) or call (760) 731-4650. Visit [www.fallbrooklibraryfriends.org](http://www.fallbrooklibraryfriends.org) for Friends of the Fallbrook Library sponsored events.

*Submitted by Friends of the Fallbrook Library.*

Reality Rally’s Gillian Larson looks back as event celebrates 10 years of fun for funds



Reality Rally creator and founder Gillian Larson gives some final details to racers and teams before they headed out to accomplish the tasks they need to complete to finish the 2019 race in Old Town Temecula. Village News/Jeff Pack photo

**Kim Harris**  
*Managing Editor*

A lot can happen in 10 years, just ask Gillian Larson, founder of Temecula’s Reality Rally.

“Look how it has grown,” Larson said. “The only reason it has grown is because of the people and volunteers who have supported it over the years. It’s all done because we all care.”

Larson, who competed in 2008 on the popular CBS reality series “Survivor, Gabon,” knew she had to use her 15 minutes of fame to accomplish something good. Reality Rally came from that desire.

“The whole thing started in the jungles of Africa,” Larson, who

had auditioned for the show eight times before finally being chosen for “Survivor, Gabon,” said.

Larson said that once she arrived in the wilds of Africa, she found herself, not playing the game she so loved but instead, ending up on a “five-week vacation.”

“They wanted an adventurous old woman and I was 61 at the time,” she said. “I played for six days I lost 12 pounds and was booted off second.

“We stay there; we don’t leave,” she explained. “For the first day or two, I was so bummed. The whole experience had not been exactly how I imagined it would be.”

Larson, who had never been one to feel sorry for herself for too long, began to train for the Komen

Race For the Cure, while at the Ponderosa, the place “Survivor” kept the players who were voted out by tribemates.

“I took five hour walks every day,” she said. “I had been talking to the handlers, and I asked, ‘What do people do after ‘Survivor.’ They told me that people get together and I thought, ‘Wait, maybe I can do something with this experience.’”

While she walked daily, she decided that many of those reality stars would support a good cause by extending their 15 minutes of fame through appearances.

“I love Temecula; I love this valley and I knew about Michelle’s Place,” she said. “I had read her story maybe three years before I

competed, and it just struck me.”

So, Larson combined her interest in Michelle’s Place Cancer Resource Center, her love of Temecula and her passion for “Survivor” and the idea of Reality Rally was born.

Larson, who had blown out her shoulder while instructing others from the Ponderosa on how to body surf, spent her time recovering from the injury and planning Reality Rally.

“I went to talk to Kim Gerrish over at Michelle’s Place to see if she would be interested,” Larson said.

Gerrish jumped at the chance to raise funds for Michelle’s Place, which focused at the time on breast cancer patients.

Larson also reached out to Riverside County Third District Supervisor Chuck Washington, who was a Temecula City Councilmember at the time, and others throughout the area who could help her bring Reality Rally to life.

Eventually evolving over the years to one of Temecula’s biggest events, Reality Rally began in 2010 as a two-day event with a reception party the first night followed by the “Amazing Race” style game the next day.

“There were two components to it,” she said. “But after year one, it was hard getting all of the reality stars into town in time for the visit to Michelle’s Place which was essential for their fundraising, something the stars are required to

do to participate in Reality Rally.”

Larson decided the event needed to be three days instead of two to accommodate the reality stars travel and to ensure each star could take part in every aspect of Reality Rally.

This year’s Reality Rally will kick off with the Evening of Entertainment Fundraiser at Wilson Creek Winery Thursday, May 14, from 6-10 p.m., followed by the Reality Rally Lip Sync Showdown, Friday, May 15, from 5:30 to 10 p.m. at South Coast Winery Resort & Spa.

Then Saturday, May 16, the main event kicks off on the steps of Temecula Civic Center at 8 a.m. as reality stars and teams take to the streets of Old Town Temecula for the Reality Rally Amazing Race game.

For Larson, as she embarks on her 10th year of Reality Rally, she looks back at the years past and gives all the credit for the success of the event, which has raised nearly half a million dollars for Michelle’s Place programming, to the hundreds of volunteers and event supporters.

“I gave birth to this baby in the jungle, but we are all raising this child. I love it, it is absolutely amazing how it has grown.”

For more information on Reality Rally, visit [www.RealityRally.com](http://www.RealityRally.com).

*Kim Harris can be reached by email at [valleyeditor@reedermedia.com](mailto:valleyeditor@reedermedia.com).*

Women’s connection to feature crystals and a cowgirl

FALLBROOK – The Fallbrook Women’s Connection will have a time to sparkle with Swarovski Crystals and a time to listen to the beautiful music and vocal talents of Cindy James, Friday, March 20.

This program will include brunch at the Grand Tradition Estate and Gardens in Beverly Mansion, from 10 a.m. until noon; doors will open at 9:15 a.m. to give time to shop.

Program speaker Adrienne Keiper retired from her management position at University of California San Diego, took a year off and then hosted exchange students for a few years. In the fall of 2016, she helped launch

Touchstone Crystal by Swarovski in the San Diego area.

Music will be provided by award-winning recording artist Cindy James, a singer, songwriter, worship leader, speaker, wife and mother of two boys, Brian and Nathan. Nathan, her special gift, has Down syndrome.

Guest speaker Paula Abbott, a wife, a mother, a grandmother and a Texas cowgirl, shares her dramatic story of how she went from shattered dreams to a beautiful life with “Confessions of a Texas Cowgirl that went from Broken to Beautiful!”

Pianist Jean Dixon will provide the background music.

The cost per ticket is \$25 for adults which includes brunch prepared by The Grand Tradition, 220 Grand Tradition Way, located at the corner of South Mission Road and Grand Tradition Way near the Econo Lodge.

Free child care will be provided for younger children with reservations. To make a reservation, call Ginny at (760) 723-3633 or Marilyn at (760) 728-2866 or email [Fallbrookwomen@roadrunner.com](mailto:Fallbrookwomen@roadrunner.com). The event is sponsored by Stonecroft.

*Submitted by Fallbrook Women’s Connection.*



February 28 & March 6, 2020 @ 7:30 PM  
February 29, March 1, 7 & 8, 2020 @ 2:00 PM

Fallbrook Woman’s Club  
238 West Mission Road, Fallbrook  
[www.curtaincallcompany.org](http://www.curtaincallcompany.org) 760-468-6302



LEGALS

Fictitious Business Name

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9003380  
Name of Business  
**VALIENTE COUNSELING SOLUTIONS**  
450 S. Melrose Dr., Vista, CA 92081  
County: San Diego  
This business is registered by the following:  
Mayola Miranda, 6595 Reflection Dr., San Diego, CA 92124  
This business is conducted by an Individual  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 06, 2020  
**LEGAL: 5218**  
**PUBLISHED: February 27, March 5, 12, 19, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9004159  
Name of Business  
**PAW 2 PAW PET SERVICES**  
5704 Cam Del Cielo. Apt. 1003, Bonsall, CA 92003  
County: San Diego  
This business is registered by the following:  
Anthony Perez, 5704 Cam Del Cielo. Apt. 1003, Bonsall, CA 92003  
This business is conducted by an Individual  
Registrant first commenced to transact business under the above names as of 02/18/2020  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 18, 2020  
**LEGAL: 5219**  
**PUBLISHED: February 27, March 5, 12, 19, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9004287  
Name of Business  
**GRACE CREEKSIDE SPA**  
2809 S. Mission Rd, #A, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Jian Hua Lee, 2139 Kirkcaldy Rd, Fallbrook, CA 92028  
This business is conducted by an Individual  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 19, 2020  
**LEGAL: 5220**  
**PUBLISHED: February 27, March 5, 12, 19, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9004456  
Name of Business  
**PRIMO ENTERPRISE LLC**  
4440 La Canada Rd, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Primo Enterprise LLC, 4440 La Canada Rd, Fallbrook, CA 92028  
This business is conducted by a Limited Liability Company  
This LLC is registered in the state of CA  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 20, 2020  
**LEGAL: 5221**  
**PUBLISHED: February 27, March 5, 12, 19, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9004468  
Name of Business  
**J.R.C. LANDSCAPING**  
300 N. Brandon Rd, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Julio Ralios Castro, 300 N. Brandon Rd, Fallbrook, CA 92028  
This business is conducted by an Individual  
Registrant first commenced to transact business under the above name as of 02/20/2020  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 20, 2020  
**LEGAL: 5222**  
**PUBLISHED: February 27, March 5, 12, 19, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9004607  
Name of Business  
**COMPASS CONSULTING & DESIGN**  
8557 Lemon Ave, Unit 19, La Mesa, CA 91941  
County: San Diego  
This business is registered by the following:  
Jenniffer L. Martinez, 8557 Lemon Ave, Unit 19, La Mesa, CA 91941  
This business is conducted by an Individual  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 21, 2020  
**LEGAL: 5223**  
**PUBLISHED: February 27, March 5, 12, 19, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9003029  
Name of Business  
**FLIRTIN WITH TIME**  
4805 5th Street, Fallbrook, CA 92028  
Mailing address: 29927 Gulf Stream Dr., Canyon Lake, CA 92587  
County: San Diego  
This business is registered by the following:  
Wendy Lu Barrett, 29927 Gulf Stream Dr., Canyon Lake, CA 92587  
This business is conducted by an Individual  
Registrant first commenced to transact business under the above name as of 2/1/20  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 03, 2020  
**LEGAL: 5224**  
**PUBLISHED: February 27, March 5, 12, 19, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9004656  
Name of Business  
**LORI'S TREASURES OF TIME ESTATE SALES**  
2424 Millegar Ln, Vista, CA 92084  
County: San Diego  
This business is registered by the following:  
Lori's Treasures of Time Inc., 2424 Millegar Lane, Vista, CA 92084  
This business is conducted by a Corporation  
This Corporation is registered in the state of California  
Registrant first commenced to transact business under the above name as of 9/10/18  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 21, 2020  
**LEGAL: 5227**  
**PUBLISHED: March 5, 12, 19, 26, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9004388  
Name of Business  
**PARADISE HOMES & GARDENS REALTY**  
3973 Sleeping Indian Rd, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Eden T. Silver, 3973 Sleeping Indian Rd, Fallbrook, CA 92028  
This business is conducted by an Individual  
Registrant first commenced to transact business under the above name as of 02/18/2020  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 19, 2020  
**LEGAL: 5228**  
**PUBLISHED: March 5, 12, 19, 26, 2020**

Fictitious Business Name

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9002416  
Name of Business  
**FISHER CONSULTING**  
5155 Via Malaguena, Oceanside, CA 92057  
County: San Diego  
This business is registered by the following:  
Greg Newcomb Fisher, 5155 Via Malaguena, Oceanside, CA 92057  
This business is conducted by an Individual  
Registrant first commenced to transact business under the above names as of 01/21/2020  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 28, 2020  
**LEGAL: 5209**  
**PUBLISHED: February 13, 20, 27, March 5, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9002382  
Name of Business  
**TIANYE VILLAGE SPA**  
936 E. Mission Rd, Ste E, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Rimpac 98, Inc., 511 S. Park View St. Apt 330, Los Angeles, CA 90057  
This business is conducted by a Corporation  
This Corporation is registered in the state of CA  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 28, 2020  
**LEGAL: 5210**  
**PUBLISHED: February 13, 20, 27, March 5, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9003570  
Name of Business  
**PROFICIENT PROCESSING**  
14781 Pomerado Rd. #208, Poway, CA 92064  
County: San Diego  
This business is registered by the following:  
T Brother's Mortgage Corporation, 14781 Pomerado Rd. #208, Poway, CA 92064  
This business is conducted by a Corporation  
This Corporation is registered in the state of California  
Registrant first commenced to transact business under the above names as of 02/07/2018  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 10, 2020  
**LEGAL: 5213**  
**PUBLISHED: February 20, 27, March 5, 12, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9003826  
Name of Business  
**a. FALLBROOK APOSTOLIC ASSEMBLY**  
**b. FALLBROOK HOUSE OF PRAYER**  
135 E. Ivy Street, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Apostolic Assembly of The Faith in Christ Jesus, 135 E. Ivy Street, Fallbrook, CA 92028  
This business is conducted by a Corporation  
This Corporation is registered in the state of CA  
Registrant first commenced to transact business under the above names as of 9/5/2006  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 12, 2020  
**LEGAL: 5214**  
**PUBLISHED: February 20, 27, March 5, 12, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9003872  
Name of Business  
**BUDS AND BLOSSOMS PRESCHOOL**  
2809 S. Mission Rd, Fallbrook, CA 92028  
Mailing address: 901 Hillcrest Pjace #8, Oceanside, CA 92058  
County: San Diego  
This business is registered by the following:  
Buds and Blossoms Preschool LLC, 901 Hillcrest Place #8, Oceanside, CA 92058  
This business is conducted by a Limited Liability Company  
This LLC is registered in the state of California  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 12, 2020  
**LEGAL: 5215**  
**PUBLISHED: February 20, 27, March 5, 12, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9004104  
Name of Business  
**HOLLYWOOD BARN**  
3137 S. Mission, Fallbrook, CA 92028  
Mailing address: 1115 Beaumont, Cir., Vista, CA 92084  
County: San Diego  
This business is registered by the following:  
Holly Roxane Simmons, 1115 Beaumont, Cir., Vista, CA 92084  
This business is conducted by an Individual  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 14, 2020  
**LEGAL: 5216**  
**PUBLISHED: February 20, 27, March 5, 12, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9003867  
Name of Business  
**MEXICO ADVISORS GROUP**  
8258 Sugarman Drive, La Jolla, CA 92037  
County: San Diego  
This business is registered by the following:  
Interpro Consulting, Inc., 8258 Sugarman Drive, La Jolla, CA 92037  
This business is conducted by a Corporation  
This Corporation is registered in the state of California  
Registrant first commenced to transact business under the above name as of 03/21/2011  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 12, 2020  
**LEGAL: 5217**  
**PUBLISHED: February 20, 27, March 5, 12, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9001548  
Name of Business  
**FANTASTICOS MEXICAN FOOD**  
1117 S. Mission Rd, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Fantasticos Mexican Food LLC, 1117 S. Mission Rd, Fallbrook, CA 92028  
This business is conducted by a Limited Liability Company  
This LLC is registered in the state of CA  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 17, 2020  
**LEGAL: 5211**  
**PUBLISHED: February 13, 20, 27, March 5, 2020**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9003706  
Name of Business  
**THE WHEELCHAIR LADY**  
2656 Olive Hill Rd, Fallbrook, CA 92028  
Mailing address: 855 S. Main Ave., Ste. K-390, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Erin Lynn Kellar, 2656 Olive Hill Rd, Fallbrook, CA 92028  
This business is conducted by an Individual  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 11, 2020  
**LEGAL: 5212**  
**PUBLISHED: February 13, 20, 27, March 5, 2020**

Fictitious Business Name

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2020-9004639  
Name of Business  
**PHOTOGRAPHY BY MARK RUFENACHT**  
4443 Salisbury Drive, Carlsbad, CA 92010  
County: San Diego  
This business is registered by the following:  
Mark Allan Rufenacht, 4443 Salisbury Drive, Carlsbad, CA 92010  
This business is conducted by an Individual  
Registrant first commenced to transact business under the above name as of 02/20/20  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 21, 2020  
**LEGAL: 5229**  
**PUBLISHED: March 5, 12, 19, 26, 2020**

Change of Name

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
Case Number: 37-2019-00047916-CU-PT-NC  
TO ALL INTERESTED PERSONS  
Petitioner:  
**ALEXIS V. CORONA**  
Present Name:  
**ILA MIA BOLDING CORONA**  
Proposed Name:  
**ILA MIA CERVANTES CORONA**  
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
**NOTICE OF HEARING**  
Date: APR 06 2020 Time: 8:30 AM Dept: 23  
The address of the court is North County Division, 325 South Melrose Drive, Vista, California 92081  
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News  
Date: JAN 28 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.  
**LEGAL: 5226**  
**PUBLISHED: February 27, March 5, 12, 19, 2020**

