



Sports  
Warriors grapple  
with Cougars  
B-1



Community  
Work on community  
garden  
C-1

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January 18, 2024

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Volume 28, Issue 3

New NCFPD  
response  
standards  
classify  
Fallbrook and  
Bonsall as  
suburban

Joe Naiman  
Village News Reporter

The National Fire Protection Association has response time standards based on population density and a community's expectations. Although density would classify Fallbrook and Bonsall as urban areas, the road network which affects travel time is more appropriate for a suburban area and the Dec. 12 North County Fire Protection District board meeting included adopting an updated Effective Response Force Standard which classifies Fallbrook and Bonsall as suburban.

The board's 5-0 vote adopted the standard which increases the travel time response standard to 6 1/2 minutes for Fallbrook and Bonsall while retaining the rural designation and a 13-minute travel time standard for Rainbow and for other areas east of Interstate 15.

"It was more reflective of our fire district," said NCFPD Fire Chief Keith McReynolds.

The total response time consists of three measurements. Call processing time is the time elapsed between when the communication center receives the call and when the information is processed and given to the first responding units. Turnout time is the time between when the station personnel receive the call and when they leave the station.

Travel time is how long it takes to drive to the incident location. All three of those response measurements have standards which are supposed to be met at

see STANDARDS, page D-5

Local residents now represented on SANDAG

OUR MISSION

We are the regional agency that connects  
people, places, and innovative ideas by  
implementing solutions with our unique  
and diverse communities.

SANDAG

The Association of Planning Groups, San Diego County elected Robin Joy Maxson (Ramona), left, as an Advisory Member and Eileen Delaney (Fallbrook) as the Alternate to the SANDAG Board of Directors. They both attended their first meeting, on Jan. 12. This was an historic day for the over 500,000 residents of the county's unincorporated areas. For the first time ever, these residents have representation on SANDAG from members chosen from the county's 18 planning groups.

Professional golf  
tournament to benefit Drew  
Mings Foundation



The foundation dedicated to preserving Drew Mings' memory is raising funds for scholarships.

Village News Staff

The 2024 Fallbrook Open, a professional golf tournament, returns to the Golf Club of

California, March 18-21. Hosted by the Asher Tour, the event brings a talented group of professional golfers to compete for a \$20,000 first prize. The event debuted in 2019 and, this year, proceeds will benefit a noble cause with a local impact, The Drew Mings Foundation.

Andrew "Drew" Mings passed away in a tragic car accident on Aug. 24, 2023, at the young age of 23. This foundation is committed to preserving Drew's memory and will honor his legacy by providing scholarships to students who need assistance with their educational goals.

The foundation is also hosting an inaugural fundraising event, the Drew Mings Memorial Tournament, which is dedicated to raising funds to achieve its goals. To be held Sunday, March 24, the Memorial tournament is open to

see DREW, page D-5

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Woman transported to  
hospital



On Monday, Jan. 15, there was a call to Sheriff dispatch for a "suspicious person" in the restroom at Ace Hardware on Main Avenue at about 1:23 p.m. According to SDO Lt. Sanchez there was "a female reported in the restroom at the business for about 45 minutes and one person reported hearing what they thought was possibly spray cans." First responders arrived and made contact with the subject and initiated CPR. She was transported to a local hospital.

Sheriffs respond to brawl



There were several minors detained and released to their parents after a brawl on Friday, Jan. 12 in the parking lot of the Fallbrook Community Health Center in the 1300 block of S. Mission Rd., according to San Diego Sheriff Lt. Sanchez. He said, "An ambulance was requested for evaluation after a minor may have been battered. There were males reportedly drinking and someone was reported to have had a knife."

USPS Residential Customer

VILLAGE NEWS



# ANNOUNCEMENTS

The deadline for all announcements and press releases is Friday, 3 p.m. Email to [villageeditor@reedermedia.com](mailto:villageeditor@reedermedia.com).

## ‘Do it For Her 5K’ offers beautiful course, wine tasting, great prizes

TEMECULA – The Do it For Her 5K, sponsored by the Heather Janikowski Foundation, will take place at the Mount Palomar Winery on Sunday, Jan. 21.

Race Organizer Kevin Murphy wrote, “A fantastic race, and the hospitality of the Mount Palomar Winery offers Breakfast Burritos and wine tasting. Also many (over 50 prizes to be raffled off) from places like Bath and Body Works, Road Runner Sports, Spuntino Italian Restaurant, Cheesecake Factory, Olive Garden and Lazy Dog Restaurant; just to name a few. Should be a fun time at the event with a great expo with many vendors. If you cannot run, you can walk. Course is stroller and dog friendly as well.”

Proceeds will benefit Fallbrook Youth Sports through the foundation with the goal of building up youth through healthy eating, active lifestyle and positive self confidence.

Go to HJ Foundation or RaceWire to register or volunteer. Or, for more information, go

to [https://racewire.com/register.php?id=13807#add\\_entry](https://racewire.com/register.php?id=13807#add_entry)

Early packet pickup will be on the 19th and 20th from 2-6 p.m. at the Mount Palomar Winery, which is located on Rancho California Road, five miles off I-15, at 33820 Rancho California Road, Temecula, 92591.

# Fallbrook Open

A PROFESSIONAL GOLF TOURNAMENT

MARCH 18-21, 2024

**Proceeds benefiting the Drew Mings Foundation**  
[www.drewmingsfoundation.org](http://www.drewmingsfoundation.org)

### Drew Mings Memorial Golf Tournament

Sunday, March 24, 2024

**The Golf Club of California**  
3742 Flowerwood Lane  
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Sponsor: **VILLAGE NEWS**

For more details contact Michael O’Leary at 760-822-8263 or [moleary@siainc.net](mailto:moleary@siainc.net)  
**www.ashertour.com** | a 501c3 nonprofit organization

## Free chipping day set for Jan. 27



Cal Fire workers feed tree branches into a chipper at a past Chipping Day. The next one is on Jan. 27 at Fire Station 4.

FALLBROOK – The Fallbrook Fire Safe Council is sponsoring another free “Chipping Day” event Saturday, Jan. 27, from 7:30 a.m. to 1:30 p.m. at the North County Fire Station 4, 4375 Pala Mesa Drive, off of Old Hwy 395 in Fallbrook.

This event is open to all residents in the Fallbrook, Bonsall, Rainbow and De Luz communities. Material that will be accepted for chipping include branches, less than six inches in diameter, trimmed brush, palm branches and other cut vegetation. Brush must be free of mud, rocks and other debris. No tree stumps will be accepted. No commercial landscaping companies will be allowed to participate.

Volunteers will be at the site to assist in the unloading of vehicles. The chipped material will be placed in a dumpster that will be taken to the San Diego Compost facility for processing and not be available to the public.

*Submitted by Fallbrook Fire Safe Council.*

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**SHOWTIMES FOR FRIDAY 1/19- THURS 1/25**

JANUARY	FRI 19	SAT 20	SUN 21	TUE 23	WED 24	THU 25
A CASE FOR LOVE NR				4:00 PM 7:00 PM		
AXCN: COWBOY BEBOP: THE MOVIE R			7:30 PM	7:30 PM		
BEAUTIFUL WEDDING NR					7:00 PM	7:00 PM
GISELLE: BALLET IN CINEMA NR			12:00 PM 7:00 PM		7:00 PM	
I.S.S. R	2:30 PM 4:50 PM 7:10 PM	2:30 PM 4:30 PM 7:10 PM	2:30 PM 4:50 PM 7:10 PM	2:30 PM 4:50 PM 7:10 PM	12:10 PM 2:30 PM 4:50 PM	4:50 PM 7:10 PM
MEAN GIRLS PG-13	2:10 PM 4:50 PM 7:30 PM	2:10 PM 4:30 PM 7:30 PM	11:30 AM 4:50 PM 7:30 PM	2:10 PM 4:50 PM 7:30 PM	11:30 AM 2:10 PM 4:50 PM	4:50 PM 7:30 PM
MIGRATION PG	1:50 PM 4:30 PM 7:15 PM	1:50 PM 4:30 PM 7:15 PM	12:10 PM 2:25 PM 5:00 PM	1:50 PM 4:45 PM	12:00 PM 2:25 PM 4:45 PM	4:45 PM
POOR THINGS R	1:30 PM 4:15 PM 7:00 PM	1:30 PM 4:15 PM 7:00 PM	11:15 AM 3:30 PM 7:25 PM	1:30 PM 7:25 PM	11:15 AM 2:20 PM 7:25 PM	4:15 PM 7:15 PM
SOUL - SPECIAL THEATRICAL ENGAGEMENT PG	1:45 PM	1:45 PM	11:00 AM	1:45 PM	11:00 AM	
THE BOYS IN THE BOAT PG-13	4:35 PM 7:25 PM	4:35 PM 7:25 PM	1:45 PM 4:35 PM	4:35 PM	1:45 PM 4:35 PM	4:35 PM 7:25 PM
WONKA PG	2:00 PM 4:40 PM 7:20 PM	2:00 PM 4:40 PM 7:20 PM	11:20 AM 2:00 PM 4:40 PM	2:00 PM 4:40 PM 7:20 PM	11:20 AM 2:00 PM 4:40 PM	4:40 PM 7:20 PM

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625 Hillcrest Ln, Fallbrook

Sold for \$691,500

SOLD \$101,253 ABOVE LIST

2864 Dos Lomas, Fallbrook

Sold for \$2,100,000

SOLD \$51,253 ABOVE LIST

3533 Lancewood, Fallbrook

Sold for \$1,200,000

SOLD \$11,253 ABOVE LIST

18442 Hwy 76, Pauma Valley

Sold for \$910,000

SOLD \$24,253 ABOVE LIST

302 Pippin Dr, Fallbrook

Sold for \$703,000

SOLD

4869 San Jacinto Cr W, Fallbrook

Sold for \$940,000

SOLD \$167,000 ABOVE LIST

3457 Via Zara Cr, Fallbrook

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SOLD

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SOLD \$76,253 ABOVE LIST

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SOLD

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2 Solitaire Ln, Aliso Viejo

Sold for \$1,700,000

SOLD

23 Rolling View Ln, Fallbrook

Sold for \$1,650,000

SOLD \$12,253 ABOVE LIST

2135 Winterwarm Dr, Fallbrook

Sold for \$661,000

SOLD

477 Morro Hills Rd, Fallbrook

Sold for \$578,747

SOLD

3120 Knottwood Way, Fallbrook

Sold for \$1,210,000

SOLD

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Sold for \$185,500

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699 N Vulcan Ave #15, Encinitas

Sold for \$275,000

SOLD

18442 Hwy 76, Pauma Valley

Sold for \$910,000

BOUGHT BELOW LIST

4869 San Jacinto Cr W, Fallbrook

Sold for \$940,000

BOUGHT BELOW LIST

1401 El Norte Pkwy #119, San Marcos

Sold for \$435,000

SOLD

901 Crescent Bend, Fallbrook

Sold for \$750,000

SOLD

2559 Vista de Palomar, Fallbrook

Sold for \$2,100,000

SOLD

1604 La Mirada, San Marcos

Sold for \$4,399,840

BOUGHT BELOW LIST

23 Rolling View Ln, Fallbrook

Sold for \$1,650,000

SOLD

2135 Winterwarm Dr, Fallbrook

Sold for \$661,000

SOLD

1630 Kings Way, Vista

Sold for \$1,500,000

BOUGHT BELOW LIST

16 Saddle Creek, Fallbrook

Sold for \$1,600,000

SOLD

39858 Everly Pl, Temecula

Sold for \$749,000

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Ken's Corner

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Sharon's Corner

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LET'S TALK! – Sharon

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OPINION

Supporting California’s native wildlife



Assemblymember Marie Waldron  
75th District

I introduced AB 1031 in 2017 to establish the Native California Wildlife Rehabilitation Voluntary Tax Contribution Fund. The legislation allows taxpayers filing their returns to voluntarily ‘check off’ a specified amount to fund wildlife rescue organizations throughout the state. However,

since the program expires this year, last week I introduced AB 1828 so that the voluntary wildlife rehab fund can continue until 2032. Since 2018, taxpayers have contributed \$2 million through the fund to help support California’s non-profit animal rehabilitation organizations, many of which receive grants through the fund from the Department of Fish and Wildlife, in addition to private donations. Just last year, nearly \$320,000 was contributed. These nonprofits rescue sick, injured and orphaned wildlife including raptors, songbirds, fawns, bears, coyotes and many other native species. The animals are provided veterinarian treatment when necessary, species-appropriate diets, post release monitoring and surveillance along with other care and services. The ultimate aim is to reintroduce the animals back into the wild. The fund also facilitates needed research and habitat conservation for

endangered species. To participate, eligible organizations are required to meet specific guidelines. They must document their status as nonprofits operating permitted wildlife rehab facilities along with participation in the Wildlife Rehabilitation Medical Database. More information is available at: <https://wildlife.ca.gov/Tax-Donation>. Many of you know that I am a trained Project Wildlife Native Songbird Rehabilitator, and that animal welfare is a big priority for me. My experiences raising orphaned or injured songbirds and returning them to the wild has guided me in the legislation I introduce and support. In 2017, AB 1031 passed with wide, bipartisan support. I look forward to a similar outcome this year for AB 1828, so that the California Native Wildlife Rehabilitation Volunteer Tax Contribution Fund can continue its mission protecting California wildlife.

Regarding a coordinated attack by the left

I am using one letter to address the obviously coordinated attacks by far left radicals whose hate for Trump is surpassed only by their hatred for America. To include Mr. Terrell, L. Kendall, J. Lucore and G. Mitchell (Remember these names for future reference). First, let’s clarify the term Jan. 6th. It should be called the Reichstag II (or 2.0). It was a copy of what the Nazis did as Hitler sought power. They burned the German capital (Reichstag) and blamed it on the Communists. The gullible German people believed them, and backed Hitler and his thugs. Sound familiar? We know Nancy Pelosi refused

Trump’s request for National Guard troops (her job) to be present at the peaceful rally. We know there were Antifa thugs and FBI “operatives” fomenting violence, but the MAGA supporters didn’t take the bait, and in fact called them out as “feds” as can be heard in the tapes. And as good Nazis and Communists, they accuse the victims of the crimes they committed, as read in these letters. The people weren’t trying to prevent the legal transfer of power (how could they?) they were protesting the blatant voter fraud to establish the illegal transfer of power. Remember, four blue states

simultaneously stopped counting votes, (to make up more illegal ballots), but don’t worry, this time it’s already done, with Gavin’s name on them. I am sorry, but any further discussion of these deceitful people is a waste of ink. Now I know Mr. Terrell is a Democratic operative and deserves all my contempt. These “people” pretending to wrap themselves in a flag they would never display, while supporting a party that shows every allegiance to communists and Muslim terrorists is so obvious. Have a nice day, comrades, Joe Schembri

Fallbrook gasoline prices

Okay, I understand that the local Fallbrook retailers want you to shop in Fallbrook to support them and being a long time Fallbrook resident, I am all for that. The one exception to that is that I don’t like getting gouged when I shop at certain Fallbrook retailers, in this case the gas stations.

About five days ago, I purchased regular gasoline in Fallbrook at a price of \$5.18 per gallon but a couple of days later when I drove eight miles to Oceanside, I found two gas stations that had regular gasoline priced at \$3.99 and \$3.98 per gallon. My obvious question is why is

the gasoline about \$1.20 per gallon more in Fallbrook that it is a mere eight miles away ? It certainly can’t be transportation costs, so how do the local gas stations justify their high prices? William Larsen

The WHO wants to remove your rights and sovereignty

Julie Reeder  
Publisher

While people argue and divide themselves into “groups” here in the U.S., over elections and other important issues, there is a larger issue going on with the World Health Organization (WHO), which we have covered before. It may not make much difference who is in the White House, or maybe it will be the life or death of our Constitutional rights and our sovereignty. The WHO would like to take away our American God-given rights of free speech and bodily autonomy and bring the US, along with other nations, under their control, rather than the people who we vote to represent us. Everything seems to be getting put in place, getting ready for the next “emergency” or

“pandemic.” Covid, a manmade virus, paid for by our tax dollars and the vaccine, paid for by our tax dollars, could have just been a preview. “Will people conform to mandates to stay home, wear masks and take experimental shots?” The courts have, for the most part, protected our rights in the aftermath, as well as the censorship that happened by the federal government and the social media companies, but that is under the US Constitution and Bill of Rights. The WHO wants to control the next “event.” This is what evolutionary biologist, professor and podcaster Bret Weinstein had to say this week, “The ability to [remove our free speech] is currently under discussion at the international level, and it’s almost impossible to exaggerate how troubling

what is being discussed is. In fact, I think it is fair to say that we are in the middle of a coup, that we are actually facing the elimination of our national and our personal sovereignty. And that is the purpose of what is being constructed. “That it has been written in such a way that your eyes are supposed to glaze over as you attempt to sort out what is under discussion. And if you do that, then come May of this year, your nation is almost certain to sign onto an agreement that in some utterly vaguely described future circumstance, a public health emergency, which the director general of the World Health Organization has total liberty to define in any way that he sees fit. “In other words, nothing prevents climate change from see WHO, page A-5

Free healthcare



Supervisor Jim Desmond  
5th District

With the chaos continuing, I’m highly displeased to see the State roll out a program incentivizing more people to enter the country illegally. Beginning Jan. 1, the State of California is giving free healthcare to undocumented immigrants. Against numerous challenges

in California with a staggering homeless population, the highest gas prices in the country, exorbitant utility costs, crumbling infrastructure, and while facing a \$68 billion budget deficit, the decision for free health insurance to undocumented immigrants paid for with taxpayer dollars is unfathomable. Our local resources are meant to address our community’s needs, not fund services for those who have just entered our country. If the State of California had any common sense, it would halt the free health insurance program for undocumented immigrants and refocus on the pressing needs of Californians. It is time to prioritize our residents first. If you disagree with this program, please get in touch with your local State representatives and let them know how you feel. We must all use our voices and stay engaged in local politics. I will continue to keep you updated on the situation.

A good dining experience


How fortunate Fallbrook has so many lovely restaurants from which to choose. I would like to praise one we just discovered: it is the Coal Bunker! The atmosphere is charming, the


food is delicious and fresh, and the owners are friendly and helpful. Please try it the next time you want a good dining experience. You won’t be unhappy. Genie Summers

Re: ‘The world is changing. The GOP isn’t [Village News, Letter, 1/4/24]

John Terrell’s effort to define Republican beliefs is like Harvey Weinstein defining workplace dating etiquette. He would be better served working to remove the plank from the Democratic party’s eyes before accusing Republicans of shortcomings. Democrats believe that society is responsible for crime, rather than holding criminals responsible for their own behavior. Defunding the police, no cash bail and \$950 free stealing were always bad ideas, despite enthusiastic support from numerous prominent Democrats. Democrats are for allowing unlimited illegal immigrants into our country, so long as they stay out of Democrat cities that call themselves sanctuary cities. Nationally, Democrats believe that living on increasing amounts of debt is a desirable and sustainable financial path to success. Democrats view corporations as evil but the government as good. More government growth, intervention and control is always desired. Democrat President John F. Kennedy would be turning in his grave to learn that Democrats are asking what their country can do for them rather than what they can do for their country. It is Democrats who want expanded “institutional authority,” not Republicans, who recognize that a free market has proven to be the best economic system. Democrats support government (public) unions. Democrat President Franklin Delano Roosevelt would be turning in his grave to learn this, as he considered striking government employees to be “unthinkable and intolerable.” Democrats are fixated on skin color. Any criticism or complaint of a person of color could only be the result of racism. Martin Luther King would be turning in his grave to hear that in 2024 Democrats still won’t judge minorities by the content of their character. Democrats support national rent control, oblivious to its effect on housing supply and rent levels for new renters; 94% of economists, who are the scientists of the economy, oppose rent control, but Democrats refuse to listen to science they don’t agree with. Democrats support reparations from people who have never owned slaves nor supported slavery to be paid to people who have never been slaves. Apparently northerners fighting and dying to free slaves 160 years ago was insufficient. Forgetting that criminals ignore laws, Democrats work to pass laws making guns illegal for everyone. So much for Mr. Terrell’s claim that the “liberal view is based on a positive view of humanity, the belief that if people are given freedom to develop themselves, they will thrive and so will society.” Somehow guns are evil independent of the criminals who use them, yet that pesky crime rate

keeps getting higher, showing the “dark view of human nature” and “inherently immoral and lacking self-control” Mr. Terrell objects to. Time and time again, Democrat policies fail to meet their objectives, and in many cases fall victim to the law of unintended consequences as well. The Democrat answer to failed programs is to constantly insist that more money from others is needed to keep these programs running in perpetuity. The idea that the issue lies with the original faulty programs and policies is furthest from their minds. (see Prop HHH, Bullet Train, 2015 Vision Zero, etc.) Democrats believe Trump began the divide in this country, oblivious to the fact that it was the prior president who did this. Democrats decry the 2021 “insurrection” only because it wasn’t their party. In 2011, tens of thousands of Democrats surged on the Wisconsin Capitol building in Madison and physically occupied it for more than two weeks. They said, “This is what democracy looks like.” In 2018 during the Kavanaugh hearings, a mob of Democrats stormed the U.S. Supreme Court building in Washington, D.C., and pounded their fists in rage on the door. We were told, “It’s understandable.” In 2020, when groups of liberals marched and rioted in the streets, set buildings on fire, looted businesses, assaulted and even killed bystanders and police, they said “These are mostly peaceful protests.” When Democrats seized several blocks of the Capitol Hill neighborhood in downtown Seattle, declaring it an autonomous zone, they said “It’s a block party atmosphere.” When a crazed mob gathered after the Republican National Convention and attacked Rand Paul, a sitting U.S. Senator, we were told, “No justice, no peace.” Remember how police were told to stand down, governors refused to call in the national guard, and Democrats paid bail for violent protesters who were arrested? We were told, “This is the only way oppressed people can be heard.” Yes, Mr. Terrell, I agree that those who claim the higher ground but whose actions don’t support it are called hypocrites. With full control of the branches of government in California, it is Democrats who do the oppressing. I’m sure that’s fine with Mr. Terrell, who employs the strategy to “falsely accuse others of failing to divert attention away from themselves.” He calls it “bearing false witness, No 9 in the 10 commandments.” I call it taking the low road. It is the Democrat Party that is unfit to lead America, not only for the reasons above, but for many of the same reasons Mr. Terrell gives.





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David Felker

WHO

from page A-4

being declared a public health emergency that would trigger the provisions of these modifications. And in the case that some emergency or some pretense of an emergency shows up, the provisions that would kick in are beyond jaw dropping.”

He continued, “I call it the World Health Organization Pandemic Preparedness Plan. And what is under discussion are some modifications to the global public health regulations and modifications to an existing treaty. But all of this makes it sound minor and procedural. What has been proposed are, and again, the number of things included here is incredible.

“It’s hard even for those of us who have been focused on this to track all of the important things under discussion and to deduce the meaning of some of the more subtle provisions. But the World Health Organization and its signatory nations will be allowed to define a public health emergency on any basis that having declared one, they will be entitled to mandate remedies.”

“The remedies that are named include vaccines. Gene therapy technology is literally named in the set of things that the World Health Organization is going to reserve the right to mandate that it will be in a position to require these things of citizens, that it will be in a position to dictate our ability to travel.

“In other words, passports that would be predicated on one, having accepted these technologies are clearly being described. It would have the ability to forbid the use of other medications. So this looks like they’re preparing for a rerun where they can just simply take Ivermectin hydroxychloroquine off the table. They also have reserved the ability to dictate how these measures are discussed. That censorship is described here

as well. The right to dictate that, of course, misinformation is how they’re going to describe it.”

“Malformation is actually exactly what you need to know about to see how antiquated that notion is because this is actually, the Department of Homeland Security actually issued a memo in which it defined three kinds of, I kid you not, terrorism, miss, dis, and malformation misinformation are errors, misinformation are intentional errors, lies and malformation are things that are based in truth, but cause you to distrust authority.”

Interviewer asks, “So malformation is what you commit when you catch them lying?”

“Yes, exactly. Yeah. Discussing the lies of your government is malformation and therefore a kind of terrorism, which I should point out. As funny as that is, and as obviously Orwellian as that is, it’s also terrifying because if you have tracked the history of the spreading tyranny from the beginning of the war on terror, you know that terrorism is not a normal English word the way it once was. Terrorism is now a legal designation that causes all of your rights to evaporate.

“So at the point that the Department of Homeland Security says that you are guilty of a kind of terrorism for saying true things that cause you to distrust your government, they’re also telling you something about what rights they have to silence you. They’re not normal rights. So these things are all terrifying. And I do think as much as my jaw’s open, the Covid pandemic caused us to become aware of a lot of structures that had been built around us.

“But nonetheless, people’s willingness to accept the erosion of their rights because of a public health emergency has allowed this tyranny to use it as a Trojan horse. And I think that’s also something people need to become aware of, that there are a number of features of our environment that are basically, blind spots that

we can’t see.

“Past vaccines were one, and I know I was an enthusiast about vaccines. I still believe deeply in the elegance of vaccines as they should exist. But I’m now very alarmed at how they’re produced. And I’m even more alarmed at what has been called a vaccine that doesn’t meet the definition, right? That is because many of us believe that vaccines were an extremely elegant, low harm, high efficacy method of preventing disease. When they called this mRNA technology a vaccine, many of us gave it more credibility than we should have.

“If they had called it a gene transfection technology, we would’ve thought, wait, what? Public health functions the same way. If you think about it, public health, step back a second, your relationship with your doctor, your personal health ought to be very important to you.

“But there are ways in which things that happen at a population level that affect your personal health and your doctor’s not in a position to do anything about it. So somebody dumping pollution into a stream from which you’re pulling fish, you might detect the harm at the population level. You might need regulation at a population level in order to protect you. Your doctor’s not in a position to give you a pill to correct it. So the idea that public health is potentially a place to improve all of our wellbeing is real.

“But once you decide that there’s something above doctors relative to your health, then that can be an excuse for all manner of tyranny. Public health has been adopted. It’s like the sheep’s clothing that has allowed the wolf to go after our rights because in theory, it’s trying to protect us from harms that we would like to be protected. And it generates such fear. It’s such a huge scale that it weakens people’s moral immune systems. Absolutely. They’ll accept things they would never accept.”



Eric Meichtry, golf pro at the Golf Club of Rancho California, will be one of the golfers playing in the Fallbrook Open in March.

Village News/Courtesy photo

DREW

from page A-1

anyone who would like to enjoy a day on the links and support the foundation.

“The Fallbrook Open is very special to me and I know it will be a success.” said Michael O’Leary, Executive Director of the Asher Tour. “My personal connection to Drew, the Mings family, the foundation and the Fallbrook community really motivates me to make this the best event on our tour schedule for many years to come.”

The Asher Tour and the Drew Mings Foundation invite all golf enthusiasts and philanthropists to be part of this exciting ‘Fallbrook Golf Week,’ contributing to a worthy cause while enjoying world-class golf action. Don’t miss the opportunity to make a positive difference in the community and

celebrate the legacy of Andrew “Drew” Mings.

Sponsorship package opportunities are available for businesses and individuals. These sponsorships are not only a way to contribute to a worthwhile endeavor but also provide significant benefits to sponsors. The Asher Tour is a subsidiary of the Golden State Golf Tours Association, a 501(c)(3) non-profit organization, and all sponsorship levels and donations receive tax deductible benefits.

For more information about the Asher Tour, visit [www.ashertour.com](http://www.ashertour.com). For sponsorships and donation inquiries, contact Executive Director Michael O’Leary at [moleary@ashertour.com](mailto:moleary@ashertour.com) or call 760-822-8263.

For more information about the Drew Mings Foundation and its mission, visit [www.drewmingsfoundation.org](http://www.drewmingsfoundation.org).

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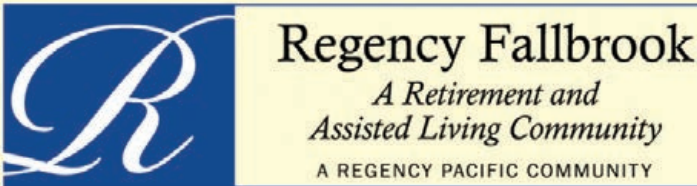
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# Senior center is adding activities to its offerings



Local seniors fill the Fallbrook Community Center for a holiday lunch program put on by the Fallbrook Senior Center.

FALLBROOK – Fallbrook Senior Center Executive Director Susie Gonsalves said, “We are delighted to unveil changes to our lunch program that we hope will enhance your lunch time at the Fallbrook Senior Center.

“We are broadening our range of social, educational, and entertainment activities to ensure that your time with us is not only enjoyable but also enriching. As part of this initiative, we will now feature Lunch and Learn sessions twice a month on Tuesdays, where guest speakers will cover various engaging topics.

“Additionally, Cal State San Marcos Nursing students will be present several times a month to conduct blood pressure and glucose checks, as well as provide educational information. We will also be incorporating more days with music to enhance the ambiance.”

To implement these positive changes, the center has adjusted its eligibility guidelines. Starting Jan. 1, it lowered the age of eligibility to 50. Those 50 and above can enjoy delicious meals for just \$5, while guests under 50 can join them for \$12.

Residents’ participation and support help in making these enhancements possible. Gonsalves added, “Come join us on this exciting journey as we strive to create memorable moments and strengthen community bonds!”

Lunch is served at the Fallbrook Community Center, located at 341 Heald Lane, Monday through Friday. Doors open at 10:30 a.m., and all guests are asked to arrive no later than 11 a.m.

“Everyone is welcome to join us, as meals are served on a first-come, first-served basis. Don’t miss out on the opportunity to be part of this enriching experience,” Gonsalves said.

For an up-to-date menu and information go to <https://www.fallbrookseniorcenter.com/>

Submitted by Fallbrook Senior Center.

# Vintage Car Club donates to Fallbrook Food Pantry

FALLBROOK –The Fallbrook Vintage Car Club uses proceeds from its annual car show to support local groups and programs such as schools, senior community outreach programs, sports programs, military families, and other worthy local causes that work to keep their community thriving.

FVCC also has a scholarship program for seniors at Fallbrook High which donates funds to selected individuals by semester as they progress to their selected post-high school education.

All donations are made possible by proceeds from the annual car show on Sunday of Memorial Day Weekend. To apply for a donation for a Fallbrook nonprofit group, go to [www.fallbrookvintagecarclub.org](http://www.fallbrookvintagecarclub.org) and submit an application that can be found under “Download a Donation Request.”

Membership information, recent member newsletters, pictures and video from the last annual car show, and a calendar of upcoming activities can also be found at their award-winning website. Use the red buttons to select a topic.

People don’t have to own a vintage car (25 years old) to be in the club, just have an interest in them along with the social aspects of this very active club, its activities and volunteer



Fallbrook Vintage Car Club Chair of Donations Michael McGuire, right, presents a check to Fallbrook Food Pantry Past Board President Catherine Sousa, left, and Director of Programs & Operations Carolina Miller, for their request for funds for the community.

opportunities for everyone. They meet the fourth Tuesday evening of every month, check their newsletter for more details, at [www.Fallbrookvintagecarclub.org](http://www.Fallbrookvintagecarclub.org).

Submitted by Fallbrook Vintage Car Club.

# Leap into love this Leap Day

SAN DIEGO – San Diego Assessor/Recorder/County Clerk Jordan Marks will offer more love on Leap Day this year and welcome walk-in weddings across San Diego County for couples seeking to “take the leap” and be married on this unique day.

A leap year is a calendar year that contains an additional day and only occurs every four years. This year, Leap Day falls on Thursday, Feb. 29 and four County Clerk offices offering marriage license and civil ceremony services will welcome walk-ins and waive the appointment requirement for couples taking a leap into love on Leap Day.

Couples wishing to “take the leap” or renew their wedding vows should schedule their appointment now on the award-winning website [www.SDARCC.gov](http://www.SDARCC.gov) as they are filling up quickly. Appointments are highly recommended; however, walk-in customers are also welcome at four County Clerk locations including Chula Vista, Downtown San Diego, San Marcos and Santee.

Marks commented, “Leap Day only comes every four years, and my County Clerk office will offer

more love by welcoming walk-ins for couples seeking to leap into love and be married on this memorable day.” Marks joked, “If they get married on a leap day some hope they only have to remember their anniversary every four years, but being married on such a memorable date will make their wedding all the more special.”