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
Case Number: 37-2020-00009469-CU-PT-NC  
TO ALL INTERESTED PERSONS  
Petitioner:  
**JOETTA ANNE WESTMORELAND**  
Present Name:  
**a. JOETTA ANNE WESTMORELAND AKA**  
**b. JOETTA A. WESTMORELAND AKA**  
**c. JOETTA ANNE CARVER AKA**  
**d. JOETTA ANNE CLUBB AKA**  
Proposed Name:  
**a. JOEY AC WESTMORELAND**  
**b. JOEY AC WESTMORELAND**  
**c. JOEY AC WESTMORELAND**  
**d. JOEY AC WESTMORELAND**  
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
**NOTICE OF HEARING**  
Date: 4/14/20 Time: 8:30 AM Dept: 23  
The address of the court is North County Division, 325 South Melrose Drive, Vista, California 92081  
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News  
Date: JAN 29 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.  
**LEGAL: 5225**  
**PUBLISHED: February 27, March 5, 12, 19, 2020**

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
Case Number: 37-2020-00009469-CU-PT-NC  
TO ALL INTERESTED PERSONS  
Petitioner:  
**JOETTA ANNE WESTMORELAND**  
Present Name:  
**a. JOETTA ANNE WESTMORELAND AKA**  
**b. JOETTA A. WESTMORELAND AKA**  
**c. JOETTA ANNE CARVER AKA**  
**d. JOETTA ANNE CLUBB AKA**  
Proposed Name:  
**a. JOEY AC WESTMORELAND**  
**b. JOEY AC WESTMORELAND**  
**c. JOEY AC WESTMORELAND**  
**d. JOEY AC WESTMORELAND**  
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
**NOTICE OF HEARING**  
Date: 4/14/20 Time: 8:30 AM Dept: 23  
The address of the court is North County Division, 325 South Melrose Drive, Vista, California 92081  
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News  
Date: JAN 29 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.  
**LEGAL: 5225**  
**PUBLISHED: February 27, March 5, 12, 19, 2020**

**NOTICE OF SALE OF ABANDONED PERSONAL PROPERTY**  
Notice is given that pursuant to sections 21701-21715 of the Business and Professions Code, Section 2328 of the commercial code, Section 535 of the Penal Code, BRANDON STREET MINI STORAGE, 307 N. BRANDON RD., Fallbrook, CA 92028, 760.723.0570, will sell by competitive bidding on or after Thursday, March 12, 2020, 1:00 p.m. The auction is to be held at above address. Property stored and to be sold can be, but not limited to: miscellaneous household goods, furniture, major appliances, personal items and clothing, possible collectables/antiques, miscellaneous, etc. belonging to the following:  
Tenant Name  
Ron Kitching  
Ared Amezcuita  
Maria A. Cazares  
Vanessa A. McLean  
Jose Morales  
Roque M. Murillo  
Christine K. Winters  
**Published: February 27 & March 5, 2020**

Change of Name

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
Case Number: 37-2020-00008594-CU-PT-NC  
TO ALL INTERESTED PERSONS  
Petitioner:  
**GLENNDA KAY GARRIS**  
Present Name:  
**GLENNDA KAY GARRIS**  
Proposed Name:  
**DEBBIE GLENNDA GARRIS**  
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
**NOTICE OF HEARING**  
Date: APR 07 2020 Time: 8:30 AM Dept: 23  
The address of the court is North County Division, 325 South Melrose Drive, Vista, California 92081  
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News  
Date: FEB 18 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.  
**LEGAL: 5230**  
**PUBLISHED: March 5, 12, 19, 26, 2020**

Change of Name

**AMENDED ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
Case Number: 37-2020-00005129-CU-PT-CTL  
TO ALL INTERESTED PERSONS  
Petitioner:  
**JAMES PATRICK CABEBE**  
Present Name:  
**JAMES PATRICK CABEBE**  
Proposed Name:  
**JAMES PATRICK VALENCIO**  
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
**NOTICE OF HEARING**  
Date: 4/8/2020 Time: 8:30 AM Dept: 61  
The address of the court is San Diego Superior Court, 330 W. Broadway, San Diego, CA 92101  
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News  
Date: FEB 19 2020 Signed: Loma Alksne, Judge of the Superior Court.  
**LEGAL: 5231**  
**PUBLISHED: March 5, 12, 19, 26, 2020**

RESOLUTION NO. 20-03

RESOLUTION OF THE BOARD OF DIRECTORS OF THE RAINBOW MUNICIPAL WATER DISTRICT

FIXING THE TIME AND PLACE OF HEARING AND MEETING ON PROPOSED WATER AVAILABILITY CHARGES FOR IMPROVEMENT DISTRICT NO. 1

**WHEREAS**, Sections 54954.6 of the Government Code provides for public hearings prior to adoption of new or increased taxes or assessments; and

**WHEREAS**, Section 71630 of the Water Code authorizes the Board of Rainbow Municipal Water District to establish in each fiscal year water standby assessments or water availability charges in any portion of the District to which water is made available by the District, whether water is actually used or not; and

**WHEREAS**, Section 71631.5 of the Water Code provides that the standby assessment of availability charge for an improvement district shall not exceed \$30 per acre per year for each acre of land on which the charge is levied or \$30 per year for a parcel less than one acre; and

**WHEREAS**, Section 71632 of the Water Code provides that the ordinance fixing a standby assessment or availability charge may be adopted by the Board only after adoption of a resolution setting forth the particular schedule or schedules of charges or assessments proposed to be established by the ordinance and after hearing on said resolution; and

**WHEREAS**, information and matters have been presented to, and considered by, the Board of Directors regarding the existence, location and financial requirements of the system making water available to lands within Improvement District No. 1; and

**WHEREAS**, it is deemed necessary and desirable by the Board of Directors that water availability charges be levied on lands within Improvement District No. 1, and that said water availability charges shall be uniform through said areas;

**NOW, THEREFORE, IT IS HEREBY RESOLVED, DETERMINED AND ORDERED**, by the Board of Directors of the Rainbow Municipal Water District as follows:

- That the schedule of water availability charges proposed to be established for all areas within Improvement District No. 1 for the fiscal year 2020-2021 shall be as follows:

For each separately assessed parcel of land of one acre or more in size: \$10.54 for each acre and for each fractional part of an acre.

For each separately assessed parcel of land less than one acre in size: \$10.54.
- That the Charges shall be fixed in said amounts for parcels of land as shown on the last equalized assessment roll of the County of San Diego, State of California. Said charges shall be collected in the same form and manner as county taxes are collected for the fiscal year 2020-2021. Said charges shall be a lien upon the property and shall be of the same force and effect as other liens for taxes and their collection, may be enforced by the same means as provided for the enforcement of liens for state and county taxes.
- That a public hearing before the Board of Directors of Rainbow Municipal Water District shall be held at 1:00 p.m. on Tuesday, June 23, 2020 at the office of the District, 3707 Old Highway 395, Fallbrook California, 92028 for the purpose of considering the adoption of an Ordinance which will fix and establish said water availability charges.
- That the Secretary shall cause a notice of the time and place of the hearing to be given by publishing a notice in a newspaper of general circulation, printed and published within the county, once a week for two successive weeks. Such publication shall occur once a week or oftener, with at least five days intervening between the respective publication dates not counting such publication dates. The period of notice commences upon the first day of publication and terminates at the end of the fourteenth day, including therein the first day.
- That the Secretary has caused written notice of the hearing to be mailed, as required by law, to each person to whom a parcel of real property described in the proposed charge is assessed on the last equalized assessment roll. Such notice shall be mailed to the address shown on the last equalized assessment roll or such other address known to the Secretary.
- That at the time stated in the notice, the Board of Directors shall hear and consider all objections or protests, if any, to this Resolution and may continue the hearing from time to time. Upon the conclusion of the hearing, the Board of Directors may adopt, revise, change, reduce, or modify an assessment or charge, or overrule any or all objections.

**PASSED AND ADOPTED** at a meeting of the Board of Directors of the Rainbow Municipal Water District held on the 25<sup>th</sup> day of February 2020 by the following vote, to wit:

<b>AYES:</b>	Directors Brazier, Gasca, Hamilton, Mack, and Rindfleisch
<b>NOES:</b>	None
<b>ABSENT:</b>	None
<b>ABSTAIN:</b>	None

Helene Brazier, Board President

ATTEST:

Dawn M. Washburn, Board Secretary

This Resolution supersedes Resolution No. 19-02 passed and adopted on February 26, 2019.

**Published March 5, 12, 2020.**

TSG No.: 191195422 TS No.: CA1900285930 APN: 218-450-02-00 Property Address: 1385 AVENIDA ARANA SAN MARCOS, CA 92069 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 05/19/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 03/27/2020 at 09:00 A.M., First American Title Insurance Company, as duly appointed Trustee under and pursuant to Deed of Trust recorded 05/31/2006, as Instrument No. 2006-0381447, in book , of Official Records in the office of the County Recorder of SAN DIEGO County, State of California. Executed by: GUSTAVO ZAMORA AND, MARIA GUADALUPE ZAMORA, HUSBAND AND WIFE, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2924h(b), (Payable at time of sale in lawful money of the United States) Entrance of the East County Regional Center East County Regional Center, 250 E. Main Street, El Cajon, CA 92020 All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: AS MORE FULLY DESCRIBED IN THE ABOVE MENTIONED DEED OF TRUST APN# 218-450-02-00 The street address and other common designation, if any, of the real property described above is purported to be: 1385 AVENIDA ARANA, SAN MARCOS, CA 92069 The undersigned Trustee disclaims any liability for any inaccuracy of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$ 495,305.56. The beneficiary under said Deed of Trust has deposited all documents evidencing the obligations secured by the Deed of Trust and has declared all sums secured thereby immediately due and payable, and has caused a written Notice of Default and Election to Sell to be executed. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and if applicable, the rescheduled time and date for the sale of this property, you may call 800-280-2832 or visit this Internet Web www.Auction.com, using the file number assigned to this case CA1900285930 Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagee, the Mortgagee or the Mortgagee's attorney. Date: First American Title Insurance Company 4795 Regent Blvd, Mail Code 1011-F Irving, TX 75063 First American Title Insurance Company MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE. FOR TRUSTEES SALE INFORMATION PLEASE CALL 800-280-2832NPP0367261 To: VILLAGE NEWS INC 02/20/2020, 02/27/2020, 03/05/2020



NOTICE OF LIEN SALE

Notice is given that pursuant to sections 21700-21713 of the Business and Professions Code, Section 2328 of the Commercial Code, Section 535 of the Penal Code that Citrus Plaza Self Storage LLC, at 202 West College Street, Fallbrook, CA 92028 will sell by competitive bidding, on or after March 24, 2020 at 1:30pm, property belonging to those listed below. Auction to be held at the above address. Property to be sold as follows: Household, office & business goods, furniture, appliances, personal items, clothing, electronics, tools, duffle bags/suit cases, electronics, sporting and exercise equipment, miscellaneous boxes, containers & bags with unknown contents belonging to the following:  
Searle, Tammy  
Espinoza, Arthur  
Nelson, Joy  
Dorantes, Jose Antonio  
Cornejo, Efrain

Published March 5, 12, 2020

FALLBROOK COMMUNITY PLANNING GROUP

PRELIMINARY AGENDAS FOR SUB-COMMITTEE MEETINGS  
FALLBROOK COMMUNITY PLANNING GROUP will meet at Live Oak School, 1978 Reche Road, Fallbrook, CA 7 PM, Monday, 16 March 2020  
Jack Wood, Chair 760-715-3359

Land Use Committee will not meet Tuesday 10 March 2020 10AM at the Fallbrook's Sheriff Station, 388 Alvarado, Fallbrook.  
Eileen Delaney, Chair 760-518-8888

Circulation Committee will not meet Tuesday 10 March 2020 1 PM at the Fallbrook's Sheriff Station, 388 Alvarado, Fallbrook.  
Roy Moosa, Chair 760-723-1181

Design Review Committee will meet Wednesday, 11 March 2020 9:30 AM at the Fallbrook Sheriff's Station, 388 East Alvarado Street.  
1. Open Forum. Opportunity for members of the public to speak to the Design Review Committee on any subject matter within the committee's jurisdiction but not on today's agenda. Three-minute limitation. Non-voting item. No discussion.  
2. Approval of the minutes for the last meeting.  
3. Application for design and modifications to an outdoor patio for La Cucina Restaurant, 1415 S. Mission Rd., APN 105-200-76. Owner is Rajesh Patel, 310-462-6411. Representing the applicant is Sacuin Parlakar, designink@yahoo.com, 760-685-1807. County planner: Vanessa Pash, vanessa.pash@sdcounty.ca.gov, 858-694-3291. Community input. Voting Item. (2/3)  
4. Application for signage for Fantastico's Mexican Restaurant at 1117 S. Mission Rd., (in Fallbrook Towne Center). Applicant is Manny Herrera, 5465 Morehouse Dr., #260, San Diego, CA 92121, 858-546-3000 ext. 570. County planner: Vanessa Pash, vanessa.pash@sdcounty.ca.gov, 858-694-3291. Community Input. Voting Item. (2/12)  
5. Workshop to update and revise the Fallbrook Design Guidelines and Checklist. Community input. Non-voting item.  
Eileen Delaney, Chair 760-518-8888

Parks and Recreation Committee will not meet Wednesday, 11 March 2020  
Jim Loge, Chair, 760-712-2773

Public Facilities Committee will not meet Wednesday, 11 March 2020,  
Roy Moosa, Chair 760-723-1181

Published March 5, 2020

CALENDAR

March 6, 13, 20, 27, April 3 – 5-7 p.m. – The Knights of Columbus offer their Lenten Fish Fry & Bake, St. Peter the Apostle Catholic Parish hall, 450 S. Stage Coach Lane. The menu includes fried cod plate, salmon plate, beer battered shrimp plate or fried combo shrimp & cod and a side order of french fries. All meals include water, tea or coffee and ice cream for dessert. Payment is by cash or checks only.

March 7 – 10 a.m. to noon – Friends of Will Tree are holding an open house for the public to meet and greet the faculty and learn about the program for TK through eighth grade, 2000 Reche Road, (760) 260-3155, [www.friendsofwillowtree.org](http://www.friendsofwillowtree.org).

March 14 – 10:30 a.m. to 1:30 p.m. – FBA, ILACSD and County of San Diego present “Let’s Swap Stuff” free event. Residents can take in any gently used item and exchange it for a treasure. Includes clothes, pet supplies, toys, games, kitchenware, instruments, books, at Fallbrook Community Center – North Room, 341 Heald Lane.

March 14 – 5:30 p.m. – St. Peter’s Knights of Columbus offers their annual St. Patrick’s Day Dinner Dance. Entertainment is an Irish Dance troop and live music for dancing. Free door prizes will be given. Dinner is \$30 in advance payment or \$38 at the door. Call Joe Trechter (760) 728-3229.

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

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

March 28 & April 4 – 11 a.m. – Fallbrook Woman’s Club presents “Who killed Claudio Vanderbilt, America’s Darling of the Super Rich and Famous?” a mystery luncheon, 238 Mission Road. Cost is \$25. For reservations email [lalovett111@icloud.com](mailto:lalovett111@icloud.com) or call (310) 569-1905 or visit [www.fallbrookwomansclub.org](http://www.fallbrookwomansclub.org).

March 28 – 5 p.m. – Fallbrook Chorale presents its Dinner Show – “Fallbrook Joe and the Magic Caboose,” an original story featuring the Caboose in downtown Fallbrook and lots of fun songs, in the CAC at SonRise Christian Fellowship, 463 Stage Coach Lane. Tickets are now available; contact Linda Lovett, (310) 569-1905, for additional information and to purchase tickets.

March 31 – 11 a.m. to 4 p.m. – Fallbrook Regional Health District hosts a blood drive with the San Diego Blood Bank, 138 S. Brandon Road. Appointments can be made at [sandiegobloodbank.org/donate](http://sandiegobloodbank.org/donate) or (619) 400-8251. Photo ID required. Donors should arrive hydrated and can receive points to redeem for gift cards and more.

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

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

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

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

May 24 – 9:30 a.m. to 4 p.m. – The 55th Annual Fallbrook Vintage Car Show will be held on the grass at Potter Jr. High School, 1743 Reche Road. Featured car is the Chevrolet Corvair. Vehicles of all ages will be displayed along with vendor and food booths, plus music. Parking and admission are free.