The Assessor/Recorder/County Clerk Offices will be open on Feb. 29 at 8 a.m. with the last appointment at 5 p.m. for marriage licenses and civil ceremonies. Walk-ins are welcome between 9 a.m. and 3 p.m. Couples wanting to get married on this special day can choose between appointments for the indoor ceremony room or the outdoor wedding venue.

Appointments can be made online at [www.sdarcc.gov](http://www.sdarcc.gov) or by calling 619-237-0502. The cost of a non-confidential marriage license is \$129. For an additional \$107, the couples may have their ceremonies performed by one of the County staff in English or Spanish.

Submitted by San Diego Assessor/Recorder/County Clerk.

# CALENDAR

- Jan. 21** – 2 p.m. – Fallbrook Music Society presents ‘Bach to Beatles’ – a trio of San Diego Based musicians performs creative jazz arrangements of Beatles songs, some folk and rock, many original compositions and a little flamenco! Fred Benedetti will play a few classical and Spanish/flamenco pieces. Free admission at Mission Theater. For more info, visit <https://www.fallbrookmusicsociety.org>.

**Jan. 26** – 12 p.m. – Fallbrook Woman’s Club is holding a “Mahjong with Friends” fundraiser at their clubhouse, 238 W. Mission Road. Doors open at 11:15. The \$25 fee includes lunch and beverages, opportunity baskets and prizes. For tickets or more info, contact Linda Lovett at 310 569-1905 or [lalovett111@icloud.com](mailto:lalovett111@icloud.com).

**Jan. 27** – 7:30 a.m. to 1 p.m. – Fallbrook FireSafe Council sponsors a free Chipping Day at North County Fire Station 4, 4375
- Pala Mesa Dr., off of Old Highway 395. Items to be chipped include branches less than six inches in diameter, trimmed brush, palm branches and other cut vegetation. Brush must be free of mud, rocks and other debris.

**Jan. 27** – 10 a.m. to 12:30 p.m. – The Monserate Chapter of the DAR will be offering a free genealogy seminar at Fallbrook Library. Registration is requested by emailing [maureen.hudson@monserate.californiadar.org](mailto:maureen.hudson@monserate.californiadar.org) or calling 760-207-9399. Walk-ins will be welcome.

**Feb. 16, 23; March 1, 8, 15, 22** – 5 to 7:30 p.m. – The Fallbrook Knights of Columbus will serve their Annual Fish Fry at St. Peter Parish Hall, 450 S. Stage Coach Lane. Prices are the same as last year: baked salmon or fried shrimp meals are \$15 each; fried cod meal \$10 and kids’ meal, \$5. Meals include potatoes and vegetables or french fries.

**April 13** – TBA – Boys & Girls Clubs of North County hosts its annual Great Futures Gala at Pechanga Resort & Casino, featuring live music, a performances from Club members, a live and silent auction featuring many unique items, and great food and company. Tickets are \$199 per person at [www.bgcnorthcounty.org](http://www.bgcnorthcounty.org). Call 760-728-5871 for more information. Sponsorships available.

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

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www.fallbrookhealth.org

# Urgent ANNOUNCEMENT

## Request for Proposals for Chair Yoga Program

This program will be utilized at our Community Health and Wellness Center held at 1636 East Mission Road, Fallbrook, CA 92028.

**SUBMIT A PROPOSAL NO LATER THAN 4:00 PM ON MONDAY, JANUARY 29TH**

For more details on the request for proposal visit [www.fallbrookhealth.org/rfps-bids](http://www.fallbrookhealth.org/rfps-bids) or scan the QR code.

For any questions, contact CEO – Rachel Mason either by calling (760) 731-9187 or emailing [rmason@fallbrookhealth.org](mailto:rmason@fallbrookhealth.org).

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This amazing 5 bedroom, 4 bathroom home on 3.80 acres is located privately at the end of a cul-de-sac. The home is designer remodeled with an open concept, 4,621 SQFT, floor plan featuring the primary suite located on the main level. The additional level is a retreat all its own with the remaining 4 very large bedrooms, separate multi-use storage room, 2 full bathrooms plus a grand living room and separate kitchenette room, making this property great for multigenerational living. Enjoy the alluring outdoor wraparound deck and astonishing views of the mountains and green countryside. Parking is not a worry with a 2 car attached garage, additional parking pad plus ample room to add an additional shed or park your vehicles, RV's and toys. The property is cleared and situated to maximize the views and acreage. The potential is endless at this Fallbrook oasis.

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- Gabriel Valdez  
Temecula, CA

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6-7:30pm

21ST

Kenny's Epic Bloody Mary's  
10am-2pm

22ND

Burger Night  
5-7pm

28TH

Mike's Margaritas  
10am-2pm

29TH

Burger Night  
5-7pm



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SOLD 10-23 2023



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SOLD 11-23 2023



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SOLD 12-18 2023



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# Warriors grapple with Cougars

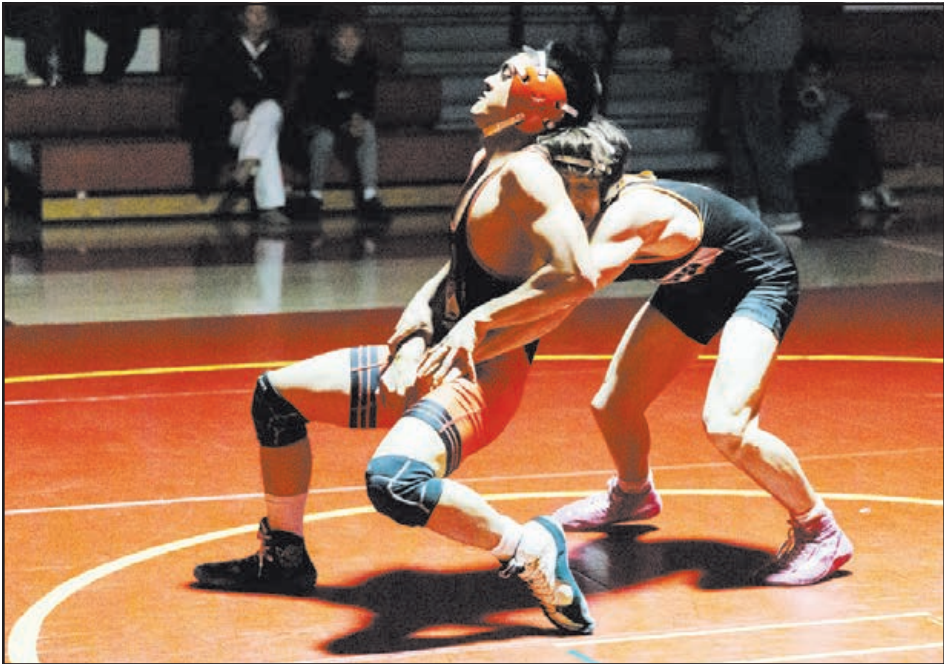


Fallbrook's Ricardo Lopez battles his Escondido opponent in the 113 pound weight class during a varsity wrestling meet, Jan. 18.

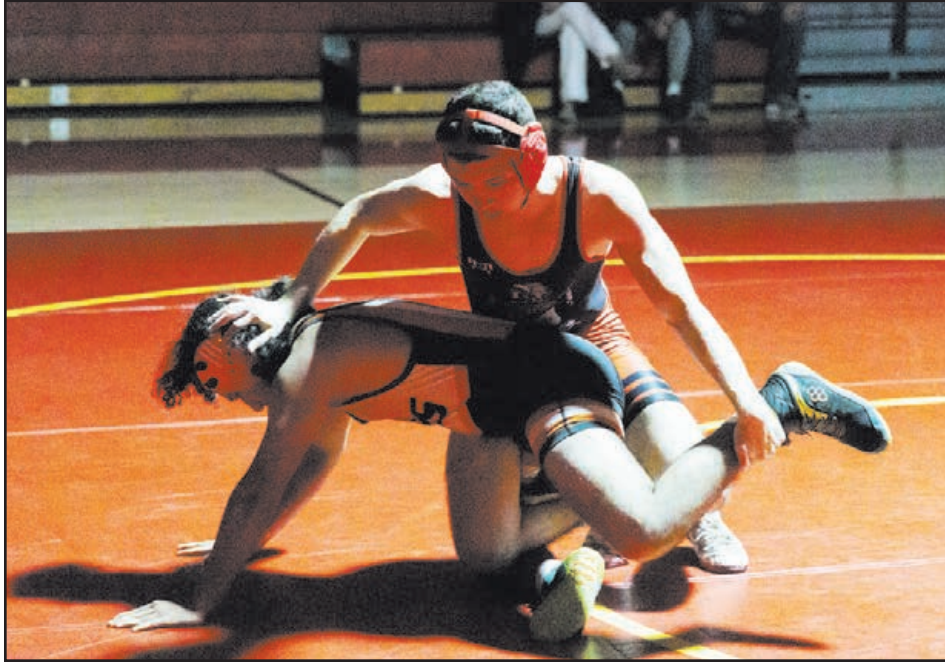
Village News/Shane Gibson photos



Warrior Jacob Sorden wrestles his Cougar opponent in the 120 pound weight class.



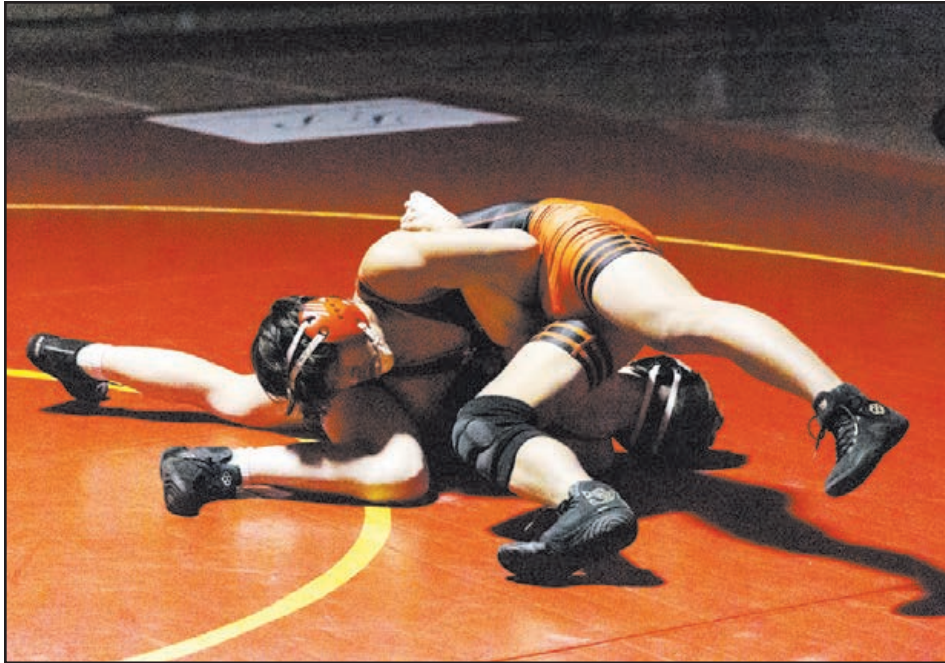
Fallbrook's CJ Cruz battles against an Escondido wrestler in the 132 pound weight class.



Warrior Daniel Wilson takes his Cougar opponent to the mat in the 138 pound weight class.



Fallbrook's Fisher Philips faces off against his Escondido opponent in the 144 pound weight class.



Warrior Devin Huntington attempts to pin his Cougar opponent in the 150 pound weight class.



Fallbrook's Cruz Arroyo gets a lock on his Escondido opponent in the 190 pound weight class.

HEALTH

Mindful Beginnings: The importance of prioritizing mental health in your New Year’s resolutions

Rhonda L. Randall, D.O.  
Special to the Village News

With the New Year here, many are still considering what will be on their list of resolutions, and mental health should be top of mind.

A recent study shows that in 2023, one of the highest reported New Year’s resolutions was to improve mental health (36%), reflecting a growing recognition of mental well-being as pivotal to our overall quality of life and highlighting a collective commitment to prioritize self-care and emotional resilience in the coming year.

The state of mental health in America continues to decline, with a mere 31% of Americans describing their mental health as “excellent” – a record low. While the collective recognition of prioritizing mental health is a step in the right direction, many people setting resolutions may not stick to them, with the majority losing their resolve as early as February.

So, as we plan our resolutions for the year ahead, here are some easy ways to implement and execute your mental health resolutions in 2024:



When surrounded by understanding friends, family, or mentors, individuals are better equipped to navigate stressors, share burdens, and find solace in times of need. Village News/Metro photo

Find and establish a solid support system. A robust support system is a cornerstone of mental well-being, providing a crucial safety net during inevitable challenges. When surrounded by understanding friends, family, or mentors, individuals are better equipped to navigate stressors, share burdens, and find solace in times of need. The interconnectedness of a strong support system not only validates emotions but fosters a sense of belonging and resilience, ultimately contributing to maintaining positive mental health.

Reset your mind and body.

Adequate sleep is a cornerstone of mental health, pivotal in cognitive function, emotional regulation, and stress resilience. According to the U.S. Center for Disease Control and Prevention, a third of us sleep less than seven hours a night. Insufficient sleep has been shown to negatively impact mental health, leading to impaired cognitive function, emotional regulation, and an increased vulnerability to mental health challenges. It is recommended for adults to sleep seven or more hours a night to

keep the mind healthy.

Don’t be afraid to talk to a professional. Engaging with your primary care physician or a mental health professional offers a unique and confidential space to express thoughts and emotions without judgment, fostering self-awareness and understanding. A primary care physician or trained therapist both provide valuable insights, coping strategies, and evidence-based interventions tailored to individual needs, helping to navigate challenges and promote emotional

well-being. Seeking professional help is a proactive step towards mental health, offering a guided journey of self-discovery and equipping individuals with the tools necessary to manage and overcome various mental health issues.

Check your health insurance coverage. You may be surprised to learn that your health insurance plan offers mental health benefits which may include digital self-help tools, in-person and virtual visits, coaching, and employee assistance programs, allowing you to access support in a variety of ways. People with mild behavioral health needs may find digital self-

help tools and virtual coaching as good places to start. If you have any questions, call the number on your insurance card for more information.

Embracing a commitment to self-care and emotional resilience represents both a personal vow and a societal pledge toward fostering a healthier and more compassionate world. As we venture into the New Year, this shared commitment can help us to build a future where mental health is regarded with the importance it deserves.

Rhonda L. Randall, D.O., is Chief Medical Officer at UnitedHealthcare, Employer & Individual.

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Healthy Habits: Drinking Water – 9 types for hydration

Dr. Megan Johnson McCullough

Special to the Village News

We all too often hear that we need to drink more water. Staying well hydrated is beneficial for every cell in our body, good for our brain, and is necessary for our body to function efficiently.

We have the choice of so many beverages that opting for plain water isn’t always appealing. There are nine types of water we can drink, so maybe knowing the choices can steer us towards this liquid if there’s a particular type we might like.

1. Purified water – This is considered safe water because it is water that has been treated so that anything harmful in it like bacteria, parasites, and fungi are removed. However, in this removal process, some of the beneficial substances are also removed. Fluoride would be an example that is removed which helps with tooth decay. Most people prefer purified water, while others consider it the more expensive option.

2. Tap water – This is the water that is all around us. From our kitchen sink water to the water that flushes the toilet, tap water is everywhere. Most tap water in the U.S. is safe to drink although some people refuse to drink it. It is good for you and cheaper.

3. Mineral water – This type is full of minerals, specifically calcium, magnesium, and sulfur. Your body doesn’t make these so they’re good to have and they help with digestion. Many people love the taste but don’t prefer the cost of it.

4. Sparkling water – This water is infused with carbon dioxide gas. Sometimes it is carbonated water or soda water. It gives a fizzy feeling without the sugar and sweeteners. Many brands mineralize the water which is

beneficial. This type can be more expensive.

5. Spring/glacier water – It is mostly clean and toxin free. It can be found in stores, but some types are not tested or filtered. It can also be more expensive depending on the brand.

6. Alkaline water – It has alkaline minerals and negative oxidation reduction potential (ORP). It has a higher pH than tap water. There is little proof, but some believe that alkaline water can neutralize the acid in your body. However, it can also reduce stomach acidity which then lowers the ability of the stomach lining to kill bad bacteria.