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

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

June 19, 20, 21 – FUHS Class of 1970 holds 50-year class reunion events. Main event will be the evening of the 20th at Pala Casino & Resort. For more information, call or email Richard Garcia at (760) 749-2837, [garcia6278@yahoo.com](mailto:garcia6278@yahoo.com).



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# EDUCATION

## Fallbrook A Leer Essay and Poetry winners announced

FALLBROOK – Fallbrook A Leer/Reading Family Literacy, Cesar Chavez Day of Service and Learning, has announced the 2020 student essay and poetry winners.

The winners will be recognized March 28 at the 16th annual Fallbrook A Leer/Reading event at Maie Ellis Elementary School auditorium, beginning with registration at 9:30 a.m. and the program at 10 a.m. Each winner will receive a certificate and other donated items.

Third, fourth and fifth grade students submitted an original poem honoring Martin Luther King or Cesar Chavez. Third-grade winner Itzel Favela from Chelsea Seaux’s class at Maie Ellis Elementary School, fourth-grade winner Jackeline Rios from Guillermo Acevedo and Jennifer Mariucci’s class at Maie Ellis Elementary and fifth-grade winner

Cesar Vasquez Rodriguez from Ms. Nalick’s class at William H. Frazier Elementary were the grand prize poetry winners.

Sixth, seventh and eighth grade students were asked to write an essay on Chavez’s legacy and how it affects community service and nonviolence. The winners include sixth grader April Dominguez from Kenneth Ostroske’s class at La Paloma Elementary School, seventh grader Amy Sanchez from Marisela Gonzalez’s class at Potter Junior High School and eighth grader Riley Goldstone from Jennifer Koob’s class at Potter Junior High School.

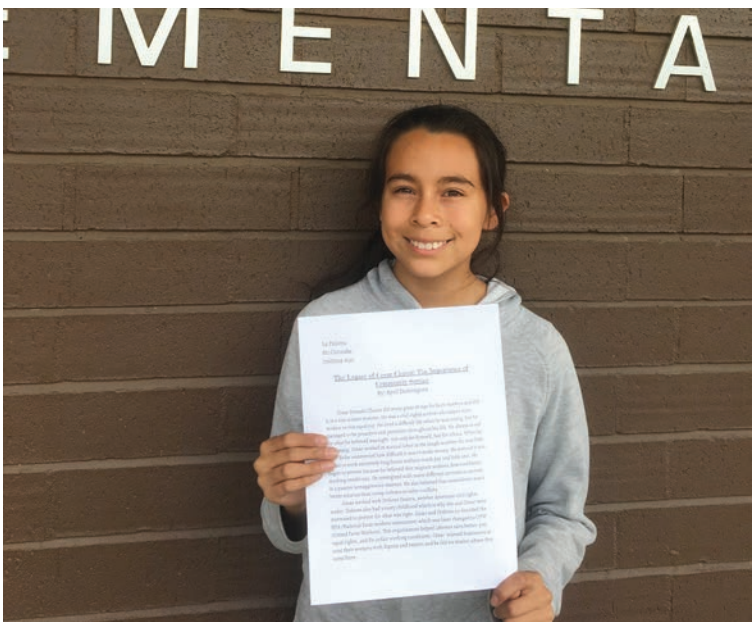
Fallbrook A Leer/Reading Family Literacy program includes workshops for parents and story reading for students in preschool through fifth grade. A crafts fair and entertainment, as well as food and games, will be available at

the flagpole patio of Maie Ellis Elementary beginning at 11:15 a.m. Books will be given to every participant.

Through the generosity of local donors, business and community members, the event is free to Fallbrook families. Because space is limited, parents must pre-register their child through their respective public schools. Flyers have been sent home with students from each school in Fallbrook Union Elementary School District. Parents are encouraged to register early and call their local school for more details.

For more information on how to volunteer, contact Leticia Maldonado Stamos at (760) 468-0362 or Maria Gomez at (760) 689-5841.

*Submitted by Fallbrook Union Elementary School District.*



La Paloma sixth grader April Dominguez holds her award-winning essay on Cesar Chavez’s legacy and how it affects community service and nonviolence.

## FUESD superintendent campaigning to serve as president of school administrators’ association

**Will Fritz**  
*Staff Writer*

Fallbrook Union Elementary School District’s superintendent is one of two candidates running to become the next president of a national school administrators’ organization.

The American Association of School Administrators includes superintendents and other administrative officials from across the country among its members and, according to its website, “serves as the national voice for public education and district leadership on Capitol Hill.”

Singh is campaigning to become president of the organization in 2021. Her only other opponent is Paul Imhoff, superintendent of Upper Arlington Schools in Upper Arlington, Ohio.

According to a news release from AASA, their campaigns began at the AASA Governing Board’s annual meeting Feb. 12, which was held in San Diego.

Imhoff has been a member of AASA since 2007 and is a current member of the organization’s

executive committee, after serving five years on AASA’s governing board, according to the news release. He has served as superintendent of Upper Arlington Schools since 2013 and previously led a school district in Mariemont, Ohio, for six years.

Singh has been an AASA member since 2011 and has served on the organization’s executive committee since 2017. She was director of instruction at the Solana Beach School District before she came to Fallbrook.

She and Imhoff gave public speeches at the second general session of AASA’s meeting in San Diego Feb. 14.

Ballots were sent to all AASA members by email that day, and voting concludes Friday, March 6. The winner will be announced three days later, Monday, March 9 and will serve as president-elect beginning July 1, then take over the presidency a year later, according to AASA.

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

## Kinder Round Up to come March 31



Students in Anita Allen’s transitional kindergarten classroom at La Paloma Elementary School prepare for kindergarten.

FALLBROOK – It is that time of year again. Fallbrook Union Elementary School District’s Kinder Round Up is coming Tuesday, March 31. All families with children who will be at least 5 years old on or before Sept. 1 are welcome to come meet the teachers, register their children and learn everything children have to look forward to in their educational journey.

Visit [www.FUESD.org/KinderRoundUp](http://www.FUESD.org/KinderRoundUp) to learn more.

*Submitted by Fallbrook Union Elementary School District.*

## Local student named to SJU dean’s list

COLLEGEVILLE, Minn. – William Lee, son of Mike Lee of Fallbrook, California, has earned the distinction of being named to the dean’s list for the 2019 fall semester at Saint John’s University. Lee is a sophomore political science major.

To be included on the dean’s list, students must have a semester GPA of at least 3.80 and have completed 12 credits for which honor points are awarded. Students included on the dean’s list cannot have any “unsatisfactory” or “incomplete” grades for that semester.

*Submitted by Saint John’s University.*



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# Mason bees are nature’s spring pollinators



Red Mason bees

André Karwath photo

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

Of the over 4,000 bee species native to North America, the mason bees are the easiest to raise and are indigenous to the area. These bees are also gentle and amazing pollinators for fruits, veggies and flowers around the home landscape.

These bees are different from the honey bees, for gardeners can raise them in the backyard by providing nesting sites in a simple mason bee house. A female mason bee carries pollen mainly on the underside of her hairy abdomen and scrapes the pollen off within her nest to feed her youngsters.

These bees are awesome pollinators because they busily flit back and forth between flowering branches of fruit trees and are better pollinators than honey bees and are not the stinging type of bees, if not provoked.

Mason bees are easy to care for because they will nest in pre-made holes and will spend the winter hibernating in their own waterproof cocoons. Place the bee box so it gets morning sun that will warm up the bees and protection from the elements.

Nestled among fruit trees is an

ideal spot to start their colony and will help in the pollination of fruit tree crops. It is said that mason bees out pollinate honey bees 80 to 1. I would like to be there when someone is collecting that ratio data.

Also, remember that native bees like native plants and the natural chaparral that surrounds Fallbrook are a great harvesting area for the mason bee colony. A wide variety of native plants, flowers and fruit trees can be a source of food for these hard-working bees collecting pollen and bringing it back to their home hive.

There are some premade mason bee houses that have small open bamboo tubes in assorted sizes where they can give birth to their young, and they will go out and collect some mud to bring back to the hive. This construction creates the small compartments in sections within the tubes hence the name mason as in a mason who works with cement in his craft of masonry. These bee houses provide shelter like an incubator and protect the bees from the weather elements over the winter season.

When the baby bees awaken, they will eat their way out through these mud walls and actively hunt



Several bees have a breakfast of pollen on a matilija poppy.

v Village News/Roger Boddaert photos



Flowering grevilleas also attracts bees to the garden.



The small bee hive is for mason bees which are great pollinators for fruit trees.

for food and their own sustenance.

I have seen various sizes and designs of these premade mason bee boxes online, or gardeners can make their own following some simple guidelines from the internet. It would be a fun project for children to build and understand how they can help nature be more sustainable for the future and perhaps be a great Eagle Scout project.

Recently, I stumbled into a pre-made combination of a mason beehive and a butterfly shelter, and it’s my first time trying out this dual habitat structure and will see how it goes, so stay tuned down the road.

With the loss of habitat, native butterflies are declining in great numbers throughout the world. When rain forests are over logged and natural stands of flora are wiped out, this loss is all part of the “big-picture” in nature’s food chain, and gardeners might be able to help out in some small way.

The picture shows the combination of both housings for bees and butterflies, which are nature’s hard-working pollinators of the earth.

When residents plant a diverse and varied garden or landscape, it helps to attract the birds and the bees, which is a good thing in the precious balance of life.

As the world weather is changing day by day, nothing is normal anymore, and food crops around the globe depend upon nature’s pollinators.

Without these hard-working engineers, food would begin to decline, and the feeding of over 7 billion people on earth would have massive challenges for the future. Residents can make a part of their life the healing and caring for the planet.

Everyone has the responsibility to do whatever and however they can to help Mother Earth, for the times are changing and blowing in the winds my friends.

*Roger Boddaert creates beautiful and sustainable landscapes throughout Southern California and is aka Maker of Natural Gardens and The Tree Man of Fallbrook. He can be reached at (760) 728-4297.*



Flowering native flannel bushes also attract mason bees.



Native ceanothus attracts mason bees to one’s yard.



# REAL ESTATE AND HOME & GARDEN

## Why is my house so dusty and what can I do?

FALLBROOK – Spring is a season of rebirth and renewal. As trees and flowers bloom anew, many people get renewed vigor to tackle projects in and around the house.

Spring cleaning projects can take on many forms, from garage overhauls to washing the interiors and exteriors of windows. According to the 2019 American Cleaning Institute National Cleaning Survey conducted by Wakefield Research, 77% of households surveyed commit to spring clean projects every year.

Dust is a formidable foe during spring cleaning projects. Dust is unsightly and dust mites can trigger allergic reactions. But many homeowners lament that, once they dust, dust returns in a flash. Dust may seem like a never-ending nuisance, but there are some ways to mitigate dust for more than just a few hours.

**Invest in a better vacuum cleaner.**

Vacuuming carpets can release and resuspend dust and allergens that were trapped in carpeting and throw rugs, advises the Queensland University of Technology. Traditional vacuums may toss that dust into the air rather than remove it. However, vacuums with high efficiency particulate air filters can catch particles at 0.3 microns in size or larger at an efficiency rating of 99.97%. Another solution is to switch to hard-surface flooring, which is less likely to trap dust.

**Change the AC unit filter.**

According to Kadi Dulude, owner of the New York-based Wizard of Homes cleaning service, HVAC filters are supposed to trap particles that flow through the air and the heating and cooling system. Inadequate or dirty filters cannot do that job as thoroughly as new filters. Check the filters in both window and whole-house AC or heating units and replace according to the recommended schedule. Consider filters with a higher MERV rating, which can catch smaller particles, suggested Ragsdale Heating, Air and Plumbing company.

**Use less cloth and linen.**

The cleaning service Maid to Shine Cleaners suggested that textiles trap more dust, particularly synthetic fabrics. Replacing items around the house with leather or wooden furniture may alleviate some of the dust problem.

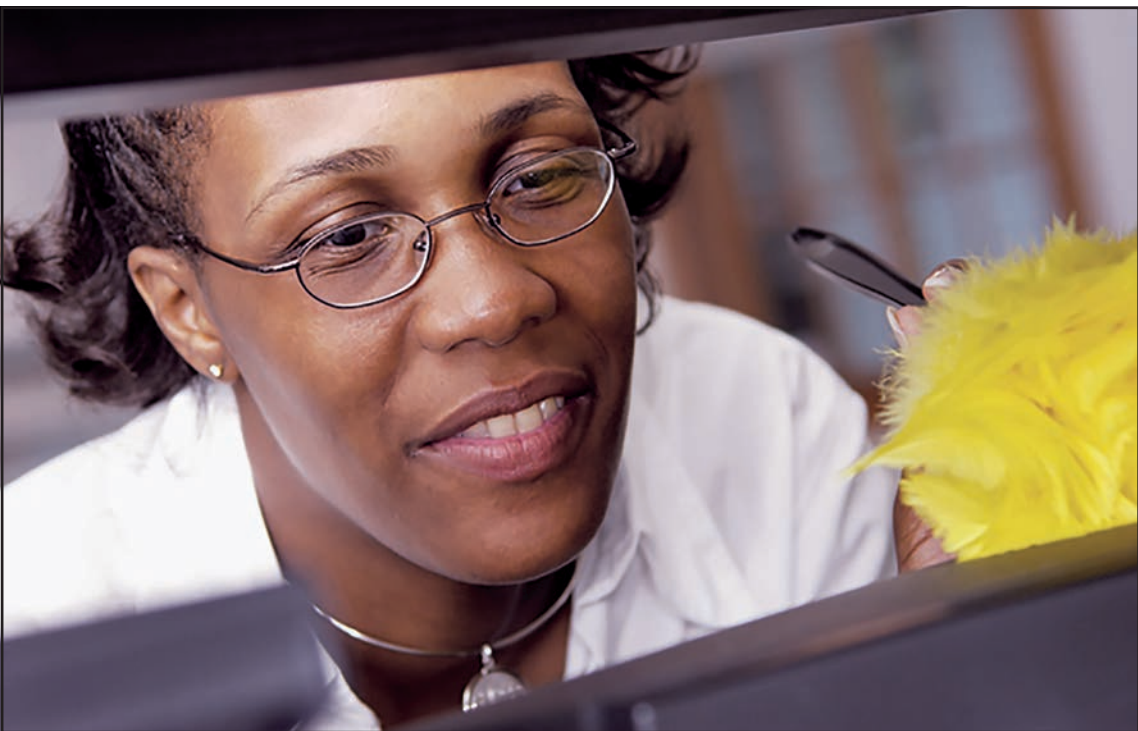
**Take off shoes.**

Dirt and debris from outside can contribute to dust in the house. Remove shoes when entering the house to reduce the accumulation of dust.

**Keep pets brushed and groomed.**

Pets bring many positive things to a home, but no matter how short their coats, pet dander can be part of the dust problem. Washing and grooming pets regularly may put a dent in the dust situation.

In addition to these suggestions, getting a whole-house filtration system, increasing wet dusting and checking for leaky ducts that can be sucking dust from attics, basements or garages are some other ways to reduce dust in a home.



Dry dusting can simply spread dust around. Use a wet cloth to catch dust and remove it. Village News/Courtesy photo

## 3 wild mice test positive for hantavirus

**Gig Conaughton**  
*San Diego County Communications Office*

Three wild mice collected in Carlsbad have tested positive for hantavirus, prompting San Diego County officials to remind people they should never sweep or vacuum up after rodents if they find them in living spaces.

County officials said it was important for people to remember to use “wet-cleaning” methods instead of sweeping or vacuuming if they find evidence of rodents in homes, sheds, garages, cabins or other living spaces.

Hantavirus is potentially deadly, and people are exposed to it when the virus, shed by wild rodents in urine, feces and saliva, dries and stirred into the air and inhaled.

While hantavirus is common in San Diego County, people are unlikely to be exposed to the virus because the carriers, wild rodents, wild mice in particular, generally want to live and nest away from people.

Still, county officials said people should be careful to use wet cleaning methods, with bleach, disinfectants, rubber gloves and bags if they find rodent droppings or other signs that wild rodents have gotten into living spaces and they must clean.

The mice collected from an open space in Carlsbad included two harvest mice and one deer mouse.

There is no cure or vaccine for hantavirus. In 2019, 42 rodents collected in routine monitoring by county Vector Control tested positive for hantavirus.