7. Distilled water – This is water that has been boiled. It is condensed back to liquid. It is mostly used in cars, aquariums, and for steam ironing. It is drinkable too.

8. Well water – This comes from the ground so although it may be available even in your own backyard, it might not be safe to drink. It is likely contaminated for drinking purposes.

9. Flavored water – This is flavored with sugar and/or artificial sweeteners as well as natural and/or artificial flavorings. It gives flavor to your water which tastes good, but it’s not good for maintaining a healthy weight or dealing with diabetes.

We need to drink water all day, every day. For some, this is easy but for others water isn’t their beverage of choice. The benefits of water for our body and mind are critical. Water refreshes our quench and all the muscles, joints, and cells we have. Make a toast to drink water for our health and happiness, inside and out.

Megan Johnson McCullough, Ed.D., recently earned her doctorate in physical education and health science, is a professional natural bodybuilder and is a National Academy of Sports Medicine master trainer.

# Stretch dollars for radiant health

**Stephanie Rubino, ND**  
*Special to the Village News*

Shocked by your recent grocery bill? Food prices continue to climb, and food insecurity has serious health implications for everyone. Healthy food access and consumption are essential and should not be compromised.

One of the first steps to eating well while protecting your wallet is meal planning, which helps people create a focused grocery list and search for deals that allow them to save. There are useful phone apps that can help people shop for sales and compare store prices. Have you ever been told not to shop when hungry? It's true. Research has shown that hunger can influence what a person buys, including non-food items.

Try some of these tips to also eat healthy on a budget.

Don't throw out leftovers. Turn leftovers into new meals or store them in the freezer for another time to decrease food waste.

Discover your green thumb. Grow your own food to help reduce grocery purchases and improve access to food grown seasonally.

Buy frozen fruits and vegetables. Healthy and convenient, frozen fruits and vegetables are full of nutrients and easily accessible. When purchasing fresh produce, select long-lasting items, such as apples, carrots, beets and potatoes.

Stock up on long-shelf-life foods. Nut butters, beans, canned fish and whole grains can be purchased in bulk and last a long time when stored properly.

Prevent nutrient deficiencies with fundamental supplements.

The best possible source of vitamins and minerals is a healthy diet that limits processed food, but diets alone do not always provide enough of the nutrients we need. When faced with nutrient deficiencies, nutritional supplements can help, but are they worth the investment when on a strict budget? Supplements can vary in cost, so search for ones that are affordable and provide the most benefit for your family.

Some examples include vitamin D, which helps prevent deficiency, maintain immune function and support bones and teeth, and magnesium, which is an important mineral for normal growth and development as well as proper muscle and nerve function.

Supplements provide a cost-effective solution to preventing

potential deficiencies caused by stress and poor food choices. And the best part is that these two supplements are inexpensive.

Engage in low-cost exercise routines.

Regular physical movement helps improve mood, enhance quality of life, reduce anxiety, manage blood sugar and body weight and support cardiovascular health. Expensive gym memberships and costly equipment are not required to achieve your fitness goals and promote physical and mental health.

Low-cost exercise routines are accessible for many people. Following online exercise videos or fitness apps that target various fitness levels. Using low-cost gear, such as resistance bands, dumbbells and jump ropes. Connecting with nature by walking, running, or biking outdoors. Using outdoor exercise equipment at your local park.

Manage stress and prevent burnout.

Higher inflation and increased financial limitations are sources of stress for many adults. When left unaddressed, chronic stress can affect your physical, mental, and emotional health, leading to difficulty concentrating, headaches, muscle tension, fatigue, moodiness, changes in eating habits and social withdrawal.

Beat stress and prevent burnout by consuming healthy protein and fats, whole grains and a rainbow of fruits and vegetables; staying hydrated with water and limit caffeine and alcohol intake; replenishing nutrients commonly depleted during stress, such as vitamin C, magnesium, and B vitamins; getting seven to nine hours of restful sleep each night and lastly, moving, laughing and breathing.

Can you maintain your best health while facing increased financial limitations? Achieving optimum health does not have to be expensive. In fact, the greatest costs come when people neglect it. Affordable strategies to support energy, improve mood and manage stress are essential to help them stay strong during these uncertain times.

Dr. Stephanie Rubino operates a general naturopathic practice with a focus on women's health and digestive health. She has a special interest in educating the public and other health professionals about a range of health topics and natural health product issues.

# Dry January and Beyond: Stop drinking for your health

**Dr. Archana Dubey**  
*Special to the Village News*

Millions of people worldwide are participating in the health movement of Dry January, by choosing not to drink alcohol for the month.

Because many Americans reported increasing their alcohol intake during the coronavirus pandemic, there is concern that consumption has remained high even after the pandemic ended. Health professionals report they are seeing increased drinking habits, especially among women.

California ranks 34th in the nation in excessive drinking, with 19.1% of adults reporting that they drink in excess, according to United Health Foundation's 2023 annual America's Health Ranking Report.

Individuals who consume alcohol identified improving their physical health and mental wellbeing as the main reasons for drinking less.

Consider the health rewards of drinking less.

Keeping alcohol use to a minimum allows good things to start happening in your body. You may find that you sleep better, your mood improves and you're able to think more clearly. Depending on the rest of your diet, you may even shed a few pounds. You'll certainly lower your risk of several types of cancer, including throat, esophageal, breast and colorectal cancers, per the National Cancer Institute.

If reducing how much you drink is a personal goal, read on to learn tips and strategies that may help.

Try these tips and strategies for drinking less.

Keep a journal to track your feelings: Knowing when and

why you reach for alcohol can help you figure out ways to cut back. But if you're unsure of your reasons, keep a journal for a week. When you feel the urge to pour a drink, jot down what is making you feel that way, whether physical or emotional. Loneliness and boredom are often big ones. You may also feel stressed, sad, anxious or irritable. Review your journal at the end of the week and look for patterns. Once you find some common themes, you can brainstorm ideas for working around them.

Drink mindfully.

For many people, drinking alcohol is almost an unconscious habit. They drink without even thinking about it. For example, maybe you sip wine while cooking dinner or open a beer when you turn on the TV. As you reach for that drink, give yourself a moment to think. Do you really want it or is it just part of your routine? That's what mindful drinking is all about. If it's the latter, you can concentrate on changing the behavior pattern. If it's the former, have the drink, but stay present in the moment – sit down and really savor it.

Change your routine.

If you normally have your happy hour at 5 o'clock in the evening, postpone it to 6:30 or 7 p.m. Distract yourself by taking a walk, going to the gym or flipping through your favorite magazine. You may feel the urge to drink at first, but breaking your routine will help change your habits over time. It just takes practice.

Try breathing exercises.

If you often turn to alcohol when you're stressed, anxious or irritated, try diaphragmatic breathing – also known as box breathing – before you pour a

drink. The deep-breathing method calms the central nervous system and can help you relax.

Here's how it works. Sit or lie down and slowly breathe out all the air from your lungs. Breathe in through your nose for a slow count of four. Aim to fill your lungs and stomach, not just push out your chest. Hold your breath for a count of four. Exhale for another count of four. Hold your breath again for a count of four. Repeat the entire sequence three or four times. Once you're calmer and more relaxed, you may find that you no longer need a drink to help you unwind.

Swap alcohol for something else.

Even if you do well limiting your alcohol at home, it may be harder to stick to your goals when you socialize, especially if your friends, family and coworkers are all drinking. If you feel pressured to drink when you go out – or you don't want to draw attention to the fact that you're consuming less, order something nonalcoholic that still looks like a regular drink. There are plenty of tasty nonalcoholic beverage options to choose from. It can be something as simple as club soda with fresh lime, kombucha or even a nonalcoholic version of your favorite cocktail. You could order a virgin margarita, and nobody would be the wiser.

The bottom line is taking action to drink less puts you in control, so that if/when you do decide to have a glass of wine or a cocktail, it's a conscious decision and not a mindless habit. And while drinking less can take a bit of planning and effort, the health rewards – for both body and mind – are worth it.

*Dr. Archana Dubey is chief medical officer of UnitedHealthcare of California.*

# Taking charge of your health: Cervical cancer and the importance of regular check-ups

VISTA – In our busy lives, it is crucial for every woman to prioritize her health. One aspect that often goes unnoticed until it's too late is cervical health. Cervical cancer is a serious but preventable condition, and getting care at the right time can make all the difference. So, what is cervical cancer, why do regular check-ups matter, and how can the women's health services at VCC be a valuable resource for you?

Cervical cancer typically starts with abnormal cell changes that may develop into cancer over time. It can start with no detectable symptoms, making early detection key to successful treatment. Regular check-ups, including Pap smears and human papillomavirus tests, can spot abnormal cell changes before they become cancerous. These screenings are quick, simple and painless, and an essential part of maintaining your well-being.

Establishing a routine for regular health check-ups is an important part of your personal health. The American Cancer Society recommends that women start getting Pap smears at the age of 21 and continue every three years. Women aged 30-65 can choose to extend the interval to every five years if combined with an HPV test. Following these guidelines is a great step in safeguarding your health.

VCC understands the unique needs of women in our community. Their women's health services are designed to provide accessible and comprehensive care; from routine screenings to vaccinations and personalized health consultations, VCC is here to support patients on their personal journey to optimal well-being.

The caring and experienced health care professionals at VCC prioritize your comfort and ensure that you feel empowered. With VCC, you have a welcoming environment where you can discuss your concerns, ask questions and receive the care you deserve. Appointments can be made by calling or texting 760-631-5000. Patients set up with Patient Portal may also be able to use the self-schedule to set their own appointments.

With 12 state-of-the-art locations in North San Diego, Orange and Riverside counties, VCC provides affordable, high quality health care to more than 70,000 community residents. Services offered by VCC include primary care, pediatrics, prenatal and women's health, optometry, chiropractic care, dental health, podiatry, acupuncture and behavioral health services. VCC also offers a wide array of community health education programs which are free and open to all community residents. VCC

is recognized by the National Committee for Quality Assurance as a Patient-Centered Medical Home at eight of its clinic sites and within its behavioral health department and is the recipient of the HRSA National Quality Leader Seal for exceeding national clinical quality benchmarks. For more information, call 760-631-5000 or visit <http://www.vcc.org>.

*Submitted by Vista Community Clinic.*

# Prevent flammable liquid burns

SAN DIEGO – There is a growing concern among first responders and the medical community over the increased occurrences of flammable liquid burns. Flammable liquid burns occur when liquids that can easily catch fire come into contact with the skin and ignite. These burns can be particularly dangerous due to the rapid spread of flames and the severity of injuries they can cause.

Flammable liquid burns commonly result from accidents involving gasoline, alcohol, kerosene or other volatile substances. These accidents might occur in industrial settings, at home or during transportation. They may result in lifelong scarring and in some extreme cases, even death. Prevention of flammable liquid burns is always preferable to treatment and can be accomplished through simple changes in behavior and small adjustments in the work and home environment.

In conjunction with Burn Awareness Week, Feb. 4-10, the American Burn Association and the Burn Institute are providing information to eliminate flammable liquid burns in the community.

Each year, over 450,000 injuries occur in the United States due to severe skin burns, with young children, older adults and disabled individuals most at-risk.

"We are dedicated to protecting the most vulnerable in our

community by using education and raising community awareness to help reduce the risk of these types of burn injuries. Taking a few extra seconds to move a liquid away from a flame or clear a space of dry material that can ignite could mean the difference between safety and a burn," Tessa Haviland, executive director for the Burn Institute, said. "By using education and community awareness, we hope to empower our communities to take simple steps to reduce the risk of burn injury and protect those most vulnerable, young children, older adults and those with mobility issues."

Flammable liquid burns are easy to prevent. Some things you can do to make your home and workplace safer include when purchasing a gas can, make sure it has a fuel arrestor on the can to prevent flashback; never use an accelerant such as gasoline, kerosene or aerosol sprays to start a fire and refuel lawnmowers, leaf blowers and string trimmers when the engines are cool and are in an open area outdoors.

The Burn Institute offers an onsite Fire Safety in the Workplace program to teach employees fire safety including how to use fire extinguishers, smoke alarm placement, as well as safe handling of flammable materials. Classes of all sizes are welcome and can be reserved at <https://burninstitute.org/fire-prevention-programs/>.

*Submitted by The Burn Institute.*

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SPORTS

# Brockson second, Huntington third at Mission Hills Invitational

Joe Naiman  
Village News Reporter

The Mission Hills Invitational wrestling tournament Jan. 6 at Mission Hills High School included a second-place result for Fallbrook High School junior Nic Brockson and third place for Fallbrook senior Devin Huntington.

“It went good. It was a really tough tournament,” said Fallbrook coach Tom Brockson.

The Warriors began 2024 competition with Fallbrook’s first Valley League dual meet of the year Jan. 4. The Warriors hosted Del Norte, who obtained a 45-35 victory. “It came down to the last match,” Brockson said.

Thirty of the Nighthawks’ points were from forfeits when Fallbrook didn’t field a grappler in the weight class.

Fallbrook brought six wrestlers to the Mission Hills Invitational. Nic Brockson was in the 128-pound division. He followed a first-round bye by pinning his next three opponents in the first period. Brockson pinned Christian’s Colton Evernham 1:09 into their match, pinned Diego Gonzalez Suarez of Rancho Buena Vista 1:13 into that bout, and pinned Eliel Santiago of Mission Hills 1:10 after the semifinal began.

Poway’s Thomas Storer also had a first-round bye and pinned his next three opponents in the first period. Storer and Brockson faced each other in the final. “They went

back and forth,” Tom Brockson said.

Storer went ahead with an early takedown. The opponents had two scrambles later in the first period before Storer was able to pin Nic Brockson at the end of the period.

Huntington wrestled in the 152-pound bracket. He had a first-round bye and then pinned Reese Arthur of Rancho Bernardo 45 seconds into the second period. In the quarterfinals, Ramona’s Liam Gonzalez won a 13-9 decision to relegate Huntington to the consolation bracket. Huntington then pinned San Pasqual’s Caleb Wright 1:33 into the second period and defeated Poway’s Thomas DeBoer in a 5-1 decision.

“Devin had some big wins,” Tom Brockson said.

Mount Miguel’s Ty Pope faced Huntington in the third-place match, and a pin 1:10 into the competition gave Huntington third place. “It was a really big win for him,” Brockson said.

Daniel Wilson was Fallbrook’s 140-pound grappler. The junior began the tournament by pinning Christian’s Brandon Scharer at the end of the second period and then winning an 18-7 major decision against Russell Henzie of El Capitan. In the quarterfinals Gambino Martinez of Castle Park obtained a 17-4 major decision victory over Wilson, whose only consolation bracket match was an 8-5 decision loss to Vista’s Jeremiah Vander Meulen.

Fisher Phillips also won two



Fallbrook senior Devin Huntington, left, wears his third place medal and Nic Brockson his second place medal, earned at the Mission Hills Invitational wrestling tournament.

Village News/Courtesy photo

matches before being eliminated. The 146-pound senior faced Alex Nunez of Ramona to begin the competition. The match was tied in regulation before Nunez obtained a takedown for a 6-4

overtime victory. Phillips began consolation bracket competition with an overtime victory of his own, defeating Christian’s Micah Melendez in a 7-6 match. Noah Wisniew of Mountain Empire was

pinned by Phillips 1:15 into their bout. Monte Vista’s Alparasian Sener ended Phillips’ participation with a 7-5 decision win.

# CHRB approves stabling and vanning plan budgeting subsidy for San Luis Rey

Joe Naiman  
Village News Reporter

The San Luis Rey Training Center along with the Los Alamitos Race Course barns rely on subsidies from the Southern California Stabling and Vanning

Fund to help cover the expenses which allow the horses stabled at those facilities to be ready for racing. The California Horse Racing Board meeting Thursday, Dec. 14, approved the 2024 Stabling and Vanning financial and operational plans which budget

\$3,268,500 for San Luis Rey. The plan was approved on a 4-0 vote with Damascus Castellanos, Gregory Ferraro, Oscar Gonzales and Brenda Washington Davis voting in favor and with Dennis Alfieri, Thomas Hudnut and Wendy Mitchell absent. A separate

4-0 vote approved a stabling and vanning advanced deposit wagering agreement, which increases the stabling and vanning deduction from the track amount from 1.02% to 1.15%.