In January, two cactus mice collected in Santee and Valley Center tested positive for hantavirus. Twelve rodents have tested positive so far in 2020.

Here are tips for people to prevent being exposed to wild rodents and hantavirus, and how to use wet-cleaning methods.

Avoid exposure to hantavirus

Seal up all external holes in homes, garages and sheds larger than a dime to keep rodents from getting in.

Eliminate rodent infestations immediately.

Avoid rodent-infested areas and do not stir up dust or materials that may be contaminated with rodent droppings and urine.

Clean up rodent droppings and urine using the wet cleaning method described below.

Use “wet-cleaning” methods to prevent inhaling the virus.

Do not sweep or vacuum infested areas.

Ventilate affected area by opening doors and windows for at least 30 minutes.

Use rubber gloves. Spray a 10% bleach solution or other disinfectants onto dead rodents, rodent droppings, nests, contaminated traps and surrounding areas and let the disinfectant stand for at least 15 minutes before cleaning.

Clean with a sponge or a mop that has been soaked in disinfectant.

Place disinfected rodents and debris into two plastic bags, seal them and discard in the trash.

Wash gloves in a bleach solution, then soap and water and dispose of them using the same double-bag method.

Thoroughly wash hands with soap and water.

For more information, contact the county Department of Environmental Health at (858) 694-2888 or visit the DEH hantavirus webpage.



San Diego County officials remind people they should never sweep or vacuum up after rodents if they find them in living spaces and instead use “wet-cleaning” methods. Village News/Courtesy photo

Scott Morel  
Elidio Escobedo



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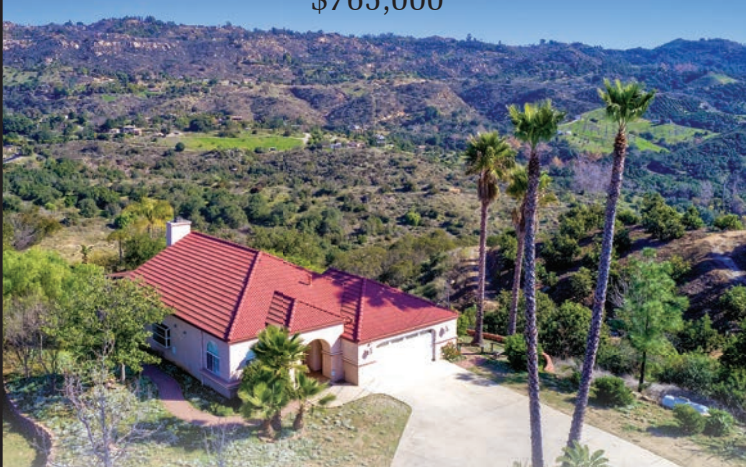
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## Five reasons spring is a great time to buy a home

FALLBROOK – Thinking of finally getting your own home this spring? This season is the busiest time in real estate, and here are reasons why it is a good time to buy and hopefully help homebuyers “spring ahead” to a decision.

**Extra cash from your tax refund.**

For those who finish their taxes and end up getting a fine amount of refund, this additional money can be used as a down payment.

**School is out in summer.**

There is a strong chance the family will be moving in summer if a new home is bought in spring. The children will be at home, and parents get a break from crazy school schedules. Also, there would be less uprooting involved than if the family were to move to a new house and change schools in the middle of a school year.

**Good moving weather.**

Moving is a lot of work in itself; add rain or too much heat to the mix and things get a lot harder. Moving in around spring or summer ensures many clear skies and furniture and electronics can be kept dry and away from water damage.

**Prime time for real estate.**

Based on past trends, spring is a very good time to enter the housing market. More properties are being listed and the demand is consistently strong, no matter the economy. It means buyers could need to be more strategic with their offers due to high competition.

They could do things like considering waiving the inspection fee or ignore one of those minor fixes that show up in the inspection report to give them an advantage over other homebuyers. So, having a reliable real estate professional who’s well-versed with current market conditions and workarounds is a huge plus.

**Prices are going up.**

Home values are on the rise, so the earlier a homebuyer decides to make a move will give them a good opportunity to get a good price. And if they buy a home now, a homebuyer will be able to start building equity as the value of the home “blooms” with the market.

Buying a home is one of the biggest financial decisions anyone will ever make in their lifetime, and it can bring much stress and overwhelm. But those who are motivated and diligent can find the right deal that fits their needs.

If you need help looking for a home or if you would like some lender referrals, contact the agents and staff at Broadpoint Properties.

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

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





# CWA approves shutdown schedule for Pipeline 5 work at Moosa Creek

Joe Naiman  
Village News Reporter

In 2019, the San Diego County Water Authority repaired a leak to a pipeline in Moosa Canyon just south of Fallbrook. That repair was followed by an assessment of the other two SDCWA pipelines in the area, and one of those was found to be at risk so the CWA will be making repairs to that pipeline.

A CWA board vote, Feb. 27, authorized CWA general manager Sandra Kerl to take the necessary contracting and other actions for the repairs on Pipeline 5 in Moosa Creek. The current schedule includes shutdowns March 30 through April 5 for the installation of isolation bulkheads and May 18 to May 24 for the removal of the bulkheads as well as carbon fiber lining work expected April 6 through May 15.

May 24 is the Sunday of Memorial Day weekend, and the actual shutdown schedule will likely be revised as the repair work progresses.

“Our pipes are very big, and if

they don’t work well it’s a very big event,” Kerl said.

The CWA’s Second Aqueduct includes Pipelines 3, 4 and 5. Pipelines 3 and 5 provide untreated supply to CWA member agencies while Pipeline 4 conveys untreated water to member agency turnouts. Pipeline 3 is a steel pipe 72 inches in diameter and was built in 1958. Pipeline 4 is a pre-stressed concrete cylinder pipe 90 inches in diameter which was built in 1970. Pipeline 5 is a PCCP 96 inches in diameter, built in 1982. The pipelines are 40 feet apart from each other at their centers, which equates to 32 to 33 feet apart from each other at their perimeters.

In August 2019 CWA staff observed water discharging from the side slope of Moosa Creek, and four days later a leak in Pipeline 4 was identified as the cause. The CWA contracted for repair work, which included a shutdown to remove isolation bulkheads was completed Nov. 10.

Additional carbon fiber layers addressed higher thrust forces, and since the design life expectancy

of the carbon fiber lining is approximately 10 years, the CWA opted to study all three pipelines along the Second Aqueduct to develop a long-term fix. The comprehensive study is expected to be complete during 2021, and the results of that study will determine the action which will be brought before the CWA board.

“Moosa Creek continues to have erosion,” Martin Coghill, CWA operations and maintenance manager, said.

“This location has become a real challenge,” Marty Miller, CWA Engineering and Operations Committee chair, who is on the board of the Vista Irrigation District and is the VID representative to the CWA board, said.

The Pipeline 4 leak led CWA staff to conduct an inspection of Pipeline 3 and Pipeline 5 in late January, when both of those pipelines could be drained for access during a planned maintenance-related shutdown. Pipeline 3 was found to be in good condition with no signs of distress.

“We do actually have an issue

with Pipeline 5,” Coghill said. “It’s beginning to yield.”

The operating pressure within Pipeline 5 at Moosa Canyon exceeds 400 pounds per square inch, so a catastrophic failure could create considerable environmental damage as well as damage to Pipelines 3 and 4 and to a Rainbow Municipal Water District pipeline in the area.

“It would be pretty catastrophic if it went,” Rainbow general manager Tom Kennedy, who is Rainbow’s representative on the CWA board.

The immediate action taken was the mitigation of risk through limited flow changes. The proactive repair authorized Feb. 27 will be followed by a canyon wide analysis to determine a long-term solution.

“We’ve learned some things we need to be looking at in the assessment of our pipelines,” Kerl said.

“I think that it was a really great catch for staff to be doing the inspection,” Lois Fong-Sakai said, who is one of the city of San Diego

representatives on the CWA board.

The authorization of Kerl to issue contracts allows those contracts to be issued before the March 26 board meeting. The CWA expects to issue contracts for carbon fiber design, carbon fiber installation, bulkhead installation and removal and acoustic fiber optic cable removal and reinstallation.

The preliminary cost estimate for the four contracts combined is \$1,910,000 not including CWA staff time expenses. The contracts will be issued through a competitive acquisition waiver process rather than through the normal competitive procurement process.

“It’s critically important, and I look forward to working with staff,” Kennedy said.

“This has been very challenging for all of the member agencies,” Kerl said. “The member agencies have been working with us.”

Joe Naiman can be reached by email at [jnaiman@reedermedia.com](mailto:jnaiman@reedermedia.com).

# Time to clean the garden and start irrigating

Frank Brines, Master  
Consulting Rosarian  
Special to Village News

Location, Location, Location. Depending on your location – or more specifically, that of your garden – you may have experienced frost damage to your roses and tender young plants recently. Even gardens in the same general vicinity may have different effects due to their prevailing microclimates.

Lately the temperatures have risen in the Temecula Valley which encourages roses to jump into life. They enjoy this weather. All areas of Southern California have had above average rainfall. It is comforting that all of this rain will flush excess salts that may have built up from irrigating and fertilizing. A regular schedule for irrigating should already have begun. Roses do love food and water for the best blooms.

If your roses experienced fungal diseases last year and you haven’t yet done so, you might think of applying a lime sulfur dormant spray soon. You can mix horticultural oil with the dormant spray for better adherence. First, make sure the garden is free of left-over debris and to dispose it in the green garden waste bin – do not compost rose debris in your yard. Also, remove all old leaves that may be left on the bush. This cleanliness will help keep down disease. Read the dormant spray label completely to ensure the proper strength of the mixture for “growing season instructions” as the new growth has begun. Be sure to saturate all canes and the soil surface of the entire bed. Maintain a minimum of 2-4 inches

of organic composted mulch over the entire garden surface to insulate the upper 8-12 inches of the soil zone where most rose roots feed and to reduce evaporation and conserve water, while still providing sufficient moisture. This treatment will also supply nutrients to build the soil for your roses over the season.

If you have space available and haven’t yet purchased new roses, you can still do so and might find some great offers. Over the past several years, there has been a drop in the number of new varieties introduced into the market and commercial rose production has dropped, so there is less of a selection at fewer outlets. Some nurseries are still shipping to this area. Plants already in pots are the best to buy as they will be far easier to transplant and will establish themselves quicker. Look for those with three to five major canes.

Take time now to inspect and make any necessary repairs to your irrigation system. Drip systems are the most efficient and they avoid problems created by above-ground sprayers and sprinklers, which waste water and can foster molds, mildew and rust. If possible, avoid

any overspray or misting applied elsewhere in your garden that may hit your roses; but if you do use overhead watering systems, avoid doing so when there is any wind to avoid moisture evaporating or collecting on leaves which could result in sun burn or add to conditions favorable for fungal diseases. For best results and efficiency, be sure to time the irrigation so it is complete before the day gets hot – preferably by midmorning, that is, around 8-9 a.m. Avoiding daytime watering prevents excess ground moisture into nighttime. Too wet soil can lead to unhappy roots or fungal diseases.

Now would be the time to sprinkle 1/2 cup to 1 cup of Epsom salts widely around each rose bush; use half as much for minis and mini-floras. There is some indication that this feeding helps stimulate new cane growths known as “basal breaks” at the “bud union,” the big part next to the ground where grafting was done.

You can begin fertilizing when new growth is 2-3 inches long. I suggest an initial feeding each year be higher in nitrogen (N) to encourage new stem and leaf

growth. In about two weeks, apply fertilizer that is higher in phosphate (P) and potassium (K) to give roots a boost at start of season. New information suggests that continued use of fertilizer higher in P and K will foster greater root development and lead to better growth, resistance and healthier plants. Look for fertilizers rated as 8-10-8 that include micro elements for greater results. I highly recommend organic type fertilizers versus inorganic or “chemical” ones. Organics foster better soil development, a richer, livelier, more viable community of soil organisms that break the elements into easily absorbed form and release them slowly. They will “build” soil structure into a healthy component and when used regularly will develop a soil rich in reserve energy, allowing you to use less product with the same results.

There are rose events coming up which you may find of interest. The Pacific Southwest District Rose Show and Convention is

April 24-26, at the Los Angeles Arboretum, 700 W. Huntington Drive, in Monrovia. The San Diego Rose Society rose show is May 2-3, 195 E. Douglas Ave., at the El Cajon Community Center. Plan to attend and experience seeing the blooms of your favorite roses or to research possible new additions to your garden. Entry applications for garden show at the San Diego Fair are now being accepted. Inquire [www.sdfair.com](http://www.sdfair.com).

Be sure to visit the Rose Haven Heritage Garden located at 30500 Jedediah Smith Road in Temecula. The cross street is Cabrillo Avenue. The 3.4-acre rose garden is owned and maintained by the Temecula Valley Rose Society, a nonprofit organization supported with donations. Look for the donation box when you visit. Thank you so much. Also, visit the website at [www.TemeculaValleyRoseSociety.org](http://www.TemeculaValleyRoseSociety.org) regularly for great information and schedule of events.

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# Dozens housed under expanded program targeting homelessness

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

Fifty-six additional unsheltered people in the unincorporated areas of the region now have a roof over their head and a bed to sleep in thanks to the expansion of the San Diego County Health and Human Services Agency’s Hotel/Motel Voucher Program.

The 56 are the first wave of an additional 125 people to be supported through the program’s expansion last month. Besides providing vouchers, the program offers access to transportation, case management and helps individuals to find a stable place to live.

“The county’s commitment to a comprehensive approach to the full spectrum of housing needs is essential and we are already seeing progress,” Omar Passons, director of HHSA Integrative Services, said to the county board of supervisors recently, during an update on the measures adopted to help deal with

homelessness in unincorporated communities.

The estimated cost of the expansion of the Hotel/Motel Voucher program is about \$2.3 million in fiscal year 2019-2020, depending on how many people use the program. The yearly costs are estimated to be \$5.6 million. However, the need for this service is not expected to be ongoing once other recommendations are implemented. It is anticipated that a more robust care coordination effort will replace this one in the upcoming fiscal year.

The measures, brought forward by Supervisors Dianne Jacob and Jim Desmond, are helping to address homelessness in unincorporated areas that have seen a significant increase of people who don’t have a place to live.

Passons also said the Sheriff’s Department Homeless Assistance Resource Team is in the process of being expanded to include eight dedicated deputies to help identify people experiencing homelessness, work with HHSA

social service professionals, assess their needs and help them find a path to permanent housing. HART will now be providing services to all unincorporated communities simultaneously.

“Outreach teams can now stay in the field longer and respond to areas which may require immediate response, while still maintaining scheduled outreach details to ensure continuum of care to those in need,” Passons said.

The unincorporated communities of San Diego County have experienced a significant increase in homelessness and its associated impacts in recent years. The county has a current estimate based on available data that 200 emergency, 150 interim and 200 permanent homes are needed in the unincorporated portions of East County.

A 2019 ruling out of the U.S. Court of Appeals for the Ninth Circuit determined that municipal ordinances prohibiting sleeping or camping on public property could not be enforced by law enforcement

without the provision of access to an alternative shelter location.

County staff from multiple departments recently screened more than 860 properties in Fallbrook, Lakeside and Spring Valley to lease, license or purchase for safe and temporary emergency relocation options or a shelter and where health services may be provided. Emergency housing typically lasts less than 30 days and is the first step to interim housing, which could last up to two years and could lead to a person having a permanent place to live.

Staff also searched for properties for temporary storage, which could provide people the ability to safeguard important documents and safely store their personal belongings.

Fifteen properties have been identified; six are in Spring Valley, two in Lakeside and seven in Fallbrook.

“We will further evaluate the sites to determine suitability and to define the effort, cost and timing to provide for the range of solutions,”

Marko Medved, director of county General Services, said, adding the board will get another update in 60 days. “County staff will also explore alternative structure types for housing or storage.”

County staff is also exploring the feasibility of expanding the Homeless Court program to include warrant removals for people who are homeless in exchange for participation in a transitional living program.

The enhanced measures are the result of the board of supervisors’ request that the county review and propose regulations to strengthen the way they address sleeping in public and commercial areas, environmentally sensitive lands with endangered habitats, areas near watersheds and areas that present extreme fire danger.