Southern California Off-Track Wagering Inc. oversees off-track wagering and simulcast transmissions for the off-track facilities. SCOTWINC provides a stabling and vanning subsidy derived from off-track wagering which reduces the rent paid to the facilities by trainers. Initially the Stabling and Vanning Committee money was obtained only from satellite wagering facilities and not from on-line advance deposit wagering, and the increase in advance deposit wagering decreased the satellite wagering amount available for the subsidies. In 2009, the Stabling and Vanning Committee voted to cease funding for San Luis Rey, which at the time was called the San Luis Rey Downs Thoroughbred Training Center, and for Fairplex Park in Pomona as of Jan. 1, 2010. Fairplex closed its stable area to off-site stabling. San Luis Rey Downs faced closure before a group of local trainers obtained a lease on the facility.

San Luis Rey was closed for renovations between June 2013 and January 2014. In September 2013, the CHRB approved the allocation of race dates for the next racing year, and the approval of the Southern California racing calendar also included approval of associated agreements including the Southern California auxiliary off-track stabling issue which returned SCOTWINC funding to San Luis Rey.

The Southern California Stabling and Vanning fund is managed and administered jointly by the Thoroughbred Owners of California and all facilities within the Central/Southern zone where a thoroughbred or fair racing meet is conducted. Los Alamitos currently hosts the Los Angeles County Fair meet which had previously taken place during the county fair itself in Pomona, although the Los Angeles County Fair is still the formal meet association. The Los Angeles Turf Club is the association for the meets at

Santa Anita Park, the Del Mar Thoroughbred Club handles the meets at the Del Mar track and the Los Alamitos Racing Association is the organizing entity for Los Alamitos meets other than the fair meet.

Santa Anita stables horses when racing is not in session there, as did Hollywood Park before that facility closed in early 2014. The Del Mar Thoroughbred Club stables horses on-site during the Del Mar summer and fall meets. Los Alamitos is the only quarter horse racing track in Southern California and added thoroughbred racing after Hollywood Park closed. San Luis Rey is a CHRB-approved auxiliary training facility, although no racing has ever occurred there.

The 2024 Stabling and Vanning financial and operational plans anticipate physical facilities and advance deposit wagering to generate \$10,572,193 of funding. Because the projected shortfall at the end of 2023 was \$125,239 the 2024 budget includes \$160,873 to replenish the funding along with \$10,411,320 of expenses. The \$9,486,320 of stabling payments covers \$3,851,820 for Los Alamitos and \$2,366,000 for Santa Anita as well as the \$3,268,500 for San Luis Rey. Vanning costs will consume \$850,000 of the budget while \$75,000 is designated for administrative and other miscellaneous expenses.

The stabling and vanning deduction utilizes money which would otherwise be part of the purse for race finishes or the track commission. A decline in on-track wagering following the coronavirus outbreak reduced funding from that source, so in December 2021, the CHRB approved adjustments to cover the shortfall and increased the deduction to 1.20% for 2022. The deduction was decreased to 1.02% for 2023. The agreement between the Southern California tracks which conduct meets, the Thoroughbred Owners of California, and the California Thoroughbred Breeders Association increased that amount to 1.15% for 2024.

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

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SHERIFF’S LOG

Jan. 8	
800 blk E. Fallbrook St.	Arrest - Vandalism
S. Pico Ave. @ W. Beech St.	Battery - Simple
1200 blk Calle Sonia	Fraud - Get credit, etc./Others ID
600 blk E. Elder St.	Battery - Simple
1000 blk S. Main Ave.	Arrest - Commercial burglary and vandalism
31900 blk Via Ararat Dr.	Suicide - Actual
1600 blk S. Mission Rd.	Arrest - Possession of controlled substance
800 blk E. Fallbrook St.	Vandalism - \$400 or more
1700 blk Tecolate Dr.	Tampering with a vehicle
300 blk E. Alvarado St.	Fraud - Get credit, etc./Others ID
Jan. 9	
3500 blk S. Mission Rd.	Medical examiners case - Death
1700 blk Reche Rd.	Exhibit deadly weapon other than firearm
1100 blk S. Main Ave.	Arrest - Suspicious vehicle - Possession of controlled substance paraphernalia
5200 blk S. Mission Rd.	5150 - Mental health evaluation - 72 hr observation
500 blk Stewart Canyon Rd.	5150 - Mental health evaluation - 72 hr observation
500 blk S. Main Ave.	Arrest - Disorderly conduct: Alcohol
31500 blk Cottontail Ln.	Fraud - Get credit, etc./Others ID
Jan. 10	
800 blk E. Alvarado St.	Domestic violence incident
2000 blk Tecalote Dr.	Recovered stolen vehicle
1400 blk Alturas Rd.	Arrest - Elder abuse/neglect
700 blk S. Mission Rd.	Petty theft - All other larceny
500 blk Ammunition Rd.	5150 - Mental health evaluation - 72 hr observation
2100 blk Sunrise View Dr.	Grand theft
3100 blk Olive Hill Rd.	Violate domestic violence court order
500 blk Teran Dr.	Missing juvenile/runaway

2800 blk Green Canyon Dr.	Domestic violence incident
Jan. 11	
300 blk Fallbrook St.	Death
W. Fallbrook St @ /S. Pico Ave.	Arrest - Probation violation and misdemeanor bench warrant
200 blk Pankey Rd.	Burglary - Vehicle
1200 blk Alturas Rd.	Battery - Elder abuse/neglect
Jan. 12	
400 blk Ammunition Rd.	Domestic violence - False imprisonment w/ violence/menace/deceit/fraud and obstruct use of wireless communication device
800 blk Cookie Ln.	Take vehicle without owner’s consent/vehicle theft
1300 blk S. Mission Rd.	(2) Arrests - Disturbance/fight - Obstruct/resist peace officer or emergency medical technician and battery on police officer or emergency medical technician
1000 blk Capra Way	Obtain money, etc. by false pretense - Over \$950
Jan. 13	
1200 blk S. Main Ave.	Found narcotics/narcotic seizure
500 blk Teran Dr.	Missing juvenile/runaway
600 blk Minnesota St.	Medical examiners case - Death
5400 blk Villas Dr.	Burglary - Residential
Jan. 14	
3100 blk Olive Hill Rd.	Violate domestic violence court order
Jan. 15	
300 blk N. Orange Ave.	Arrest - Domestic violence - Battery against spouse/exspouse/date/etc.
2100 blk Gird Rd.	Medical examiners case - Death

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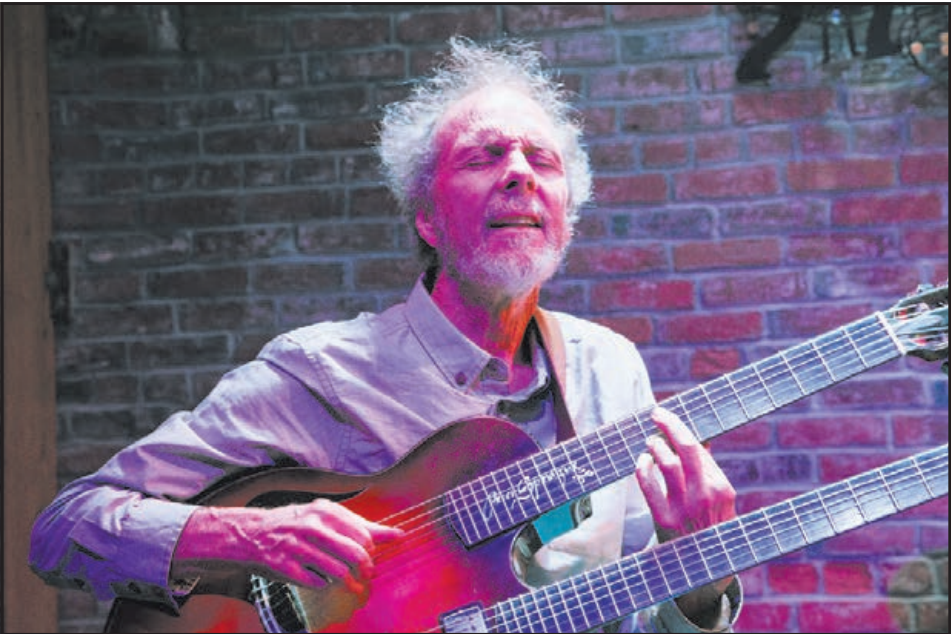
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# ENTERTAINMENT

## Renowned musicians bring “Bach to Beatles” concert to Fallbrook



FALLBROOK – Having changed the world with their musical talents and innovative sounds, both Johann Sebastian Bach and The Beatles are regarded as ingenious pioneers in their respective genres. On Sunday, Jan. 21, Fallbrook Music Society will present a varied program of creative jazz arrangements of Beatles songs, a taste of Bach, some folk and rock, several original compositions – and perhaps even a little flamenco!

Fallbrook Music Society President Bob Freaney said “We are really looking forward to hearing this talented trio of local musicians – Fred Benedetti, Peter Sprague and Mackenzie Leighton.”

“The levels of precision and discipline these exceptional professionals bring to their music making will all add up to an inspirational listening experience,” he added.

This unique program consists of selections that are anchored in classical tradition while rich in John Lennon and Paul McCartney compositions, and world influences. Familiar selections such as “Bachianas,” “Asturias,” “Bach to Blues,” “Can’t Buy Me Love,” and “Lucy in the Sky with Diamonds” will be performed, among others.

Equally at home playing classical or contemporary music, guitarist Benedetti was recently inducted into the San Diego Music Hall of Fame. Born in Sasebo, Japan,

Benedetti began studies of classical guitar at the age of 16, and by the age of 26 was one of 12 guitarists worldwide to perform in one of the last masterclasses of Maestro Andres Segovia.

Benedetti has performed

throughout the United States, in England, Germany, the Czech Republic, Canada, Taiwan and Mexico. Locally, he has performed with the San Diego Symphony, the San Diego Opera, Luciano Pavarotti, and jazz artist Dave Brubeck.

An award-winning jazz guitarist, Sprague is also a composer, arranger, recording engineer, producer and a life-long surfer. Sprague has recorded 16 of his own albums, and has been a guest artist with Chick Corea, Billy Childs, David Benoit and Sergio Mendes. In 2007, he was awarded Best Jazz Artist by the San Diego Music Awards.

Bassist Leighton’s first instrument was the trombone which he played from 6th-8th grade, switching to electric bass and then to the acoustic when he was 15. In his career he has performed in a wide range of styles and settings ranging from a one-off concert with tango master Raul Jaurena to a 6-week cruise ship residency with Grammy winning bluesman Sugar Blue.

Leighton’s presence on the San Diego jazz scene has grown exponentially over the past few years, and he has worked with jazz legends Donald Brown and Geoffrey Keezer.

This concert is free admission and will take place Sunday, Jan. 21 at 2 p.m. in Fallbrook’s historic Mission Theater, 231 N. Main Ave. Doors open at 1 p.m. for social hour; concert hall doors open at 1:30 p.m.

For more information about this concert and the organization, call 760-451-8644 or visit [www.fallbrookmusicsociety.org](http://www.fallbrookmusicsociety.org).

*Submitted by Fallbrook Music Society.*




The talented trio of San Diego based musicians (Fred Benedetti, guitar, top, Peter Sprague, guitar, top right, and Mackenzie Leighton, double bass) will perform “Bach to Beatles,” a diverse musical program on Sunday, Jan. 21, at 2 p.m. at the Mission Theater. This concert is Free admission. For more info: [www.fallbrookmusicsociety.org](http://www.fallbrookmusicsociety.org).

Village News/James Kaspar/Courtesy photos

## Temecula museum to feature ‘Black and White in Black and White: Images of Dignity, Hope and Diversity in America’ exhibit

ON EXHIBIT

January 12th, 2024 – March 24th, 2024



BLACK AND WHITE  
in BLACK AND WHITE

In 1965, 15-year-old Doug Keister acquired 280 glass plate negatives, originally found at a local garage sale. He immediately made prints from some of the plates, revealing powerful, early 20th-century portraits of African Americans in Lincoln, Nebraska. View these astonishing images at the Temecula Valley Museum and curated by Keister, Black and White in Black and White: Images of Dignity, Hope, and Diversity in America.

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TEMECULA – The Temecula Valley Museum will feature the photographic exhibit, “Black and White in Black and White,” which reveals dignity, hope of African Americans in early 20th century America, until Sunday, March 24.

In 1965, 16-year-old Doug Keister acquired 280 glass plate negatives, originally found at a local garage sale. He immediately made prints from some of the plates, revealing powerful, early 20th-century portraits of African Americans in Lincoln, Nebraska. These astonishing images are now on display in a new traveling exhibition curated by Keister, “Black and White in Black and White: Images of Dignity, Hope and Diversity in America.”

The exhibit features striking photographs attributed to African American photographer John Johnson. Using his Lincoln neighborhood as his canvas, Johnson crafted these ennobling images of his friends and family between 1910 and 1925. Equally as important as Johnson’s depictions of African Americans are his images of blacks, whites and other racial groups together, an occurrence that was almost unheard of at the time.

The Smithsonian Institution recently acquired 60 of these photographs for their collection.

Michèle Gates Moresi, curator at the Smithsonian National Museum of African American History and Culture, underscored the importance of Johnson’s work.

“They speak to a time and a place where African Americans were treated as second-class citizens but lived their lives with dignity ... You can read about it and hear people talk about it, but to actually see the images is something entirely different,” Moresi said.

For more information on this event, exhibits and other activities, call 951-694-6450.

*Submitted by the city of Temecula.*

Village News/Courtesy photo

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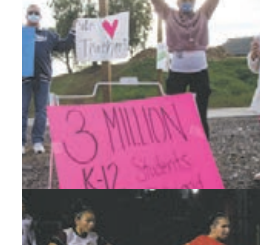
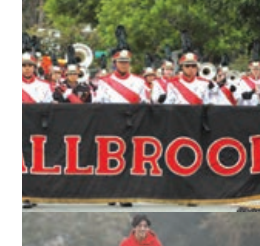
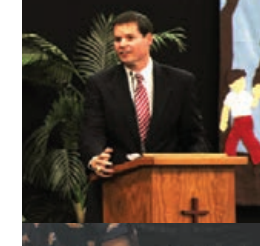
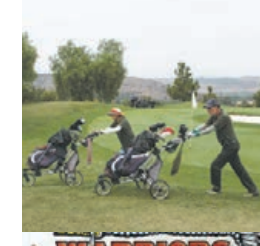
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# Fallbrook Food Pantry begins work on a community garden

FALLBROOK – The Fallbrook Food Pantry is building a new Education Community Garden at the Community Health & Wellness Center, 1636 E Mission Road. Volunteers started building the garden plots at the pantry’s gardening site, Saturday, Jan. 13. The beds are being out of concrete pavers and then will be filled with gardening soil.

Several more work days will be held to finish construction before any planting can be done. Volunteers will be working outside and will need to dress appropriately for the weather. Close-toed shoes and gardening/work gloves will be best for this project. Additional gardening equipment such as shovels, rakes, etc. are appreciated but not required.

The gardening space will offer recreational and educational gardening to the public of all ages

Anyone who is interested in helping can sign up by visiting the link on the food pantry’s Facebook page. For more information, email [education@fallbrookfoodpantry.org](mailto:education@fallbrookfoodpantry.org).

Village News/Shane Gibson photos



Rachel White volunteers with the Fallbrook Food Pantry to help with the construction of a community garden at the Fallbrook Regional Health District’s Community Health & Wellness Center, Jan. 13.



Gary Sosa works on the beginning of construction of garden beds at the Health & Wellness Center.



Volunteers begin construction of garden beds that will be maintained by the Fallbrook Food Pantry.



Pavers, construction materials and tools are arranged for volunteers to construct the Fallbrook Food Pantry community garden.



Rebecca Holder, Fallbrook Food Pantry educational operations manager, helps construct the community garden at the Community Health & Wellness Center.



Volunteers begin construction of garden beds that will be maintained by the Fallbrook Food Pantry.