They are also the result of a recently piloted intensive outreach effort through HHSA, HART, county departments of Public Works and Parks and Recreation to connect people who are homeless in these communities with services and potential housing. Many have serious, chronic needs and county strategies aim to break the cycle of homelessness, addiction, medical emergencies and incarceration.

The county has multiple programs in place to connect people experiencing homelessness to services they need and to help them find a home. Over the past few years, the county has made significant investments in outreach, treatment and housing services. The county has greatly expanded critical services since the beginning of the Affordable Care Act. During fiscal year 2019-2020, the county will be spending \$712.9 million on mental health and substance use treatment programs and services.

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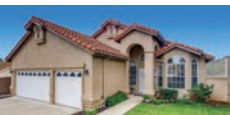
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# Supervisors approve FCI overlay

Joe Naiman  
Village News reporter

The overlay designator for land which had been previously restricted by the Forest Conservation Initiative was approved by the San Diego County Board of Supervisors.

The supervisors’ 5-0 vote, Feb. 26, does not prohibit a general plan amendment for properties within the overlay area although any general plan amendment must meet water supply, fire safety, environmental resource, land use pattern, emissions and open space, including agriculture, preservation criteria and would also be analyzed for consistency with the county’s Regional Housing Needs Assessment in conjunction with the nearest village or rural village area.

“I think this is a good thing,” Supervisor Dianne Jacob said.

In 1993, the county’s voters passed the Forest Conservation Initiative which stipulated a density of one dwelling unit per 40 acres for lands within the Cleveland National Forest boundary but outside of existing community town areas.

The FCI covered approximately

286,000 acres, including approximately 72,300 acres under county land use jurisdiction and prevented general plan land use designations from being changed until the FCI’s expiration date of Dec. 31, 2010.

The hearings on the update to the county’s general plan began before the expiration date, so the FCI lands were not included in that update which was approved in August 2011 although during the update process county Department of Planning and Land Use, which became the Department of Planning and Development Services in 2012, staff began a separate effort on new maps for FCI land based on the principles of the general plan update.

DPLU staff did not pursue significant changes when the new maps were developed, and most of the planned additional development was near the Viejas Indian Reservation in Alpine. If a property transferred to a tribal government is held by that tribe in fee rather than in trust, it is subject to county land use and zoning regulations, but if the property is added to the reservation trust, it is exempt from county land use jurisdiction.

In addition to developing the maps Department of Planning and Development Services staff identified alternatives, and the county’s Planning Commission held hearings in October 2013 and November 2013. In November 2013, the planning commission voted 5-1, with Michael Beck opposed due to concerns regarding Alpine and John Riess absent, to recommend the rezones.

The maps went to the board of supervisors in June 2014, although the action was to choose a preferred map for the environmental impact report rather than to adopt the general plan amendment for the densities. The supervisors’ 3-1 vote, with Ron Roberts absent and Dave Roberts opposed due to his preference for the FCI densities to be used as the baseline to evaluate the draft EIR and returned the update to PDS for environmental analysis.

The new land use designations for the former FCI land along with a supplemental environmental impact report were approved by the board of supervisors in December 2016. The following month a lawsuit was filed by the Sierra Club, the Cleveland National Forest Foundation and Save Our Forests and Ranchlands.

The county and the plaintiffs began settlement discussions, and in February 2019, a settlement agreement was reached in which the county would place a forest indicator overlay over the former FCI lands outside of village or rural village boundaries.

The settlement required the board of supervisors to consider adoption of the FCI overlay within 12 months of the settlement agreement date if no environmental impact report was required or within 18 months if an EIR was required.

The overlay does not change the land use regulations or general

plan densities adopted by the board of supervisors in December 2016 but requires that additional analysis and findings be made before the approval of any general plan amendments which would increase residential density beyond what is currently allowed in the general plan.

If a land use amendment for an FCI overlay area is brought to the board of supervisors, the county supervisors, with the assistance of county staff, must analyze the consistency of the project with the county’s Regional Housing Needs Assessment allocation and determine whether there is available development potential in the nearest village or rural village area to accommodate that project’s proposed increase in residential density.

The supervisors will also be required to make findings that the project is supported by adequate access to water supply consistent with the county’s Groundwater Ordinance that it would not exacerbate wildfire risks that it is compatible with the environmental resources of the Cleveland National Forest and would not adversely affect the stability of land use patterns in that area that it employs carbon-neutral principles and that it is not part of a piecemeal conversion of a larger forest area to residential or other uses which are not open space.

A majority of the parcels have some constraints covered by existing general plan policy limitations including steep slopes, location outside the San Diego County Water Authority boundary which makes those properties dependent upon groundwater or inadequate public or private roadway access.

Approximately 81% of the FCI land, or 58,799 acres, has agricultural zoning and 58,671 acres have land use designations

of RL-40 (Rural Lands – one dwelling unit per 40 acres) or RL-80 (Rural Lands – one dwelling unit per 80 acres). Approximately 17% of the FCI land, or 12,450 acres, has special purpose zoning such as open space, extractive use or a transportation or utility corridor.

The S80 open space zoning classification is intended for recreation areas or areas with severe environmental constraints. Structures such as restrooms, storage buildings and pavilions are allowed on land with S80 zoning if a site plan addresses the impacts of the structures. County-owned parks are exempt from the zoning ordinance, so the Department of Parks and Recreation would not need planning commission or board of supervisors’ approval for a site plan.

The zoning for the other 448 acres includes residential, commercial and tribal lands.

The overlay is for general plan amendments which alter an area’s density rather than for building permits or use permits.

“The overlay does not affect ministerial permits,” Jacob said.

That allows barns, storage facilities and other agricultural structures, excluding farmworker housing, to be built with the proper discretionary or ministerial permits.

Although any proposed general plan amendment would be analyzed for consistency with the unincorporated county’s Regional Housing Needs Assessment, which is 6,700 units for the years 2021 through 2029, the FCI lands do not overlap with any existing RHNA sites and since most of the areas are outside of the CWA boundaries and in environmentally constrained areas the overlay is not expected to impact the county’s ability to meet its housing requirements.

The overlay itself is exempt from California Environmental Quality Act review although any general plan amendments would need to meet CEQA standards.

Three De Luz parcels are subject to the Forest Conservation Initiative. Two of those were changed to one dwelling unit per 10 acres while the other remained at one dwelling unit per 40 acres.

A 4-0 planning commission vote Jan. 10, with three commissioners absent, forwarded the recommendation to the board of supervisors.

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This business was crawling along until I decided to participate in the Sourcebook 2018 with a full page ad. Along with the ads, I ran a full length editorial in the Village News and the Temecula Valley News, which is owned by the Village News.

Suddenly my business “grew legs” and went from a crawl to a walk and is now jogging along at a fairly good pace. The ads and editorial got the word out that I could solve a number of other issues for homeowners while integrating the Solar in to their home. I started getting calls right away from the Fallbrook and Temecula areas for Solar quotes.

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I plan to run three pages in next year's Sourcebook and am considering a fourth.

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BUSINESS

Women may need extra steps to reach financial security



FALLBROOK – International Women’s Day 2020 is observed March 8. This special day celebrates the social, economic, cultural and political achievements of women. Yet, women still face gender barriers as they seek to achieve their financial goals. How can you address these challenges? To begin with, you need to be

aware of what you’re up against. The wage gap between men and women has closed somewhat, but it hasn’t disappeared. Full-time female employees earn about 82% of what men earn, according to the Census Bureau. Over a 40-year career, a woman who worked full time would lose, on average, more than \$400,000 because of this wage gap, according to the National Women’s Law Center. Furthermore, a woman turning age 65 today can expect to live, on average, until age 86.5; for a 65-year-old man, the comparable figure is 84. Those two and a half years can amount to many more living expenses. Plus, by taking time off from the workplace to raise children and care for elderly family members, women often end up with lower balances in their 401(k)s and IRAs than men. So, what can they do to help even the playing field, in terms

of building adequate resources for retirement? Here are a few suggestions: Contribute as much as possible to a retirement plan. During those working years, put in as much as you can afford to your 401(k) or similar employer-sponsored retirement plan. Most people don’t come anywhere near the 401(k)-contribution limit, which, in 2020, is \$19,500, or \$26,000 if you’re 50 or older, and you might not be able to reach it, either, but strive to do the best you can. And every time your salary increases, bump up your annual contribution. If you are able to “max out” on your 401(k), you may still be able to contribute to an IRA. If your income exceeds certain limits, you can’t contribute to a Roth IRA, which offers tax-free withdrawals of earnings if you meet certain conditions, but you may still be able to fund a traditional IRA, although the tax deductibility may

be reduced or eliminated. Use Social Security wisely. You can start taking Social Security as early as 62, but your checks can be larger if you wait until your full retirement age, which will likely be between 66 and 67. And if you’re married, you may be able to choose between claiming your own benefits or receiving 50% of your spouse’s benefits, which could help you if your spouse has considerably higher earnings. Your spouse does not lose any benefits if you choose this route. Look for every opportunity to save and invest. As mentioned above, women often lose out on some retirement savings when they take time away from the workforce to raise families and eventually become caregivers for elderly parents. But even if you aren’t working full time, it doesn’t mean you have no chance to boost your retirement savings. If you can do any paid work, whether it’s part

time or as a consultant, you can contribute to an IRA – and you should. It’s not easy to overcome the structural disadvantages women face when seeking to reach financial security. Taking advantage of the savings and investment possibilities available can help you make progress toward your goals. Edward Jones financial advisor Brian Schrock is located at 1434 S. Mission Road, Suite B, in Fallbrook. For more information, call (760) 731-3234. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, its employees and financial advisers cannot provide tax or legal advice. You should consult your attorney or qualified tax adviser regarding your situation. Edward Jones, Member SIPC

Interpreter Marketplace app launches

FALLBROOK – A new smartphone app has launched exclusively in San Diego County. The app, Interpreter Marketplace, was created locally and addresses the language barrier issue seen daily throughout the county. It allows individuals, as well as businesses, to book foreign language or American Sign Language interpreters who will travel right to them for their language needs. Every day, throughout San Diego County, individuals need interpreters for immigration hearings, doctor appointments, weddings and endless other personal matters. Additionally, San

Diego professionals need language services daily at law offices, schools, health care facilities, corporations and countless other businesses. Interpreter Marketplace makes it easier for all of those in need to connect with language service professionals in their area. Interpreter Marketplace deals exclusively in on-site interpretation, which sets it apart from language service apps that use machine translation or artificial intelligence, this app uses actual human intelligence. The Interpreter Marketplace app connects interpreters right to the customer. All appointment

coordination is done directly inside of the app by the customer and interpreter themselves. It creates opportunities for independently contracted interpreters and fills a need of those who rely on language services to function day to day. Features of the app include browsing interpreters based on price and location, as well as the ability to see interpreter background profiles and a rating system contributed to by consumers. It also includes a feature which may allow users to see the location of the interpreter starting one hour before the appointment to provide an idea of their time of arrival; interpreters

choose to enable or disable their location option. The goal of the app is to make breaking down language barriers in San Diego County as easy and seamless as

possible, to ensure everyone has the opportunity to communicate no matter their situation. Submitted by Interpreter Marketplace.

Fallbrook chamber offers events in March

FALLBROOK - The Fallbrook Chamber of Commerce is holding the following events in March. March 9 – Educational Seminar: Safeguarding Your Business; 5:30 p.m. March 12 – SunUpper at the

Pink Pineapple Boutique; 8 a.m. March 18 – SunDowner at Fallbrook Senior Center; 5:30 p.m. March 19 – Women in Networking event: Tour of Finch Frolic Gardens; 9:30 a.m. March 27 – Lunch Mob at

Trupiano’s Italian Bistro; Noon Call the Fallbrook Chamber of Commerce for more details on any of these events at (760) 728-5845. Submitted by Fallbrook Chamber of Commerce.

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# Warriors outscore the Eagles in home opener

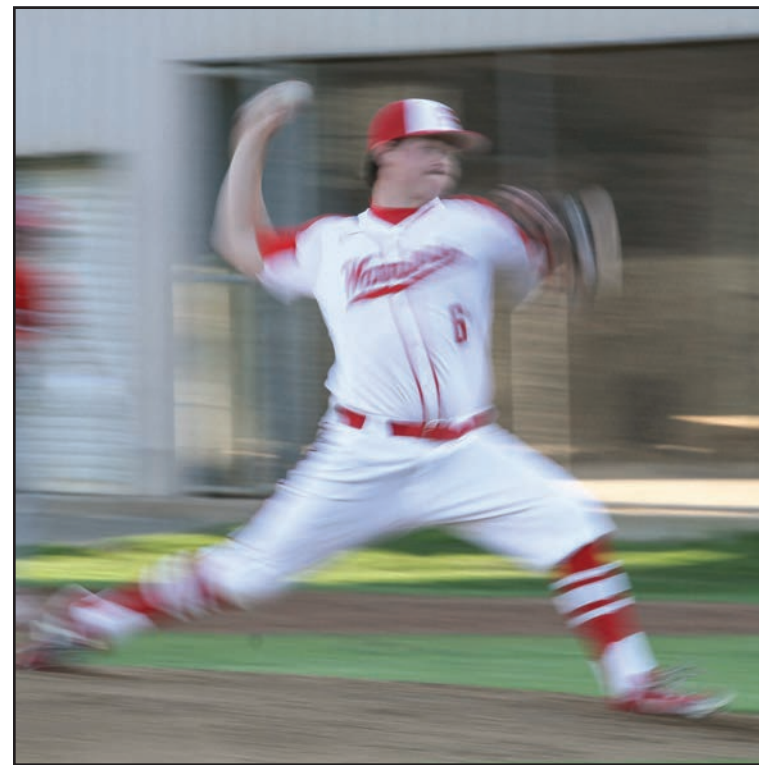


Fallbrook High School Warrior Anthony Thomas swings at a pitch during the varsity boys' baseball home opener against the Santa Fe Christian High School Eagles, Feb. 25.

Village News/Shane Gibson photo



Warrior shortstop Dean Olivo fields a groundball against the Eagles.



Warrior pitcher Grant Knox winds up and delivers a pitch to an Eagle batter.



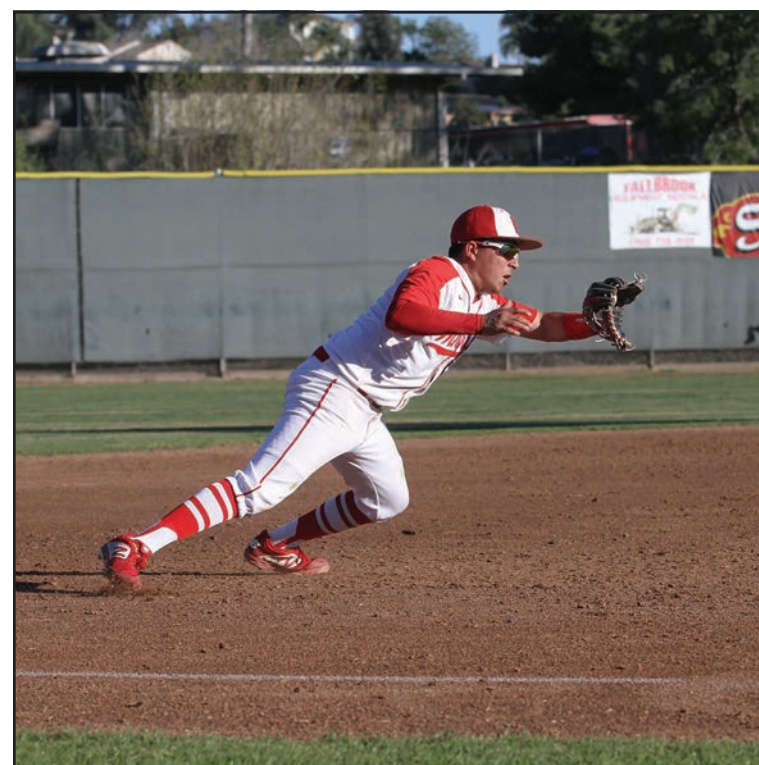
Fallbrook High School outfielder Blake Caron makes the catch against Santa Fe Christian High School. Fallbrook won the game 12-2.



Fallbrook High School second baseman Ian Rambo fields a groundball and throws out a Santa Fe Christian High School baserunner.



Warrior Josue Navarro rounds third base after hitting a homerun against the Eagles.



Warrior third baseman Alex Lopez fields the ball and throws out an Santa Fe Christian High School Eagle baserunner. Fallbrook High School won the varsity baseball game, 12-2.



Fallbrook High School baseball players congratulate their teammate Josue Navarro as he steps on home plate after hitting a homerun against Santa Fe Christian High School.



SPORTS

CrossCreek offers special membership discount for limited time



See a view of the fairway at Cross Creek Golf Club.



Anthony Ciriani swings on the green at Cross Creek Golf Club.

Jeff Pack  
Staff Writer

Imagine standing on a tee box, surveying the long, winding yards ahead with a golf club in hand and silence all around.

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CrossCreek, one of Southern California’s top golf courses, is offering a special membership deal for golfers looking to get away for a round of golf without having to pack a bag.

Through March 31, CrossCreek is offering 50 off its all-inclusive Bobby Jones memberships for just \$275 per month with a 12-month commitment.

“We’re only selling up to 50 of these seven-day memberships that include unlimited golf, unlimited range balls on the all-grass driving range, 20% off merchandise, your SCGA index is included and there’s much more,” Dave Garner, general manager of CrossCreek Golf Club, said.

At \$275 per month with an annual commitment, the deal is a significant discount from the \$410 regular price.

Included in the 12-month membership, members pay no fees at the time of play, and member guests can receive up to \$20 off regular green fees.

All golf includes a shared cart, complimentary range balls, 14-day advanced tee times up to four players and discounted fees and complimentary lunch to our monthly tournaments.

The benefits of the membership plan are great, but top-quality golf at an Arthur Hills-designed golf course is at the heart of the deal. And according to Garner, the course has never been in better shape.

“The course has been in great

shape for the last year,” he said. “I mean from fairways to surrounds to aprons, the greens, the course itself is just in absolutely beautiful condition.”

And then there’s the serenity associated with playing a golf course that isn’t surrounded by homes and every golf hole is separated from the others.

“Every hole is isolated in itself,” Garner said. “When you’re on a golf hole out here, there’s no hole even around you that separates the municipal golf courses from the better golf courses. The holes never duplicate themselves, they’re totally on their own.”

“We’ve always been known as a beautiful location and the condition of the course just makes it that much better,” Garner said.

He said for avid golfers who want to get away from it all, CrossCreek is the place. They won’t find a lot of foot traffic at CrossCreek; they don’t host meetings or have conferences at the facility.

“You get the feeling of being away from the traffic of life,” Garner said. “You’re in a beautiful location, and you’re only 6 miles away from Temecula and Interstate 15. It’s both convenient and exclusive.”

In addition to all of the amenities offered at CrossCreek, Garner said they pride themselves on “a culture of customer service.”

He suggested that golfers looking for a truly unique golfing atmosphere experience should move quickly to get in on this limited-time deal.

“Some of the spots are already filling up, so people should get signed up right away,” Garner said. “There’s no better offer in golf in the area, for sure.”

CrossCreek Golf Club is located at 43860 Glen Meadows Road in Temecula. To claim the offer or for more information, call (951) 506-3402 or visit [www.crosscreekgolfclub.com](http://www.crosscreekgolfclub.com).

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



See a view of the fairway at Cross Creek Golf Club.

Valley News/Shane Gibson photos



Greg Wright tees off at Cross Creek Golf Club.



Greg Wright tees off at Cross Creek Golf Club.

Depleted Warriors miss girls’ soccer playoffs

Joe Naiman  
Village News Reporter

By the end of the 2019-2020 season Fallbrook High School’s girls’ soccer team had a roster of 13 available players including some who had been called up from the junior varsity. The Warriors finished the season with a 1-6-3 Valley League record and a 4-12-3 overall mark; the Warriors did not receive a berth in the CIF Division II playoffs.

“We had injuries on both JV and varsity,” Fallbrook coach Sergio Garcia said. “Even then the girls played well.”

Fallbrook’s only league victory was Jan. 28 against Valley Center High School but, in the second round of league play, the Jaguars obtained a 2-2 tie Feb. 6 in Fallbrook.

“They scored in the last minute of the game,” Garcia said.

The Warriors’ Feb. 11 home loss against San Pasqual High School also had a deciding goal in the final minutes; the Golden Eagles scored for a 2-1 victory.

“We had to borrow JV players,” Garcia said.

Fallbrook was unable to field

a junior varsity team against San Pasqual due to the lack of players.

Mission Vista High School does not have a home field with lights, so the Feb. 14 game between the Warriors and the Timberwolves was played at Rancho Buena Vista High School.

The varsity game between Fallbrook and Mission Vista included junior varsity call-ups.

“I had five true varsity players and six JV players,” Garcia said.

All three goals in the 2-1 Mission Vista victory were scored in the second half.

“We literally lost in the final seconds off a corner kick,” Garcia said.

The Jan. 23 game in Fallbrook was a 4-0 Timberwolves win. Mission Vista posted a 9-0-1 record in Valley League play to capture this season’s league championship, and the Timberwolves had a regular-season record of 13-2-3.

“We put up a good fight, very close to tying them,” Garcia said.

Ramona and Valley Center high schools played Feb. 13 in Valley Center. Ramona’s 3-1 win finalized the Bulldogs’ league record at 2-6-2 including a tie and a win against Fallbrook. Ramona

thus salvaged fifth place in the six-team league standings while Fallbrook, which won last year’s league championship, finished at the bottom of the standings.

“The players we brought up from JV stepped it up,” Garcia said.

Garcia noted the aid of varsity assistant coach Adan Rojas in helping the new varsity players adjust.

“He’s a big part of the program,” Garcia said.

This year’s Fallbrook team had four seniors although Alexa Sanchez was the only senior starter.

“I’m looking forward to next year,” Garcia said.

Players from this season’s junior varsity team will likely join the returning varsity players on the 2020-2021 varsity.

“They had a good development year. I think JV played a pretty big part in the season,” Garcia said. “Next year we’ll have some JV players with some varsity experience.”

Joe Naiman can be reached by email at [jnaiman@reedermedia.com](mailto:jnaiman@reedermedia.com).



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# Fallbrook Girls Rugby U18s finish 5th at LA Invitational 7s

**Jeff Pack**  
Staff Writer

Controversy surrounded a quarterfinal match involving the Fallbrook Girls Rugby Club’s U18 7s team and South Bay High School Spartans Friday, Feb. 28, at the first-ever Los Angeles Invitations 7s tournament in Irvine.

The Warriors were playing their fourth game of the day in the High School Girls Open Division and lined up to play against South Bay’s Open Team. Instead, South Bay trotted out several, if not all of their High School Elite Division players for the game, which included Elite players from Utah teams.

The Warriors, who haven’t played in the 7s format for about six months, lost the match by two scores to the Spartans and were bumped down to the fifth-place game Saturday.

The Warriors opened the pool play portion of the tournament earlier in the morning with a forfeit win over Fullerton High School who dropped out of the tournament a day earlier, then easily handled the Rancho Bernardo High School Mustangs and made quick work of South Davis High School to win the pool.

That win sent them into the match with South Bay that caused

all of the controversy and saw a couple of Warriors banged up with injuries in the hotly contested match.

The Warriors were playing without sophomore Tiahna Padilla who was playing on loan with Atlantis in the Elite Division. Padilla’s team, consisting of players from all over the United States, lost in Saturday’s finals to South Bay’s Elite team, the same lineup that beat the Warriors a day earlier.

Meanwhile, South Bay’s Open Team was eliminated in the semifinals, and the Warriors took on Rocky Mountain Academy in the fifth-place game at Dignity Health Sports Park in Carson Saturday, Feb. 29.

The Warriors controlled the majority of the match and came away with the win.

Fallbrook Girls Rugby Club’s U16 team also played in the tournament and won their final game against the San Diego High School Aztecs. It was unclear at press time which place they finished in the tournament.

The Warriors will play next at Rancho Bernardo High School March 14, to begin the Southern California Youth Rugby Spring Club season.

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



Fallbrook Girls Rugby Club's U18 and U16 teams pose for a photo after finish their games at the Los Angeles Invitational 7s tournament at Dignity Health Sports Park in Carson. Village News/Stacey Savin photos



Abbey Savin dives into the try zone during the Warriors' match with Rocky Mountain Academy at the Los Angeles Invitational 7s tournament.



Jordan Duncan runs into open space during the Warriors second-round match against Rancho Bernardo High School at the Los Angeles Invitational 7s tournament.



Shelby Tippin prepares for contact during the Warriors' game against South Davis High School at the Los Angeles Invitational 7s tournament.

Amanda Ware gets ready to fend a defender during the Warriors' match with South Bay High School at the Los Angeles Invitational 7s tournament.



## 10 Warrior grapplers qualify for masters

**Joe Naiman**  
Village News Reporter

The CIF San Diego Section has four divisional wrestling tournaments with a specified number of wrestlers in each division qualifying for the all-division Masters Tournament the following weekend. The CIF wrestling divisions are based on enrollment rather than competitive balance, and Fallbrook High School is in Division II. This year Fallbrook placed third among Division II teams while 10 individuals placed high enough to advance to the Masters Tournament.

“The divisional tournament went very well for us. I’m very happy with the way our team performed,” Fallbrook coach Cristian Vera said.

The Warriors filled 12 of the 14 weight classes at the divisional tournament Feb. 15 at Steele Canyon High School. The top seven in each weight class qualified for the Masters Tournament, Feb. 21-22, at Southwest High School in El Centro and the eighth-place wrestler became the alternate for the masters meet.

“Essentially we qualified 10 guys for Masters including the alternate,” Vera said.

Seven Fallbrook matmen placed among the top seven while three others took eighth place after losing the seventh-place match. The alternate competes in the masters if one of the top seven wrestlers cannot compete due to injury or illness or scales overweight at the Master Tournament’s weigh-in. One of Fallbrook’s eighth-place wrestlers competed in the Masters Tournament while injuries kept the other two from participating in the all-division tournament.

Carlos Hernandez placed second

in the 197-pound division. The senior was undefeated until a 7-2 decision loss in the final against Laith Gilmore of Poway High School.

“He definitely had himself a great tournament,” Vera said.

The path to the final for Hernandez included a win by fall in the semifinal match against Vista High School’s Lionel Turner. During pre-league tournament competition Hernandez lost to Turner.

“He was able to be more effective against him,” Vera said.

Hernandez became the first Fallbrook wrestler to reach a divisional championship match since Nick Perillo in 2015, when Fallbrook was in Division I. Perillo won his match in overtime to become the 182-pound CIF Division I champion.

Gilmore had won his previous divisional tournament matches by fall, so Hernandez was Gilmore’s only opponent not to be pinned.

“He did phenomenal,” Vera said. “He definitely excelled.”

Ethan Aguila competed in the 154-pound division, and the sophomore took third place.

“He had a great tournament,” Vera said. “He did exceptionally well. He had some great matches.”

Three of Aguila’s wins in the tournament were by pin and the other was by technical fall. His loss was by minor decision.

In the first round, Aguila pinned Grossmont’s Joseph Rosas. Rosas advanced through the consolation bracket, but the CIF limits a wrestler to five matches in one day. Aguila had also reached his five-match limit, so the consolation final was not contested. In the event both wrestlers in the match for a position have reached their limit, the first

tiebreaking criteria is head-to-head competition earlier in the tournament. Because Aguila had previously defeated Rosas, Aguila was given third and Rosas received fourth place.

Johnny Bermudez was pinned in the consolation final, giving the junior fourth place in the 222-pound bracket.

“He also had a pretty great tournament,” Vera said.

Charles Geffroy of Poway, who was the Titans’ only wrestler who did not win his weight class, pinned Bermudez 24 seconds into the second period of the third-place match.

“He just fell a little bit short,” Vera said. “He was able to do some incredible things.”

Javier Montoya lost his third-place match by major decision, providing the senior with fourth place in the heavyweight class.

“He had himself a pretty good tournament,” Vera said.

Montoya was undefeated until facing Poway’s Andrew Johnson in the semifinal. Logan Ransdell of Granite Hills High School obtained a 9-0 major decision win against Montoya in the third-place match.

Kevin Sanchez was the fifth-place wrestler in the 134-pound class.

“Kevin had a tough tournament,” Vera said.

The senior was in the same weight bracket as three wrestlers ranked in the state.

“That entire division was stacked,” Vera said. “He held his own. He came back and had some great matches.”

Sanchez reached his five-match limit before the fifth-place match, but so had Mount Carmel High School’s Emery Holland. The two had not faced each other in the

tournament, so the tiebreaking criteria which applied was fewer points against during the earlier rounds. Sanchez had allowed fewer points and was given fifth place while Holland obtained sixth place.

Ethan Ellefsen was seeded sixth in the 115-pound class, and the sophomore placed sixth.

“He beat some pretty decent kids,” Vera said.

Ellefsen lost a quarterfinal match to Christian Aguilera of Hilltop High School, and those grapplers would have faced each other in the fifth-place match had the five-match limit not prevented both matmen from that competition. The earlier win gave Aguilera fifth place and Ellefsen sixth.

In the 122-pound division sophomore Chris Beltran took seventh place.

“Chris is just awesome. He wrestled really hard,” Vera said.

Beltran pinned Jacob Quiroz of Vista in the seventh-place match to capture the automatic Masters’ berth. The fall occurred 48 seconds into the third period.

“I definitely admire the kid’s will to want to push himself,” Vera said.

The CIF has a minimum participation requirement, but junior varsity matches count toward that threshold. Despite having only two previous varsity matches sophomore Brian Greenwood placed eighth in the 162-pound bracket.

Greenwood faced Chris Nava of Escondido High School in the seventh-place match. A 12-1 major decision gave Nava the automatic berth in the Masters.

Uriel Juarez is a junior. He wrestled at 140 pounds in the divisional tournament and lost the seventh-place match to Adam Ruiz of Valhalla High School by a 4-2

decision.

Juarez would have qualified for the masters due to the withdrawal of other 140-pound Division I wrestlers, but he aggravated a back injury between the divisional tournament and masters and did not compete in the all-division tournament.

“There are things that are more important than the tournament,” Vera said.

Matthew Kendall was Fallbrook’s 147-pound wrestler. The junior lost the seventh-place match by medical forfeit after a previous competition triggered concussion protocol, and he was held out of the Masters.

“He had some pretty good matches,” Vera said.

The Warriors did not place in the 108-pound or 128-pound classes. Fallbrook did not have representatives in the 172-pound or 184-pound divisions.

“I’m happy with all the places,” Vera said.

Team points are based on wins including the level of victory – decision, major decision, technical fall and fall or medical forfeit – and the points are increased for subsequent rounds. Poway won the Division II championship with 395 1/2 points, Vista placed second and had 176 1/2 points, Fallbrook accumulated 128 points, Granite Hills had the fourth-place total of 123 1/2 points and Mount Carmel took fifth place with 122 points.

“I’m ecstatic,” Vera said. “For us to go and finish third at CIF I think speaks volumes for where the program is right now.”

*Joe Naiman can be reached by email at [jnaiman@reedermedia.com](mailto:jnaiman@reedermedia.com).*



# OBITUARIES



**Donald King Foulkes** died peacefully Feb. 14, 2020, at the age of 97. He was preceded in death by his parents, Adams M. Foulkes and Eva M. Foulkes. He is survived by his wife, Mary, son Bruce and daughter Christine.

Donald was born in Peabody, Massachusetts, March 14, 1922. He attended Northeastern University in Boston and returned to complete his education and receive his bachelor’s degree in electrical engineering after his service in World War II.

He enlisted in the U.S. Army Air Corps, served as bombardier on a B-24 and flew 27 missions over Germany. On his 28th mission, his plane was shot down and he became a prisoner of war, interred for seven months.

He began his career with General Electric Company in electric utility sales in August 1947 and retired in March 1987 after 40 years. In December 1986, he and his wife of 71 years, moved to Fallbrook.

Donald was a member of Rotary Club, a POW support group, the Fallbrook Players Acting Group and the Curtain Call group. He helped build sets and performed in several plays.

A memorial service will be held Saturday, March 7, at 11 a.m. at Sonrise Christian Fellowship, 643 S. Stagecoach Lane, in Fallbrook. In lieu of flowers, donations may be made to your favorite charity in Donald’s memory.