# REAL ESTATE & HOME and GARDEN

## Air quality complaint data is now more accessible

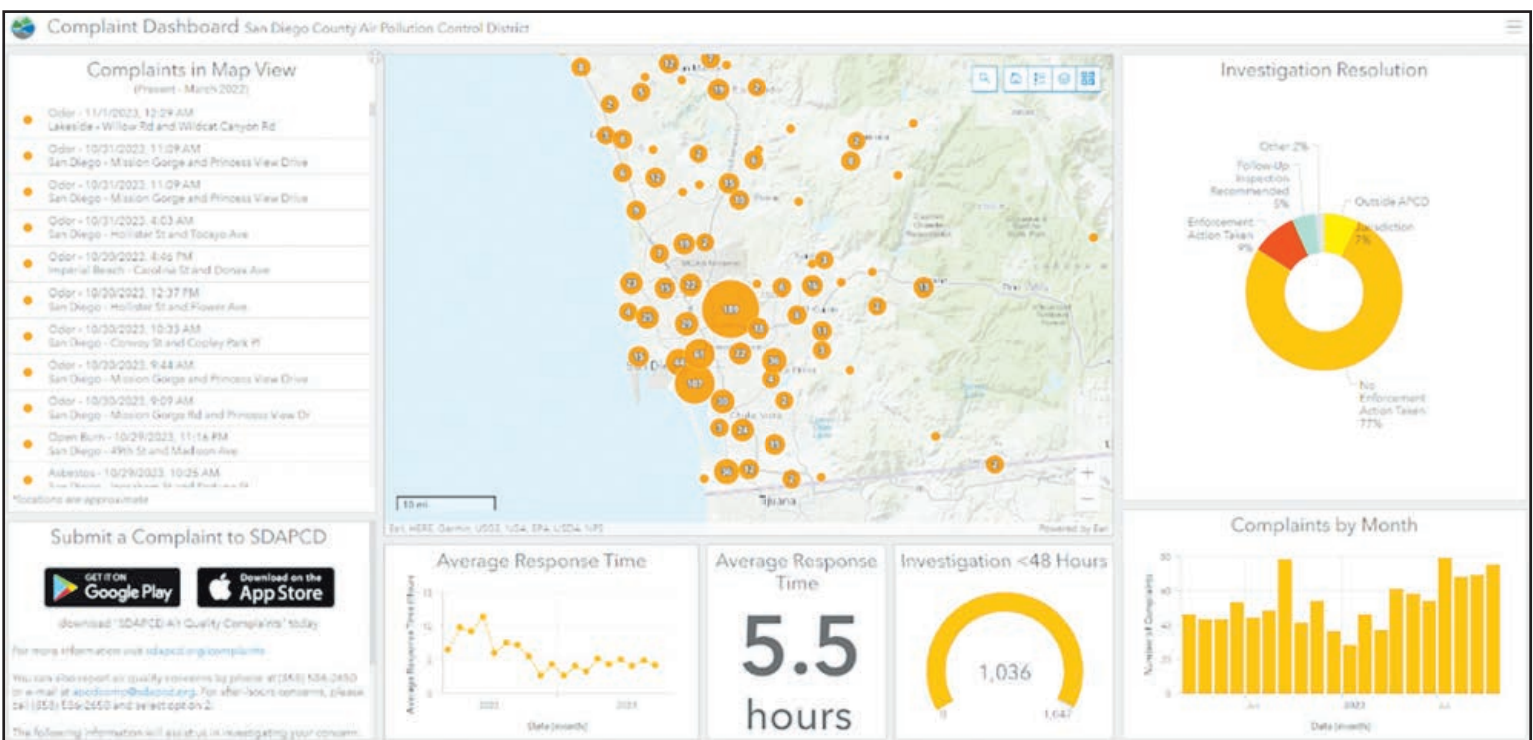
SAN DIEGO – The San Diego County Air Pollution Control District made air quality complaints data more accessible to the public by publishing an interactive mapping tool with public information related to air quality complaints on its website.

“Over the past few years we have made many improvements to the agency and increasing public engagement, as well as access to information is at the top of our list,” Paula Forbis, director of SDAPCD said. “Our goals are to be transparent and accessible to the public, so improving accessibility to our complaints program data brings us a step closer to this goal.”

The mapping tool is part of an ongoing SDAPCD effort to make its data easily accessible to the public. With this tool, the public can easily identify communities reporting air quality concerns, as well as SDAPCD response information.

The public can view general complaint location, the type of complaint, average response time, complaint resolution and number of complaints that are submitted monthly.

The longtime complaint program



Screenshot of air quality complaint dashboard shows improvements made recently by the San Diego County Air Pollution Control District. Village News/Courtesy photo

helps address and identify issues of concern for the region. It has field inspectors that are available 24/7 to investigate air quality concerns such as odors, truck idling, smoke, dust and improper asbestos removal. Air quality concerns can be submitted online, over the phone, or via Apple App Store and the Android Play Store.

The tool was presented at the SDAPCD Governing Board meeting Thursday, Jan. 11. For more information about SDAPCD's complaint program and the mapping tool, visit <http://sdapcd.org/air-quality-complaints>. The SDAPCD is a government agency guided by its governing board that regulates stationary sources of air pollution within San Diego County. For more information, visit <http://sdapcd.org>.

## New pilot program for seniors approved by County Board of Supervisors

**Cassie N. Saunders**  
County of San Diego  
Communications Office

The San Diego County Board of Supervisors approved a pilot program to create housemate matches between lower-income older adults and locals with a spare bedroom, Jan. 9.

The two-year pilot program was created to address growing homelessness among older adults. The 2023 Point-in-Time Count revealed the number of older adults aged 55 and older experiencing homelessness increased by 29% from the previous year.

The program will match a minimum of 50 older adults – people 55 years or older – with appropriate households who sign up and offer to rent out a spare bedroom. Participants will also be offered services to help them stay housed.

“Older adults living on a fixed income are more vulnerable to losing their home,” said David Estrella, director of County Housing and Community Development Services. “This program is a way to catch a senior before they fall through the cracks in this challenging housing market.”

Older adults earning no more than 120% of the area median income would be eligible for the program and would pay no more

than 30% of total monthly income towards rent. In some cases, a service exchange could be allowed (but not required), where the older adult provides services such as gardening or cleaning to pay a reduced rent.

The home must be in San Diego County and in good standing with utility, taxes and rent or mortgage payments.

Program participants will be matched with households based on goals, preferences and lifestyles. Included in the program is outreach, screening, assessments, matching and check-ins. It will be evaluated for outcomes and cost about \$311,000.

The program will be promoted through outreach in the senior services and homeless community and is expected to launch in early summer 2024.

More information on this program, including how to apply, will be available online in the coming weeks.

County Housing and Community Development Services provides affordable housing opportunities to more than 40,000 people each year through various housing programs and affordable housing efforts.

Since 2017, the County has invested more than \$279 million in affordable housing, including using County excess property and its Innovative Housing Trust



In a new county program, seniors needing a home will be matched with households based on goals, preferences and lifestyles. Village News/Courtesy photo

Fund, and almost 1,800 units have opened. There are an additional 3,265 units on the way.

When all the developments in the pipeline are complete, the total number of affordable units supported by the County will reach over 9,500. This is expected to provide homes to nearly 21,000 people.

The development plans align with the County's Housing Blueprint, the County's guide and ongoing response to the regional housing crisis.

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—Review of all things real estate—

# What real estate market are we in right now?



**Bob Hillery**  
CR Properties

For starters, the market activity indicator remains at 46. To refresh, 30 is the threshold from buyer’s market to neutral market and 48 is the threshold from neutral market to seller’s market so we’re in a neutral to slight seller’s market. And what are we seeing at ground level?

All of the listings in our office are getting showings; lots of showings and properties are going into escrow, and mostly they are closing, if the buyers are properly vetted. We are also seeing a slight increase in local inventory as well.

To make that point at our local marketing meeting where the area’s most active real estate

professionals meet every Wednesday morning, this week we had five homes on caravan versus the nominal one (or zero) that we were accustomed to seeing during the fourth quarter of 2023.

Can an increase in active listings be indicative of increased consumer confidence? By that I mean, if the properties are sold then there will be an incumbent requirement to find alternate housing elsewhere, so are consumers feeling the confidence to take the plunge? Perhaps because mortgage interest rates are starting to drift down.

They have dropped a full 1½ points since October 2023 from 8-ish% to now near 6.5%. It makes me wonder if the sellers who have wanted to downsize, upsize or who want to move closer to family are encouraged by the downward drift of mortgage interest rates?

For a nominal \$800,000 loan, the 1½ point interest rate difference amounts to \$500/month, which is a lot of money. Several national economists that I read have indicated that they feel we will get to 6.3% during 2024. Others are more optimistic, communicating that they feel we will be in the 5% range during 2024. All good fodder for consideration, makes me wonder what do the tea leaves say?

Equally interesting are the notes from the last nine Federal Reserve meetings; the first six meetings were dominated with discussion

about recession. However, for the last three meetings, the notes contained no references to recession. The latest inflation numbers were 3.4%, still above the stated target of 2%. Does the Fed feel like we are on the correct trajectory to reach 2% so no new federal funds rate hikes are going to be necessary?

Increasingly there is talk amongst the economists that the Fed will start reducing the federal funds rate as early as April. Treasury Secretary Janet Yellen even proclaimed that we have achieved the sought after “soft landing.” Wow, a round of fist bumps all the way around...I guess.

Have we accomplished all this with just monetary policy? Or, since the Chairman of the Federal Reserve is a political appointee, are these just election year antics since 2024 is indeed an election year.

From what I read and what I can see from the ground level, I am cautiously optimistic about 2024. Why not, it’s my nature to be a positive person anyway. I don’t personally feel like we will experience a crash landing of the economy that some do.

But I do feel that if we are on the correct glidepath to cushion the landing, then maybe the prudent thing to do is to not take off the controls just yet. If we loosen credit too quickly I fear it would sow the

field for another inflationary cycle. I advocate to keep credit tight and instead, tighten up on spending.

Let’s not print money and increase the money supply, rather we should be disciplined in our national spending. We shouldn’t just throw money at every issue; we can’t afford that as taxpayers. We can’t run our households with reckless undisciplined spending, why should our government recklessly run itself on borrowed money?



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**Offered at \$1,717,000**



**JUST LISTED**

1131 Rainbow Valley Blvd, Fallbrook

VIEWS, ACREAGE, HORSE FACILITY AND BONUS ROOMS! Stunning custom hilltop home with majestic views on 2.5 acres of land. Great views from the kitchen, LR and primary bedroom. A tranquil waterfall koi pond welcomes you. Large living room with real hickory wood floors, vaulted cedar-lined wood beam ceiling, stone fireplace. The kitchen features a 5-burner gas cooktop, an island, double ovens and a wet bar.

**Offered at \$1,199,000**



**ACTIVE**

1145 Sea Larke Drive, Fallbrook

This is a 2543 sf home has 10 foot ceilings, 4BD, .5BA with attached granny flat that is approximately 593 square feet. Has separate entrance, kitchen and full bath. It can also connect to main house through the laundry room but can lock door to keep separate. Great for multi generational living or some extra income. The house has great views and sits upon a small hill that overlooks rolling hills.

**Offered at \$1,100,000**

















**ACTIVE**

9008 W. Lilac Road, Escondido

Experience the charm of rural living just mins away from I-15, as well as Hwy 76 & 78. This meticulously maintained single-level home features 3BD and 2BA, complemented by a spacious 18x15 bonus room currently utilized as an office. The combined living area is 2,214 sq ft with the original garage conversion to the office. Recently refurbished kitchen cabinets seamlessly match the upgraded kitchen design.

**Offered at \$799,000**

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## Fun loving trickster is looking for a family



Gable is a very curious and clever terrier mix who is small and solid. He weighs about 20 lbs. Gable loves to play and is a fun loving trickster. He was rescued with his four siblings and mother at about 10 weeks old. All have found homes except Gable, who has been at the Fallbrook Animal Sanctuary for over a year now simply because at first meeting he is very cautious and he'd rather watch you from a distance. We call Gable our ambassador to all dogs, since he is so gentle and gets along with all dogs large or small. Gable is looking for the perfect, patient, loving family. To meet Gable, email [info@fallbrookanimalsanctuary.org](mailto:info@fallbrookanimalsanctuary.org).

Village News/Courtesy photo

## County program helps qualifying first-time homebuyers



Village News/Courtesy photo

### How can you build up your home equity?

Jane Kepley

Special to the Village News

As a homeowner, you have the opportunity to build equity, which is the financial interest you have in your home. When your equity grows, it can mean bigger profits once you sell your house.

Your equity can also be borrowed against using home equity loans or lines of credit and cash-out refinances, which you can then use to cover the costs of home repairs, pay off debt or achieve other financial goals.

But how exactly do you build up equity? Here are four strategies:

1. Make a larger down payment. The size of your down payment directly equates to your home equity stake. When you buy a home, a larger down payment means that you have to borrow less money. For example, if you put 10% down, you'll start your homeownership journey with 10% equity.
2. Pay down your mortgage. As a homeowner, you'll build equity

every time you reduce your mortgage balance. Putting a little extra toward your loan each month (or even once a year) can help, too. Just be sure to review whether your lender charges prepayment penalties if you pay off your loan balance too quickly.

3. Increase your home's value. Making home improvements that boost your home's value can boost your equity. Consider updating the roof, installing a new garage door or making other beneficial upgrades.
4. Use a shorter-term loan. You could pay down your balance quicker with a shorter-term loan, which would also build your equity faster. If you have a 30-year loan, you might consider refinancing into a shorter-term option (like a 15-year loan). Think about the interest rates, closing costs and monthly payments before you decide to switch.

If you're searching for a new home or have questions about the current market, reach out to Jane Kepley with CR Properties at 760-622-0204 or [kepleyrealestate@att.net](mailto:kepleyrealestate@att.net).

A new county program offers low interest loans with deferred payments for certain first-time home buyers.

Cassie N. Saunders

County of San Diego  
Communications Office

The County of San Diego's Down Payment and Closing Cost Assistance Program helps first-time home buyers whose income is 80% or less than the annual area median income, which ranges from \$77,200 or less for a single adult, to \$110,250 for a family of four and \$145,550 for a family of eight.

The program offers low interest loans with deferred payments. The loans may be as much as 22% of the sales price for the down

payment and up to \$10,000 for closing costs.

"Buying a home in San Diego is a huge challenge to many families," said David Estrella, County Director of Housing and Community Development Services. "We want them to know they're not alone and encourage them to apply for this life-changing program."

The loan can be used to buy new or re-sale homes, including single-family, condominium, townhome, and manufactured homes on a permanent foundation. The purchase price may not exceed \$676,000, subject to periodic

adjustments.

The homes must be in the unincorporated area of San Diego County or in the city of Carlsbad, Coronado, Del Mar, Encinitas, Imperial Beach, La Mesa, Lemon Grove, Poway, San Marcos, Santee, Solana Beach or Vista.

The County has partnered with the San Diego Housing Commission to administer the program. For more information, visit the Housing and Community Development Services website, <https://www.sandiegocounty.gov/content/sdc/sdhcd/home-buyers-owners/payment-assistance.html>.



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Discover the perfect blend of comfort and convenience in this charming 3BD/1BA half of duplex home in Oceanside. The affordable home is a fantastic choice for first time buyers, those looking to downsize or savvy investors. As you enter the spacious home you are greeted with an open layout concept living room/ dining room & kitchen. Head to the backyard and find yourself in your own private gateway. Give this home a visit and imagine just how charming it can look with your own personal touch.

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Rainbow MWD increases threshold for formal bid process requirement

Joe Naiman  
Village News Reporter

Rainbow Municipal Water District has increased the threshold for which a formal bid process would be required for Rainbow contracts.

Rainbow's board voted 5-0 Dec. 5 to amend the district's Administrative Code to increase the threshold from \$35,000 to \$200,000. Rainbow staff will still be required to obtain three quotes for any project exceeding \$5,000, and projects under \$60,000 may be performed by the agency's own workforce if that is deemed preferable to issuing a contract.

"We haven't adjusted our bidding process procedures for six or seven years," said Rainbow board president Hayden Hamilton.

Rainbow's general manager may issue a sole source contract for projects under \$5,000 or in the event of an emergency which would not allow for delays due to a request for quotes. If the expenditure is under \$60,000, the project can be awarded by negotiated contract or purchase

order if it is not deemed feasible for internal labor to perform the work or if a purchase over \$5,000 is involved.

Rainbow's Purchasing Department will determine whether to solicit quotations by telephone or by written request with telephone quotations generally used for lower dollar amounts for equipment and supplies when clear, open, and competitive specifications are included with the requisition and written requests preferred for high dollar amounts and especially for any contracted services.

Projects with a cost between \$60,000 and \$200,000 can be completed using an informal bidding procedure such as a bidders list or trade journals and exchanges. Informal bidding notification requires maintaining a list of qualified contractors according to categories of work and notifying them of bids, and notification of the bids to trade journals is also allowed.

"It really provides clarity in the bidding process," Hamilton said.

The increased threshold for

formal bids does not eliminate board oversight of the general manager's authority to solicit informal bids. "He still has to come to the board to get approval of that contract," Hamilton said. "Your checks and balances are still in place."

All formally bid items must be submitted to and be approved by the general manager in concept before any formal action may be taken. A draft copy of the specifications for suppliers, services, or equipment will be submitted to the Purchasing Department along with any other pertinent information.

The bid package for items other than capital improvement projects will be prepared by the Purchasing Department and returned to the originating department for review. After the bid package has been reviewed, it will return to the Purchasing Department along with a list of desired prospective bidders if that is available.

When the final bid package is complete, the bid will be formally advertised and a notice will be sent to prospective bidders.

County Board of Supervisors approves appointment of Interim Chief Administrative Officer

Sir Milo Loftin  
County of San Diego  
Communications Office

Sarah Aghassi has been selected by the Board of Supervisors to serve as Interim Chief Administrative Officer for the County of San Diego, bringing more than 20 years of progressively responsible executive-level strategic, political, and operational leadership in both the private and public sectors.

Aghassi most recently served as Deputy Chief Administrative Officer and group General Manager for the county's Land Use and Environment Group, which includes six departments as well

as the new Office of Sustainability and Environmental Justice.

Under her leadership, she has collaboratively advanced the county's sustainability efforts to protect natural resources and reduce climate change, including the county's Climate Action Plan and unique Regional Decarbonization Framework designed to reduce the region's overall carbon footprint.

"Sarah is a visionary, a compassionate leader, who has been guided by her commitment to equitable service and passion for achieving the county's vision for a just, sustainable and resilient future for all. She is someone who leads with integrity, character and

a steadfast focus on doing the right thing for our communities," said Board Chairwoman Nora Vargas.

Aghassi will serve as Interim CAO while the county continues the process of selecting a permanent CAO.

"I am deeply grateful for the privilege to work alongside our incredible county team – the heart and soul of all we do – and look forward to collaborating and using innovation to build upon the ways we currently serve the public while actively advancing the impactful projects initiated by our board that uplift our region," said Aghassi.

Aghassi succeeds Helen Robbins-Meyer whose last day was Jan. 9. Robbins-Meyer extended her March 30, 2023, retirement date to aid a smooth transition as the County Board of Supervisors continues its robust search for a permanent CAO.

The chief administrative officer is appointed by the Board of Supervisors to implement policies and direct the county's daily operations. County services touch the lives of all San Diegans, from health and human services, property taxes, elections, disaster preparedness and justice services for the entire region to functions including roads, parks and libraries, planning and animal services for the unincorporated area.

Gasca steps down from RMWD board

Joe Naiman  
Village News Reporter

The Rainbow Municipal Water District is seeking a new board member to represent Division 3.

Miguel Gasca, who was appointed to the board in February 2017 to fill a vacancy and was re-elected in 2018 and 2022, announced at the Dec. 5 meeting that he was resigning from the board effective Dec. 31.

"He's been a tremendous addition to our team," Rainbow board president Hayden Hamilton said. "He will be sorely missed."

Gasca has moved to Reno, Nevada, although he and his wife still own their Fallbrook home and will be visiting Greater Fallbrook from time to time, he said.

"I'll be traveling back and forth," Gasca said. "In a way, I'm kind of in both worlds."

His official residence will be in Reno. Gasca turned 72 April 13, 2023, which required him to take distributions from his retirement accounts the following year. That distribution amount is subject to income taxes, and Nevada has no state income tax.

Although Gasca and his wife had been lifelong California residents, their youngest daughter attended the University of Nevada, which is in Reno, Nevada, and remained there after her graduation.

"She's making some introductions for me," Gasca said.

Gasca was born in Los Angeles and attended Saint Francis High School in La Cañada. He received his bachelor's degree in civil engineering from Loyola Marymount University in 1974. His field of concentration was water supply and waste treatment. Gasca lived in Running Springs, which is at the junction of state Route 330 and state Route 18, from 1974 to 1987. He was on the board of the Running Springs Water District from 1979 to 1987, including three years as the board president. He was also a board member and the programs chair of the San Bernardino County Association of Independent Special Districts.

The Running Springs Water District has not only water and sewer latent powers but also has a regional treatment plant and handles fire, emergency medical, lighting, and parks and recreation services for Running Springs. Gasca worked on master plans for the district's services and also helped secure funding for the replacement of an eight-mile water main.

Water district board members receive per diem pay for their district activities, but Gasca's full-time job was as an engineer for TRW/Northrup Grumman. He spent two years as the legislative committee chair of the San Bernardino/Riverside branch of the American Society of Civil Engineers and was also a delegate to the California Legislative Council for Professional Engineering.

Gasca lived in San Bernardino from 1987 to 2011. He retired from TRW/Northrup Grumman in 2009 and founded Apogean Group LLC, which utilizes senior scientists and engineers to provide consulting

services.

Division 3 is the central part of the Rainbow Municipal Water District service area and includes the Gird Valley and Pala Mesa. The Gasca residence in Fallbrook is on Wilt Road. Gasca's wife grew up in the North Park area of San Diego, and after Gasca retired, they began looking for homes in San Diego County and found one in Fallbrook.

Tory Walker held the Division 3 board seat before moving to Murrieta and resigning from the board. The Rainbow Municipal Water District's committees include the engineering and operations committee. Gasca attended an engineering and operations committee meeting and spoke with Walker, who was in the process of moving out of the district. Gasca was encouraged to seek the board vacancy.

Gasca spent nearly seven years on the Rainbow board as well as eight years on the Running Springs Water District board.

"Each had its challenges," he said.

The challenges often involve balancing infrastructure improvements with keeping the cost of water as low as possible. Once the pump stations to provide water from north of the point where the San Diego County Water Authority takes over operation of the San Diego Aqueduct from the Metropolitan Water District of Southern California are completed Rainbow will detach from the SDCWA and join the Eastern Municipal Water District, which will provide water to Rainbow at a lower rate.

"I really enjoyed the challenge of trying to extricate ourselves from the County Water Authority," Gasca said.

Past reorganizations in California have involved consolidations, but a water district had not previously separated from a regional agency until Rainbow and Fallbrook Public Utility District voters approved the detachment from the CWA following approval from San Diego County's Local Agency Formation Commission.

"It's never been done in the state," Gasca said. "We were successful in getting done what needed to be done for the ratepayers, and I'm really happy about that."

Board membership is not required to be on a Rainbow committee. During his years on the board, Gasca was involved in both the budget and finance committee and the engineering and operations committee. He has offered to remain active on the engineering and operations committee and has also offered to be on a ratepayers' committee.

"I'm going to stay active in Fallbrook, too," Gasca said. "I'm not going to disappear."

Gasca also plans to be involved in civic activity in northern Nevada.

"I was always pretty active," he said. "I'll continue to help up here."

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



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## EDUCATION

# Innovative sparks: Potter Junior High team wins 2nd annual FUESD Robotics Tournament

FALLBROOK – Potter Junior High School hosted the second annual Fallbrook Union Elementary School District Robotics Tournament, showcasing the ingenuity and talent of young minds in the field of robotics Friday, Dec. 15. Potter Junior High School announced that amidst the fierce competition, their own team, the Ladies of Lego, emerged in the first-place position.

Teams from Mary Fay Pendleton and San Onofre elementary schools, both K-8 schools, attended, creating an atmosphere charged with innovation and competitive spirit.

The event brought together 10 judges, comprising community members and district staff, who lent their expertise and support to evaluate the projects and designs on display.

Teacher Chuck Floto organized the event along with guiding and mentoring Potter Jr. High students in robotics; the school secured both first and second place in the competition.

Principal Alejandro Gonzalez of Potter Jr. High expressed admiration and congratulations to all participating schools.

"Potter Junior High School is immensely proud of the outstanding robotic excellence demonstrated by all the participating schools. The commitment, teamwork and innovative spirit showcased at the second annual FUESD Robotics Tournament highlight the incredible potential of our young minds in shaping a future driven by technology. Congratulations to all the students for their remarkable achievements," Gonzalez said.

FUESD thanked all participants, judges and volunteers who contributed to the success of the tournament.

*Submitted by Fallbrook Union Elementary School District.*



Potter Junior High School's Ladies of Legos robotics team secure their victory at the second annual Fallbrook Union Elementary School District robotics tournament, Friday, Dec. 15. Village News/FUESD photo

# D'Vine Path takes root

**FALLBROOK** – Established in 2019, D’Vine Path Farm and Vineyards has been continuing to expand and educate a wide variety of neurodiverse individuals, while also providing a safe space for growth and self-realization. Based in agricultural tourism, D’Vine Path aims to educate students as well as the surrounding community.

Looking back on the year 2023, D'Vine Path made monumental steps and achieved many goals leading into the new year. From expanding the program to hosting multiple events to planting a new pomegranate farm, D'Vine Path has taken root in the new permanent location at 4735 Olive Hill Road.

In 2023, D'Vine Path was overwhelmed by the generosity of supporters in the community. After being "adopted" by North Coast Church through the "Service your City" program, D'Vine Path welcomed more than 200 volunteers in April to help repair and update the property.

North Coast Church also helped to build a 20' x 30' barn to be used as a place for educating the public about agriculture and agritourism in Fallbrook. Through grants and funding from the Rancho Santa Fe Rotary and the Fallbrook Village Rotary, D'Vine Path began establishing a new goal, D'Vine Petal Flowers and Farm Stand, to sell produce and flowers grown by the students and staff.

Another new addition to

D'Vine Path is the pomegranate orchard, planted and cared for by students and staff. The orchard will be utilized as a learning tool to help educate the students about agriculture, but the produce will also be sold at D'Vine Path along with custom floral designs by D'Vine Petal Flowers to help give the students experience working in sales and customer service.

“I feel like a broken record saying it takes a village to make this work, but that is our beautiful reality,” Executive Director Lenila Lingad Batali said. “D’Vine Path has been successful because of our community and the generosity that has been continually offered these last four years. Our students’ confidence and their growth across the board is evidence that the Farm and Vineyard vocational program concept is working.”

Although D'Vine Path had many great successes in 2023 with the help of community support, Batali said the most success can be seen within the students and their growing love for the program as well as the faith they have found in themselves.

According to D’Vine Path facilitator and parent Jill Foley, D’Vine Path has helped her daughter Sydnee Silva’s confidence tremendously.

“Finding the right program has been such a gift,” Foley said. “Sydnee recognizes she is smart and hard working. Her memory retention in Viticulture



*Student Sydnee Silva accompanies D'Vine Path staff Phyllis Miller and Chris Miller as they attend the Farm Expo in Escondido.*



Fallbrook Village Rotary President Jen Weeks, Village News/Courtesy photos right, presents D'Vine Path Executive Director Lenila Lingad Batali with a check to assist in the development of D'Vine Petal Flowers which is selling property-grown flowers and custom floral arrangements.

and Enology far surpasses ours as parents; she feels proud of the work she is doing, and she has been given the opportunities to relax and enjoy new friendships in a safe place while in the viticulture program at D’Vine Path.”

Another student, Bill Willis, has found a strong and supportive community during his time at D'Vine Path.

In a conversation with his sister, Willis said, "Finding D'Vine Path was the best day of my life. I found my people."

In response, his sister said, "But me and your brother-in-law are your people!"

Willis replied, "No, you're my family. I see how people look at you and how they look at me, we are not the same. I found my people."

In 2024, Batali has a variety of goals she is hoping to achieve, including updates to the property and the implementation of more work experience for students. With the addition of the pomegranate orchard, D'Vine Petal Flowers, the barn and more, students will have the opportunity to continue to grow personally and professionally. It is Batali's hope that 2024 will be the year of fun and fruition for D'Vine Path.

"We've only just begun," she said. "Many more fun and exciting things to come."

*Submitted by D'Vine Path.*

# Property SPOTLIGHTS!

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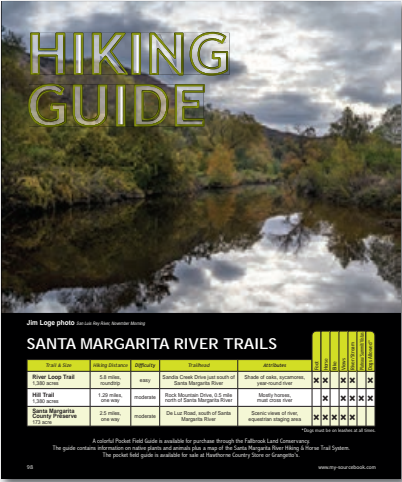
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HIKING GUIDE

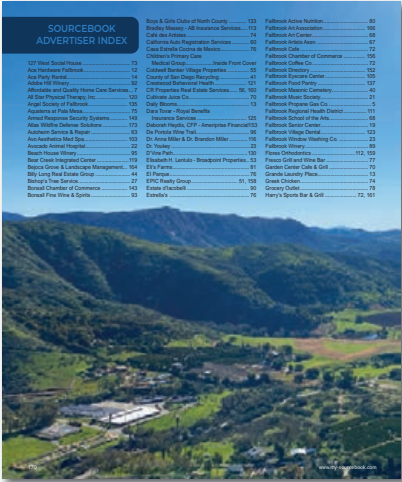
SANTA MARGARITA RIVER TRAILS

Trail Name	Length	Difficulty	Trailhead	Map	Notes
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San Juan	1.5 miles	Easy	San Juan Canyon	X	Scenic views of the San Juan Mountains
San Juan	1.5 miles	Easy	San Juan Canyon	X	Scenic views of the San Juan Mountains




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San Juan Canyon	1111 N. Main St., Fallbrook, CA 92028	7:00 AM - 6:00 PM	Scenic views, picnic area, restrooms	Open year-round



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Carla Martinez photo

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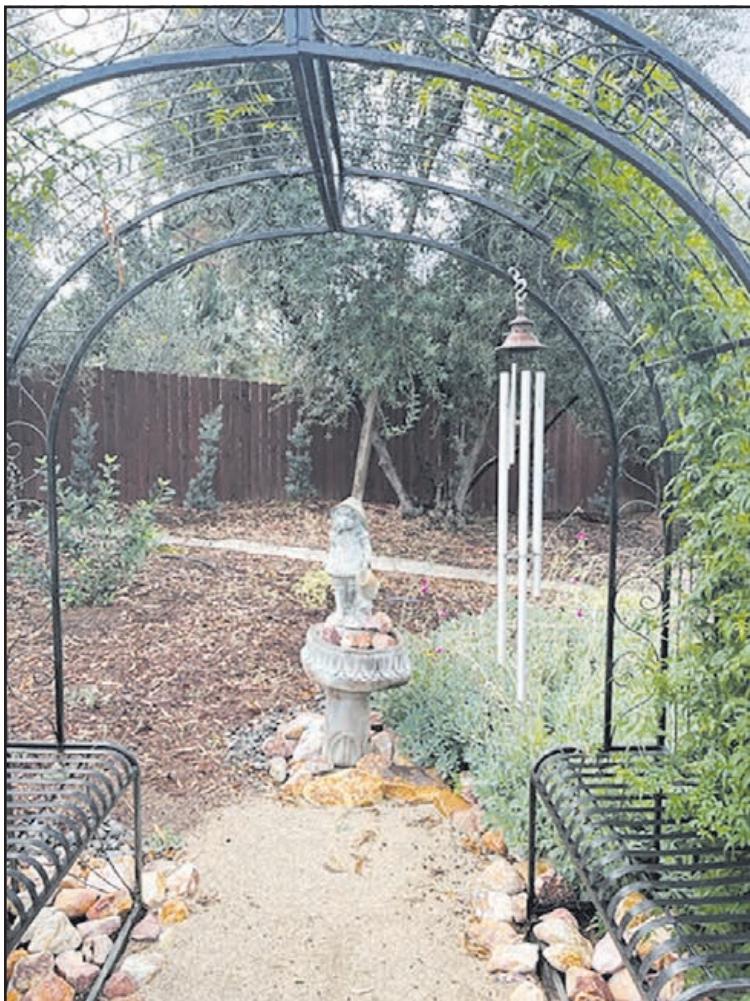
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Nonprofit Organizations & Service Clubs

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Enter your favorite photos!