Berry-Bell and Hall Mortuary is handling arrangements.

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2600 block S. Old Highway 395

1300 block S. Mission Rd  
**Feb. 17**  
1200 block S. Mission Rd  
800 block Morro Rd  
800 block Hillpark Ln Fraud  
**Feb. 18**  
700 block W. Fallbrook St  
4700 block Via Tala  
700 block W. Fallbrook St  
1100 block Old Stage Rd  
**Feb. 19**  
600 block S. Mission Rd  
900 block Alturas Rd  
900 block Alturas Rd  
800 block Hamilton Ln  
**Feb. 20**  
700 block S. Main Ave  
2600 block Buenos Tiempos  
400 block Yucca Rd  
3900 block Reche Rd  
**Feb. 21**  
1000 block Rice Canyon Rd  
4800 block Fifth St  
200 block S. Brandon Rd  
1100 block S. Mission Rd  
**Feb. 22**  
900 block E. Mission Rd  
Pala Rd @ Gird Rd  
300 block E. Mission Rd  
500 block Inverlochy Dr  
31500 block Aquaduct Rd  
**Feb. 23**  
200 block S. Brandon Rd  
200 block S. Brandon Rd  
4800 block Fifth St  
Interstate 15 @ Rainbow Valley Blvd  
3400 block S. Old Highway 395

900 block Knoll Park Ln  
S. Old Highway 395 @ Mohegan Ln  
4800 block Fifth St  
**Feb. 24**  
35600 block Asturian Wy  
E. Mission Rd @ N. Brandon Rd

2100 block S. Stage Coach Ln  
Mission Rd @ Via Montellano

800 block S. Main Ave  
**Feb. 25**  
1100 block E. Fallbrook St  
38500 block Sandia Creek Dr  
S. Old Highway 395 @ Pala Rd  
600 block S. Main Ave  
4300 block Rainbow Vista Dr  
**Feb. 26**  
39400 block De Luz Rd  
800 block Stewart Canyon Rd  
1100 block S. Mission Rd  
E. Alvarado St @ N. Main Ave  
5200 block Fifth St  
2400 block S. Stage Coach Ln  
**Feb. 27**  
600 block E. Alvarado St  
1000 block S. Main Ave  
1000 block S. Mission Rd  
Star Track Wy @ Pala Rd  
3900 block Reche Rd  
**Feb. 28**  
1400 block Los Amigos  
40000 block De Luz Arrest:

# SHERIFF’S LOG

Shoplifting  
Arrest: Disorderly conduct  
Arrest: Possession of controlled substance, controlled substance paraphernalia  
Arrest: Disorderly conduct

Vandalism  
Arrest: Assault with a deadly weapon

Arrest: Obstructing an officer  
Arrest: Juvenile curfew violation  
Arrest: Obstructing an officer  
Vandalism

Petty theft  
Vehicle theft  
Vehicle theft  
Fraud

Arrest: Parole violation  
Death  
Arrest: Battery  
Missing person

Disturbance  
Death  
Arrest: Outstanding misdemeanor warrant  
Fraud

Burglary  
Arrest: Public intoxication  
Burglary  
Arrest: Public intoxication  
Missing person

Arrest: Outstanding misdemeanor warrant  
Arson  
Spousal abuse  
Arrest: Domestic battery, possession of controlled substance  
Possession of controlled substance, controlled substance paraphernalia  
Vehicle theft  
Arrest: Outstanding misdemeanor warrant  
Spousal abuse

Child abuse  
Arrest: Providing false identification to officer, obstructing an officer, outstanding felony warrant  
Family disturbance  
Arrest: Possession of controlled substance, controlled substance paraphernalia  
Vandalism

Vandalism  
Vehicle burglary  
Possession of controlled substance paraphernalia  
Burglary  
Death

Death  
Spousal abuse  
Arrest: Under influence of controlled substance  
Vandalism  
Battery  
Arrest: Possession of controlled substance

Petty theft  
Arrest: Outstanding misdemeanor warrant  
Disturbance  
Arrest: Possession of controlled substance  
Battery

Vehicle vandalism  
Outstanding misdemeanor warrant, possession of controlled substance paraphernalia

**Feb. 28**  
500 block Stewart Canyon Rd  
Highway 76 @ Interstate 15

**Feb. 29**  
100 block W. College St  
600 block E. Alvarado St  
1400 block Alturas Rd  
Highway 76 @ Interstate 15  
**March 1**  
700 block S. Main Ave  
100 block W. College St

Vehicle burglary  
Arrest: Outstanding misdemeanor warrant

Residential burglary  
Arrest: Public intoxication  
Vehicle burglary  
Vehicle vandalism

Arrest: Terrorist threats  
Residential burglary

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the village beat

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NATIONAL

More testing sheds light on how coronavirus is spreading in U.S.

Carla K. Johnson  
The Associated Press

An increase in testing for the coronavirus began shedding light Monday, March 2, on how the illness has spread in the United States, including among nursing home residents in one Washington state facility.

New diagnoses in several states pushed the tally of COVID-19 cases past 100, and New Hampshire reported its first case, raising the total of affected states to 11. Seattle officials announced four more deaths, bringing the total in the U.S. to six.

In Seattle, King County Executive Dow Constantine declared an emergency and said the county was buying a hotel to be used as a hospital for patients who need to be isolated. He said the facility should be available by the end of the week.

“We have moved to a new stage in the fight,” he said.

Vice President Mike Pence met with the nation’s governors and pledged to continue updating them weekly by teleconference. President Donald Trump met with pharmaceutical companies to talk about progress toward a vaccine.

Four of the dead were residents of a nursing home in Kirkland, Washington, according to King County health authorities. The nursing home cases especially troubled health care experts because of the vulnerability of sick and elderly people to the illness and existing problems in nursing facilities.

“It’s going to be a disaster,” Charlene Harrington said, who studies nursing homes at the University of California, San Francisco. Infection is already a huge problem in U.S. nursing homes because of a lack of nurses and training.

In Texas, tension between U.S. and local officials brewed over the planned release Monday of more than 120 ex-passengers of the Diamond Princess cruise ship in quarantine in San Antonio. Mayor Ron Nirenberg declared a public safety emergency in an attempt to continue the quarantine. He and other officials in San Antonio called for more lab testing of the passengers after one woman tested positive after release.

The Centers for Disease Control and Prevention said its case count includes 45 infections among people who were on the cruise ship, one more than previously reported. The count includes people who tested positive after returning from travel to outbreak areas in other parts of the world, their close contacts and infections that appear to be from community spread – people who did not travel or have known contact with other infected people.

The CDC recently broadened its guidelines for who should be tested for the new virus to include people with symptoms but without a travel history to virus hot zones.

More testing will bring more confirmed cases, experts said, but they cautioned that does not mean the virus is gaining speed. Instead, the testing is likely to reveal a picture of the virus’ spread that was previously invisible.

In Seattle, schools and one skyscraper closed, but health experts cautioned that closures can have downsides.

On Monday, the F5 technology company said it was closing its 44-story tower in downtown Seattle after learning an employee had been in contact with someone who tested positive for coronavirus. The employee tested negative, but company representative Rob Gruening said the tower was closed as a precaution.

More than 10 schools in the Seattle area were closed for deep cleaning over virus concerns, although the city-county public health department said it was not yet recommending school closures or cancellation of activities.

Closing schools and canceling large gatherings are what’s called social distancing, the idea that distancing people will reduce spread.

The evidence for those steps is “not as strong as we would like it to be,” Jennifer Nuzzo of the Johns Hopkins Center for Health Security cautioned Monday during a webinar.

Measures such as school closures have been used during flu outbreaks, and the new coronavirus isn’t acting exactly like flu. Moreover, they have downsides.

“Maybe it makes people more likely to stay at home. Maybe it doesn’t, if people re-congregate elsewhere,” Nuzzo said.

Closing schools also leaves health care workers, first responders and others without child care, making it difficult for them to come to work.

Trump and members of his Cabinet met at the White House with executives of 10 pharmaceutical companies to discuss ways to speed the development of a vaccine for the coronavirus.

There are no proven treatments for COVID-19. In China, scientists have been testing a combination of HIV drugs against the new virus, as well as an experimental drug named remdesivir that was in development to fight Ebola. In the U.S., the University of Nebraska Medical Center also began testing remdesivir in some Americans who were found to have COVID-19 after being evacuated from a cruise ship in Japan.

It’s not clear how quickly such studies will answer whether any of the drugs help. Many patients recover without needing any treatment. The biggest concern is how to help the fraction who become severely ill.

Pence, who also attended the Monday meeting, said other meetings are being arranged with leaders of airlines and cruise ship operations.

On Capitol Hill, negotiations on a bipartisan, emergency \$7 billion to \$8 billion measure to battle the virus are almost complete, according to both Democratic and Republican aides. The measure appears on track to be unveiled as early as Tuesday, and the hope is to speed it quickly through both House and Senate by the end of the week.

The measure would finance both federal and state response efforts, fund the federal government’s drive to develop and produce a vaccine, and offer Small Business Administration disaster loans to help businesses directly affected by the virus crisis.

At the Pentagon, the chairman of the Joint Chiefs of Staff, Gen. Mark Milley, told reporters that the COVID-19 outbreak has had little impact on the U.S. military.

“Right now, the overall broad impact to the U.S. uniformed military is very, very minimal. That’s not to say it’s zero,” he said.

U.S. Surgeon General Jerome Adams discussed the virus Monday during a stop in Connecticut, where he was touring the state public health laboratory.

“Caution, preparedness, but not panic,” Adams said. “That’s how we’re going to successfully navigate this coronavirus situation.”

Adams and state Public Health Commissioner Renee Coleman-Mitchell urged the public to take precautions such as washing hands, elbow “bumping” instead of hand shaking and getting flu shots. They said flu shots would decrease the number of people hospitalized because of flu and free up space, if needed, to treat patients sickened by the coronavirus.

The Associated Press writers Kevin Freking and Lauran Neergaard in Washington and Dave Collins in Rocky Hill, Connecticut, contributed to this report.

U.S. Secretary of Transportation Elaine L. Chao announces \$653.2M in emergency relief for road and bridge repairs

WASHINGTON – U.S. Secretary of Transportation Elaine L. Chao announced the U.S. Department of Transportation’s Federal Highway Administration will award \$653.2 million in emergency relief funds to help 37 states, as well as Washington, Puerto Rico and the U.S. Virgin Islands, make repairs to roads and bridges damaged by storms, floods, mudslides and other unexpected events.

“This \$653 million in federal funding will help communities repair their transportation infrastructure damaged by recent natural disasters,” U.S. Transportation Secretary Elaine L. Chao said.

Since 2017, this administration

has reimbursed states, territories, federal land management agencies and tribal governments \$4.2 billion for eligible expenses associated with damage from natural disasters or other emergency situations. The funds help pay for the reconstruction or replacement of damaged highways and bridges along with the arrangement of detours and replacement of damaged safety devices.

This emergency relief funding includes awards of nearly \$229 million for California for continued repairs to roads and bridges damaged by winter storms in 2017, as well as by wildfires; nearly \$51 million to Puerto Rico for ongoing repairs to roads and bridges damaged by Hurricanes

Irma and Maria in 2017; more than \$38 million to Alaska for damages caused by an earthquake and floods; more than \$36 million for New York, which includes funding for repairs to damage caused by severe winds and flooding; over \$30 million to Iowa for damages caused by significant flooding along the Missouri River in 2019 and over \$11 million for Michigan for flooding at various locations throughout the state.

“These funds are one of many ways we work to restore the nation’s damaged roads and bridges after natural disasters or other tragedies that disrupt travel,” Federal Highway Administrator Nicole R. Nason said.

Illegal aliens can’t appeal deportation orders to courts, Trump administration tells Supreme Court



The Supreme Court judges from Washington.

The Epoch Times photo/Charlotte Cuthbertson photo

Matthew Vadum  
The Epoch Times

The Trump administration told the Supreme Court that a foreigner who entered the country unlawfully and was denied asylum three times during administrative hearings during administrative proceedings doesn’t have the legal right to challenge an expedited removal order in the courts.

If the government loses the appeal in the case, known as Department of Homeland Security v. Thuraissigiam, the flow of illegal aliens and would-be asylees to the United States could accelerate at a time when the Trump administration has been trying to curb the flow of such people into the country.

In ruling on the case, the Supreme Court could clarify what, if any, due process rights aliens stopped at the border possess.

In a friend-of-the-court brief, the Immigration Law Reform Institute said such detained aliens don’t possess “any rights beyond what the INA (Immigration and Nationality Act) provides.”

The case goes back to 2017, when Vijayakumar Thuraissigiam, an ethnic Tamil, a group that has been persecuted in Sri Lanka, was arrested 25 yards north of the U.S.–Mexico border in San Ysidro, after entering the country unlawfully. His case was processed under the expedited removal system instead of the slower-moving traditional removal system.

While trying to demonstrate he had a credible fear of persecution in his homeland, Thuraissigiam claimed he had been detained and beaten in 2007 by Sri Lankan army officers for supporting a Tamil political candidate and that in 2014, government officials kidnapped and tortured him.

A U.S. asylum officer, a supervisory asylum officer and an immigration judge all rejected his refugee claim, and the file was sent to DHS for the man’s deportation. He brought an application in court seeking release from detention. U.S. District Court Judge Anthony J. Battaglia of the Southern District of California denied Thuraissigiam’s appeal, stating that he lacked subject matter jurisdiction under federal law.

At the urging of the American Civil Liberties Union, the 9th Circuit Court of Appeals unanimously reversed the district court ruling, finding the claimant was entitled to challenge his detention in federal court.

Deputy Solicitor General Edwin Kneedler told the Supreme Court during oral arguments March 2 that the appeals court was wrong, because federal law gives Thuraissigiam no right to go to court after going through the government’s administrative process.

“Congress has repeatedly said that an alien seeking admission is entitled only to the procedures Congress has provided,” Kneedler said.

When an immigration official rules that “an individual alien is excludable,” then that finding constitutes “due process, for purposes of the Constitution,” and “that expedited removal order establishes the government’s right to detain him.”

Justice Sonia Sotomayor challenged Kneedler’s explanation of the law.

“It’s one thing when an alien comes and has no protected ground to stay here. There’s no legal right to stay. And so expedited proceedings are OK because they have no right to be here. But when someone’s seeking asylum, they

have a statutory right to stay if they meet the elements of the statute.”

Justice Brett Kavanaugh posed a question to ACLU attorney Lee Gelernt.

“You are saying a non-citizen who arrives at a port of entry, has never been in the United States, not lawfully admitted to the United States, nonetheless has a right under the U.S. Constitution to judicial review of the executive’s decision to say they’re not admissible?” Kavanaugh said.

“The answer is yes,” Gelernt said.

Justice Stephen Breyer told Kneedler that centuries ago when habeas corpus, which governs whether a person’s detention is lawful, was developed, “The king wanted to see if his officers were following the law.”

“Now they may have a lot of discretion and so forth, but here we have a statute which says: Judge, you cannot determine whether the officer has followed the law. All you can determine is whether he issued an order saying keep him in jail or send him wherever or whatever.”

If that is the case, habeas rights “would seem fairly seriously undermined” by the INA, Breyer said.

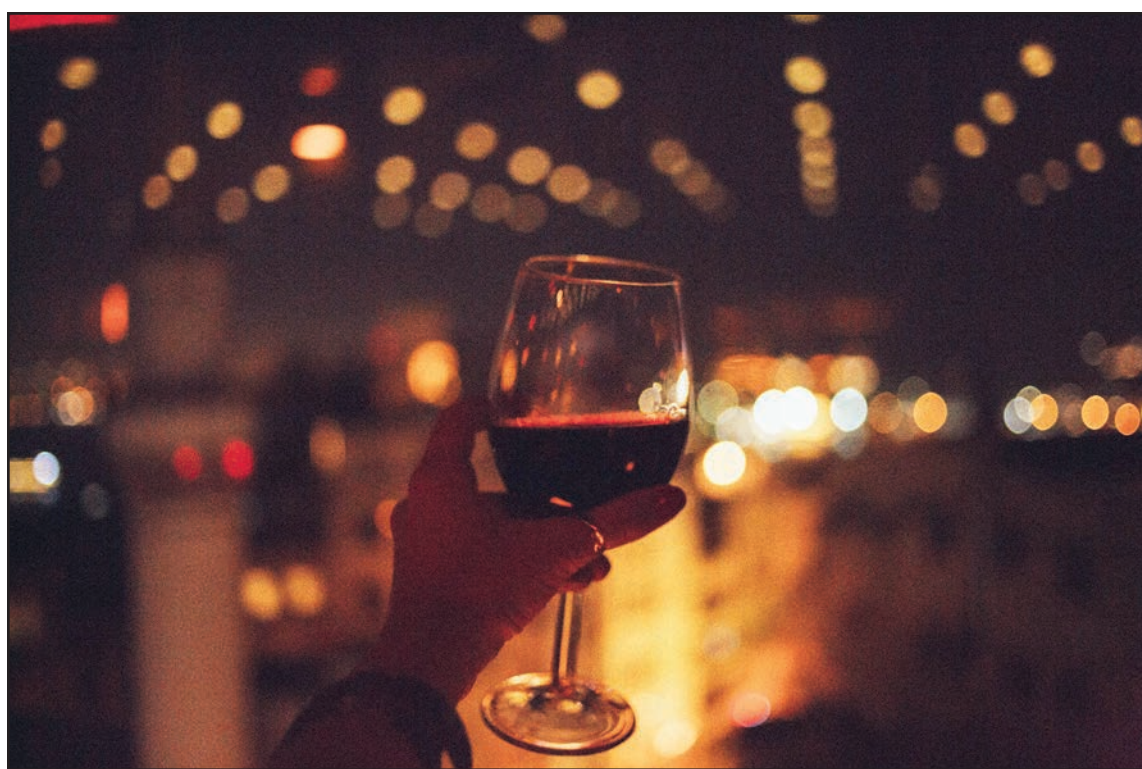
Kneedler said the Supreme Court has held for more than a hundred years that the determination of whether a person “comes within the scope of” the INA, “may be committed entirely to an executive officer.”

If judicial review were to be “added on top of” the administrative processes prescribed by the INA, “it would really bog down the system. And we think Congress’s judgment that that is not constitutionally required is entitled to great respect,” Kneedler told Chief Justice John Roberts.

Reprinted with permission of The Epoch Times.



## WINE & DINING



Experts from Temecula Wine Country say 2020 is going to be a good year for 2019 white wines and a big year for creative blends by local wineries.

**Jeff Pack**  
Staff Writer

We've talked with owners and winemakers from Cougar Vineyards and Winery, South Coast Winery and Devin Parr, brand marketing partner for Temecula Valley Southern California Wine Country.

But others wanted to chime in on what promises to be another year of growth and expansion in the region.

Winemaker Tim Kramer from Leoness Cellars and Temecula Valley Wine Management is big on the whites from 2019.

“The white wines are really nice from the 2019 vintage,” he said. “Fruit forward, nice acidity and very vibrant. We are currently re-

very vibrant, we are currently releasing our 2017 red wines, which was also a good vintage. The wines have nice structure and balance, and the oak has really integrated well with the wines. Overall, I'm really happy with the quality of wines we're releasing at Leoneess."

He said variety is the spice of life in Temecula Wine Country.

"I think you're continuing to see a lot of proprietary wines at many of the wineries, which is kind of cool," Kramer said. "Guests can taste or buy a particularly unique blend at Leoness or other wineries that they can't get anywhere else, and I think our visitors really enjoy that."

He said they are always trying our new varietals, too.

"We're always trying to fine-tune our repertoire of wines while maintaining consistency and familiarity," Kramer said. "That being said we released our first varietal sauvignon blanc since 2007 with the 2019 vintage, and it's really been a hit. We're also tweaking some blends and just really trying to have something for everyone who walks through our doors."

"It seems our guests have very eclectic palates, so we've always offered a wide array of wines. Standouts for us have always been syrah, zinfandel, viognier and then our proprietary blends."

Wiens Family Cellars winemaker Joe Wiens said their winery is looking strong for 2020.

"The 2017 and 2018 reds that have been blended and bottled are tasting great, and 2019 proved to be a great year for aromatic white wine varieties, giving us a very strong list for 2020," he said. "We are seeing a continued inter-

est in our blends, and vineyard designates. Our guests seem less concerned about grape varieties and are more interested in well-balanced blends that have a good story. The exception is our vineyard specific varietal wines that showcase our local terroir, proving that Temecula Valley wines can compete head to head with other renowned wine areas.”

Wiens said longtime favorites are always well admired.

“While obscure varieties like aglianico and dolcetto sell very well, we continue to see very strong sales, and interest in our chardonnay – recently awarded editor’s choice in Wine Enthusiast – and our selection of cabernet



Leoness Family Cellars winemaker Tim Kramer said the white wines from the 2019 vintage are “fruit-forward, nice acidity and very vibrant.”

sauvignons that we offer," he said. "While they may not be the most exciting varieties, it's good to know that we can produce these classic varieties very well."

As far as new varietals coming to the tasting room, there's one

“We will be releasing our first fiano, a refreshingly crisp and lesser-known Italian white varietal that does exceptionally well in our climate,” Wiens said.

As far as what he thinks will be strong this year, of course, Wiens points toward their reds.

"We lean toward full-bodied reds and should continue to see strong cabernet sauvignon sales, complemented by crisp, dry white wines like albarino and vermentino for our hot summer days," he said.

Nick Palumbo of Palumbo Family Vineyards and Winery talked about the weather and how they deal with what has been a rather dry winter season so far.

"We had a good start early winter with plenty of rain but that has dried up a bit," he said. "It is still too early to tell on this year but we have learned to make adjustments to whatever is thrown our way so should be fine no matter what the season brings."

Palumbo is encouraged by the grapes that are producing in De Luz.

"My vineyards in De Luz, which is in the Temecula Valley AVA by the way, are producing well, and I am excited to continue production of local my tannat from my vineyards out there," he said. "The area seems perfect for the varietal and am excited to release the wine later this year."

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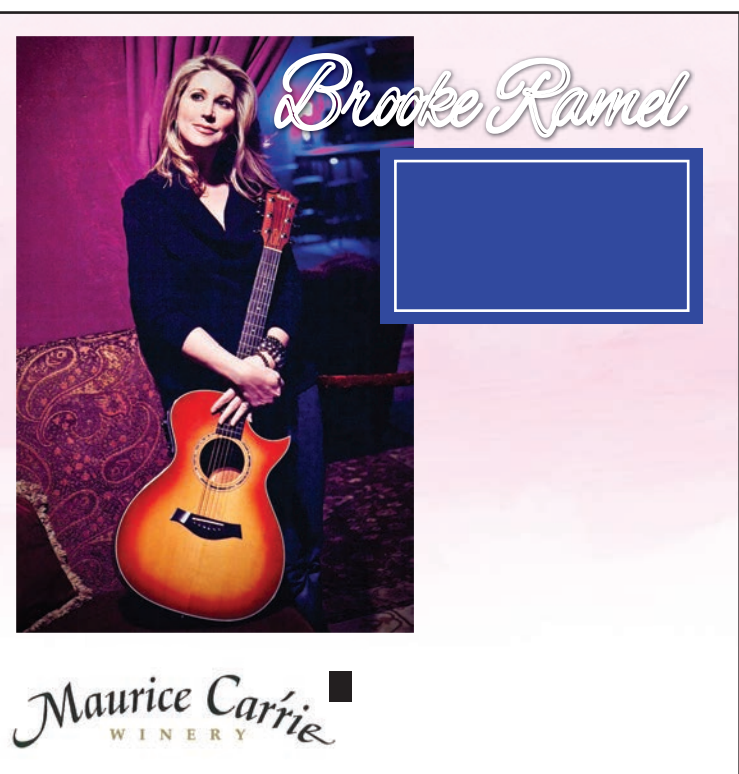
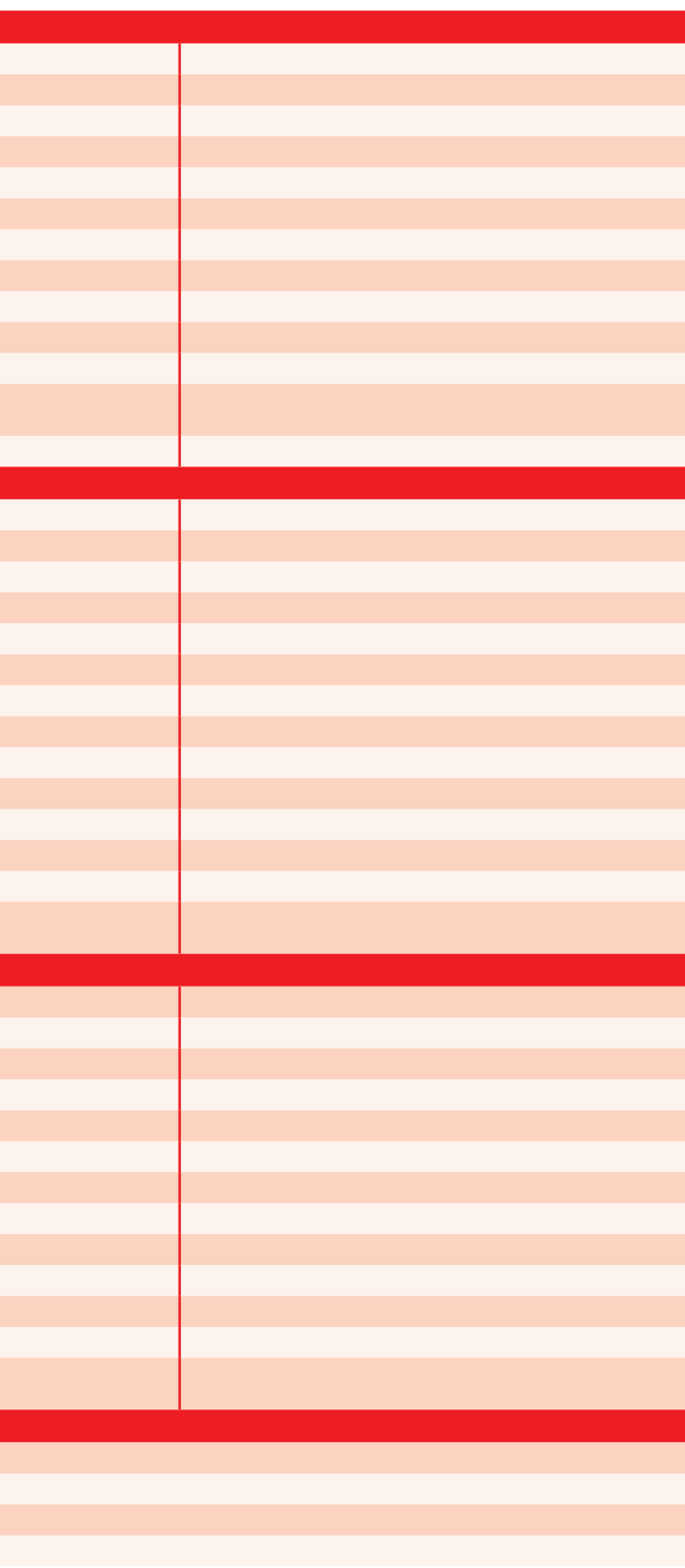
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# Da South in ya Mouth serves up Southern food, togetherness



Andra Riles works his barbecue skills on his Big Green Egg at Da South in Ya Mouth in Fallbrook.

**Jeff Pack**  
Staff Writer

Da South in ya Mouth owner, operator and head chef, Andra Riles said he knows exactly where his passion for food comes from. “Growing up in rural Georgia, my grandma, she was a serious cook, man,” Riles said. “She could put anything together. Just watching her, learning from her, that passion comes from her. The way she brought family together, changed people’s lives, different things like that. I think that’s what resonates with me.”

That ability to bring people together is why Andra Riles and his wife, Rinda, decided to open the restaurant on South Mission Road.

“It’s a really funky concept,” Rinda Riles said. “We wanted to create a fun and welcoming environment for families to come out and play. We’ve got a game cabinet; we’ve got cornhole. We’ve actually leased the building here, but we’re operating out of a food truck because there’s no kitchen. But within the building, there is this amazing community space with, when you walk in, you think you just walked into your grandma’s house.

“There are dining tables, there’s a couch, there’s a TV. There’s always something entertaining going on the television. We’ve got recliners and rocking chairs inside and out.”

Rinda Riles said after people place their food orders at the truck, they head on inside to find a place to eat.

“They go in and make themselves at home, grab a game, chat with people, hang out on the couch and watch the TV and then we run the order in when they’re ready,” she said. “Then they can dine in or they can take it to go.”

Rinda Riles said she wanted to be sure to inform people that because they work out of food truck, it’s not quite the same as a taco cart.

“Where everything is pre-done and it takes two seconds to, you know, whip up a couple of tacos and send them out the window,” Rinda Riles said. “They’re literally getting a restaurant experience where there is a wait time because everything is made to order. There’s a lot of stuff that has to be cooked when it’s ordered so it can take 15 or 20 minutes just like a restaurant to get your food, which is why we created the space to welcome people to get comfortable while they wait for their food.”

On the restaurant’s Facebook page, the restaurant is described as “Southern Food done the Southern way, by Southern People. ... So you will feel the Soul of proud Southern Folks who care more about pleasing you than themselves.”

After transferring to the area to serve as a general manager for Buffalo Wild Wings, Andra Riles said he left the corporate life to start his own business.

“I decided to do what I love to do,” he said. “And that’s please people, of course. Please customers and cook Southern food. Give people a taste of what

the South is all about.”

The menu will carry a lot of consistent favorites such as barbecued pork ribs and tri-tip and dives into the world of Cajun seafood with fried catfish and shrimp and Cajun fried lobster bites.

Soul food favorites like mac and cheese, baked beans and collard greens are also on the menu. Diners will also find desserts like banana pudding and peach cobbler on a constantly rotating menu.

When asked what his specialties are, he said, “Catfish is definitely a big-time reputation of the South. The baked beans, Cajon shrimp, gumbo all the way down to the ribs and the chicken and the tri-tip. All that stuff is a representation of the South. The homemade potato salad to the homemade Cajun sauce, the homemade barbecue sauce. All of that is just things that I learned over the years.”

Interestingly enough, the entire menu will rotate from time to time for a variety of reasons, he said. Another thing to make a note of, they said, is that no dish will ever be made the same way by Andra Riles.

“It would be like going to your mom’s house,” Rinda said. “You never know what she’s going to cook. Right? So, it’s not like going to an Olive Garden where you’ve already studied the menu and you know what you’re going to get every single time you go there.

“He doesn’t follow recipes,” she said. “He follows his heart. They may come and get baked beans one day and it’s got hotlinks in it, and they may come next week and the baked beans have ground beef in them. The mac and cheese might be different week to week. Everything is done from the heart. Nothing is made from a recipe, and everything varies week to week.”



A sampling of the traditionally Southern dishes being served up at Fallbrook’s newest eatery, Da South in ya Mouth. Village News/Shane Gibson photos



Guests to Da South in ya Mouth watch the television while waiting for their food.



After ordering food from the food truck outside, guests are invited to come inside and make themselves comfortable.

They opened a couple of weeks ago, and people are just starting to find the spot just south of town. They are so new the restaurant still doesn’t have signage on the building, and they have yet to announce a grand opening date.

“We’ve got some really big plans for the future as far as building a big outdoor deck by the

stream for outdoor seating,” Rinda said. “We want to eventually bring in live bands and maybe a comedian every now and then do movie night on the TV. We want to do themed days where he might have a Louisiana Saturday and he might have a Georgia Wednesday.”

Diner can find Andra Riles out cooking in or barbecuing outside the truck most days, working out the kinks in the business and

serving up South-inspired food five days a week, from 2-8 p.m. Wednesdays through Fridays, 11 a.m. to 8 p.m. Saturdays and 10 a.m. to 4 p.m. Sundays.

Da South in ya Mouth is located at 3137 S. Mission Road in Fallbrook. Call (619) 738-2918 or email [dasouthinyamouth@gmail.com](mailto:dasouthinyamouth@gmail.com) for more information. Jeff Pack can be reached by email at [jpack@reedermedia.com](mailto:jpack@reedermedia.com).



While the food is cooked inside and outside of the food truck, guests are invited to come inside to dine and hang out at Da South in ya Mouth.



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