# Gardening in the New Year of 2024



A quiet seating bench offers a place to enjoy the garden

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

As the world turns, so are the global weather patterns, and you should prepare yourself and your gardens and your habits by working with a new wave of horticulture around your homes.

It is important how we have practiced working in our gardens over the years, and now that is about to change with our warming climate and the unpredictable weather, we need to be in more harmony with the change.

Last winter's rainfall was a much-needed welcome for the parched earth, and the rains helped replenish our rivers, reservoirs, aquifers, and backyard landscapes.

I have always said that water is the staff of life and without this precious resource, the earth would not exist as we know it today. Without water, there would be no farms, and no food; staggering as that might sound, it is a fact and farming is changing globally.

The landscapes of yesteryear were when we did not really pay attention to watering and the cost. Today it is important to review the irrigation of your landscapes and adjust and make a game plan on how you garden and how to save valuable water.

The first thing to do is look at your outside setting around your home, and take inventory of what you have existing, and how you are caring for it and how your watering system is being effective and performing.

The art of xeriscaping, permaculture, drought-tolerant landscaping, and stone-scaping is all about working with your garden setting, your garden lifestyle, and proper stewardship.

These four basic formats are about understanding, evaluation, education, and having a wonderful landscape and enjoying our Mediterranean climate, which is unique.

My landscape company, Maker of Natural Gardens, has been designing, installing, and practicing the art of garden making for decades and created award-winning gardens, throughout Southern California, making people and gardens happy.

Your garden about your home can sequester carbon, taking the bad from the atmosphere, and sink it into the earth with the help from your landscape planting.

Our forests, woodlands, parks, preserves, oceans, all are working day and night to help cleanse the earth, and our backyards are part of that recipe for cooling our planet.

Here are some key points and valuable highlights for your consideration.

- Gardens are for food, therapy, pleasure, sharing, and joy.
- Gardens need pollinators, so stop using poisons outside.
- If you do not have space to dig, consider container gardening.
- Need more room? Think about vertical gardens and rooftops.

- Create neighborhood gardens, and joint family plots for veggies.
- Small space for fruits, use multi-grafted fruits on one tree.
- Using low water plants, with native plants is a way to go.
- Retrofit your landscape with xeriscaping ideas.
- Practicing permaculture and working with nature is great.
- Remove diseased and sick plants from your garden.
- Use natural and organic foods for the soil.
- Feed the soil to sustain healthy, nutritious veggies.
- Get the kids digging in the soil and off the keyboards.
- Consider garden art here and there with fun things.
- Redesign your landscape to be a retreat, fun, and happy.
- Dump the lawn and create a drought tolerant meadow.
- There are over 50,000 square miles of lawns in the U.S.A.
- Gardens are for people, animals, birds, bees to live jointly.
- Dry landscapes can be beautiful with boulders and stones.
- Recycle materials like broken concrete, wood, bottles.
- Make a secret garden space with a hut, treehouse, patio.
- Grow bulbs that will return year after year.
- Visit a botanical garden and photograph to get ideas!
- San Diego Botanical Garden in Encinitas is fabulous to see.
- Do garden tours gathering ideas, looks, themes, feelings.
- Potted plants on a patio might just be the solution to take.
- Plant for the seasons with colorful drought plantings.
- Compost and start a worm box with your food scraps.
- Adjust your irrigation clocks per the season and weather.
- Mulching is a good thing, use it properly when applying.
- A global food shortage might be lingering on the horizon.
- Look at your garden's setting and ponder how it will adjust for tomorrow's future dryer landscapes.
- Reduce, reuse, recycle, rethink, redeem, we can all help.

Do not ask what your garden can do for you. Ask what you can do for your garden and the environment.

Take an innovative approach with your garden, and look at how you can integrate with nature, for it is the only planet right now to garden on. But someday we might have bubble greenhouses on another planet in outer space, but for now, let us be a little kinder, and respectful for what we have on this blue marble floating out in space.

"He who plants a garden, brings happiness for others to enjoy."

*Roger Boddaert, Maker of Natural Gardens and The Tree Man of Fallbrook, can help you with your landscapes at bogitt@aol.com or 760-728-4297.*



Old fountains can be filled with succulents.

Village News/Roger Boddaert photos



[Above] A wooden arbor invites people to come into the garden.

Wind chimes provide a natural music in the garden.

REGIONAL

Desert farmers report strong harvest of winter vegetables

Caleb Hampton  
Ag Alert

Winter vegetable harvest is in full swing in the Imperial Valley, and growers say the conditions this season have been close to perfect.

“I’ve had a great growing season. Everything is on time and beautiful, with great yields,” said Jack Vessey of Vessey & Co., which grows romaine and iceberg lettuce, spinach, cabbage, broccoli, cauliflower and other vegetables in the Imperial Valley. “That’s always nice as a grower.”

Farmers in the Imperial Valley typically begin planting winter vegetables in September and harvest them starting in November when production moves south from the Salinas Valley.

Norm Groot, executive director of the Monterey County Farm Bureau, said the Central Coast had a strong fall vegetable season, which ended in December for most crops in the region, despite initial concern that massive flooding last spring could cause gaps in production.

“Growers and landowners were able to recover quickly during the late-spring months,” Groot said. “While some schedules were adjusted, the overall production levels met market expectations.”

In the Imperial Valley, growers said a fall planting season without heat waves and a mild winter have created ideal conditions for leafy greens and vegetables. Last week, the valley saw highs in the 60s and overnight lows in the 30s and 40s.

Ralph Strahm of Strahm Farms, which grows organic and conventional carrots and other crops in the Imperial Valley, said extreme heat can cause problems with the germination of carrots, and too cold a winter can slow their growth.

“The weather has been extraordinarily good,” Strahm said. “We were able to get things going early and never looked back.”

Crews began harvesting Strahm’s bunch carrots in late December and will finish at the end of this month. Harvest for processor carrots will begin in February. “Everything is like it should be,” Strahm said.

Alex Jack of Jack Brothers grows lettuce, broccoli, cauliflower and other crops in the Imperial Valley.

“Our crops are looking fantastic,” Jack said. “We’re pretty much right on schedule.”

While labor shortages have strained harvest operations elsewhere in California, farmers in the Imperial Valley said the local workforce, largely comprising legal cross-border commuters from Mexicali, was sufficient to meet harvest needs.

“Because of our location, it’s not as bad as other places in California,” Vessey said.

The Imperial Valley, along with the nearby Coachella Valley and Yuma, Arizona, supply as much as 90% of the leafy greens, carrots and other fresh vegetables the U.S. consumes from Thanksgiving through St. Patrick’s Day.

This winter, growers have welcomed the bountiful harvest but have also seen it cut into profits.

“Along with great weather comes excess supply, and therefore markets have been quite depressed throughout our harvest season,” Vessey said. “Demand seems to be there, but we’ve got oversupply.”

Farmers typically sell most leafy greens to shippers through contracts, with prices and quantities agreed before planting, which provides some protection from market fluctuations.

But supply and demand still play a role in determining whether a season is profitable. This year, Vessey & Co. is selling about 20% of its leafy greens on the open market.

Iceberg lettuce from the Imperial and Coachella valleys was selling last week for \$11.50 to \$12.55 per carton, according to data from the U.S. Department of Agriculture Agricultural Marketing Service. Those rates are not far off prices seen in recent years, but well below the \$34 to \$37 a carton of lettuce from the region fetched last January after a plant virus devastated lettuce crops farther north.

This year, “Everybody’s got great supplies,” Vessey said.

Growers said the absence of winter storms in population hubs on the other side of the country was keeping demand steady. “If a blizzard goes through the East Coast, we feel it the next day” in the market for fresh vegetables, Vessey said.

Decades of drought in the



In the Imperial Valley, crews began harvesting bunch carrots in late December and will finish at the end of this month. Harvest for processor carrots will begin in February. Village News/Courtesy photo

Colorado River basin have put a spotlight in recent years on Imperial Valley growers who rely on the river’s diminished supplies to provide vegetables for much of the country.

In December, the Imperial Irrigation District finalized an agreement with the U.S. Bureau of Reclamation to conserve 100,000 acre-feet of water this year to replenish the river.

The water reductions will come from an existing agreement through which Imperial Valley farmers are paid to install water-efficient irrigation systems in exchange for sending a portion of their water allocation to the San Diego County Water Authority. Under the new agreement, instead of going to San Diego, some of that water will remain in Lake Mead.

Another water conservation program called deficit irrigation pays Imperial Valley farmers to keep the irrigation gates on their alfalfa fields closed during the summer, when water use on forage crops is typically highest and

yields lowest.

“We’ll augment the water savings from the on-farm conservation program with the deficit irrigation,” said Mark McBroom, who farms in the Imperial Valley and chairs IID’s Agricultural Water Advisory Committee.

Vegetable growers said the region’s water conservation obligations were not likely to impact this year’s or next year’s vegetable production. Many have participated in the on-farm conservation program for years.

Jack said he has shifted most of his lettuce to drip irrigation,

a major investment he said has rewarded him with higher yields than standard furrow irrigation while using less water.

“Our yields are through the roof,” he said, adding that his fields with drip irrigation were yielding as much as 45% more lettuce per acre than his other fields.

“We’re trying to conserve as much water as possible at all times,” Vessey said.

Caleb Hampton is an assistant editor of Ag Alert. He may be contacted at [champton@cbbf.com](mailto:champton@cbbf.com).

This article is used with the permission of the California Farm Bureau Federation.

San Diego Weekly Gas Price Update

DALLAS – Average gasoline prices in San Diego have fallen 12.0 cents per gallon in the last week, averaging \$4.59/g today, according to GasBuddy’s survey of 784 stations in San Diego.

Prices in San Diego are 15.4 cents per gallon lower than a month ago and stand 13.5 cents per gallon higher than a year ago. The national average price of diesel has fallen 2.0 cents in the last week and stands at \$3.89 per gallon.

According to GasBuddy price reports, the cheapest station in San Diego was priced at \$3.86/g yesterday while the most expensive was \$6.09/g, a difference of \$2.23/g. The lowest price in the state yesterday was \$3.38/g while the highest was \$6.49/g, a difference of \$3.11/g.

The national average price of gasoline has risen 0.6 cents per gallon in the last week, averaging \$3.04/g today. The national average is down 1.4 cents per gallon from a month ago and stands 23.9 cents per gallon lower than a year ago, according to GasBuddy data compiled from more than 11 million weekly price reports covering over 150,000 gas stations across the country.

Historical gasoline prices in San Diego and the national average going back ten years:

- January 15, 2023: \$4.45/g (U.S. Average: \$3.28/g)
- January 15, 2022: \$4.61/g (U.S. Average: \$3.30/g)
- January 15, 2021: \$3.31/g (U.S. Average: \$2.39/g)
- January 15, 2020: \$3.56/g (U.S. Average: \$2.56/g)
- January 15, 2019: \$3.23/g (U.S. Average: \$2.24/g)

- January 15, 2018: \$3.20/g (U.S. Average: \$2.53/g)
- January 15, 2017: \$2.85/g (U.S. Average: \$2.34/g)
- January 15, 2016: \$2.95/g (U.S. Average: \$1.92/g)
- January 15, 2015: \$2.55/g (U.S. Average: \$2.07/g)
- January 15, 2014: \$3.63/g (U.S. Average: \$3.30/g)

Neighboring areas and their current gas prices:

Riverside – \$4.38/g, down 13.7 cents per gallon from last week’s \$4.52/g.

San Bernardino – \$4.40/g, down 8.9 cents per gallon from last week’s \$4.49/g.

Orange County – \$4.49/g, down 11.5 cents per gallon from last week’s \$4.60/g.

“Last week was a bit of a mixed bag for gasoline prices, with prices increasing early on but falling again in recent days as the situation in the Red Sea continues to drive market volatility,” said Patrick De Haan, head of petroleum analysis at GasBuddy. “While last week saw the U.S. attacking Houthi militants engaged in attacks on vessels in the Red Sea, oil prices jumped, but then promptly fell as economic concerns with weak demand sapped the upward move after the U.S. and allies attacked Houthi rebels. Gasoline inventories also saw another large rise, putting some downward pressure on gas prices, and leaving an opportunity for the national average to potentially briefly fall below \$3 per gallon. We’ll have to see if the stars finally align for such a move.”

GasBuddy is the authoritative voice for gas prices and the only source for station-level data. GasBuddy’s survey updates 288 times every day from the most diverse list of sources covering nearly 150,000 stations nationwide, the most comprehensive and up-to-date in the country. GasBuddy data is accessible at <http://prices.GasBuddy.com>.

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# County supports federal initiative to protect immigrant military families

**Cassie N. Saunders**  
County of San Diego  
Communications Office

The county’s Office of Military and Veterans Affairs is promoting a federal immigration program that supports immigrant families of U.S. service members.

The Military Parole in Place (MPIP) program provides some members of U.S. military families temporary permission to remain in the country while seeking permanent residency.

The temporary immigration status allows spouses, widow(er) s, parents and children of U.S. armed forces, to stay, work and travel freely in the United States. The Board of Supervisors previously approved promoting the program to reaffirm the county’s support for service members and their families.

“Families can be divided when a loved one serves in the U.S. armed forces,” said Rick Wanne, Director of County Self-Sufficiency Services. “This program allows them to be reunited in our country and recognizes our military men and women for their honorable and selfless service.”

People may be eligible for the program if the service member in their family is active duty in the U.S. armed forces, in the Selected Reserve of the Ready Reserve or has previously served as active duty or in the Selected Reserve and was not dishonorably discharged. Eligibility is available in single year increments.

Those who apply for the MPIP program submit specific documents to the U.S. Citizenship and Immigration Services Office where they live. These include:

Completed Form I-131, Application for Travel Document (without fee). Applicants must hand write “Military PIP” in Part 2 instead of checking a box.

Evidence of the family relationship, such as:

- Marriage certificate
- Documentation of termination of previous marriage
- Son or daughter’s birth certificate
- Current or former service member’s birth certificate with parent’s name; or
- Proof of enrollment in the Defense Enrollment Eligibility Reporting System (DEERS)
- Evidence that the family member

is a current or former member of the U.S. armed forces, such as a photocopy of the front and back of the service member’s military identification card or DD Form 214.

For parents of current and former service members of the U.S. armed forces, evidence the current or former service member

supports the application for parole in place.

Two identical, color passport-style photographs; and

Evidence of any additional favorable discretionary factors that an applicant would like to have considered.

For more information on support in San Diego for military

members and their families, visit [https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/veterans\\_services.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/veterans_services.html). To apply for the MPIP program, go to <https://www.uscis.gov/military/discretionary-options-for-military-members-enlistees-and-their-families>.

## County Supervisors reelect chairwoman for 2024

**Tracy DeFore**  
County of San Diego  
Communications Office

The County Board of Supervisors voted unanimously to select Supervisor Nora Vargas as the chairwoman for 2024.

Chairwoman Vargas served as board chairwoman last year. The chair acts as the voice of the county.

During Tuesday’s organizational meeting, Jan. 9, Supervisor Terra Lawson-Remer was reelected as vice chair and Supervisor Joel Anderson as chair pro tempore.

After the vote, Chairwoman Vargas thanked her colleagues for their support.

She recognized all the hard work the board had accomplished in the last year, including passing an \$8.1 billion budget that addressed key issues and maintained core county services.

The Chairwoman acknowledged the board faces challenges in the year ahead as budgets tighten around the state. She said the board must be diligent with their resources to prioritize the health

and safety of residents, and support local businesses, so they have an opportunity to thrive.

“The work ahead will not be easy, but I have no doubt with compassionate, deliberate work, and collaborative spirit, that we’re going to be able to once again move the county forward and our communities forward and do the great things we are meant to do as your elected officials and representatives,” said Chairwoman Vargas.

After the selection of the new chair, board members were appointed to various boards, commissions and committees around the region.

The county also has a wide variety of boards, commissions and committees. If you have an interest in health or social issues, criminal justice, the elderly, planning and land use, parks, libraries, housing or human relations, you can make a difference by volunteering your time.

To find out more, visit the Clerk of the Board’s website, <https://www.sandiegocounty.gov/content/sdc/cob/sdcountybccs.html>.

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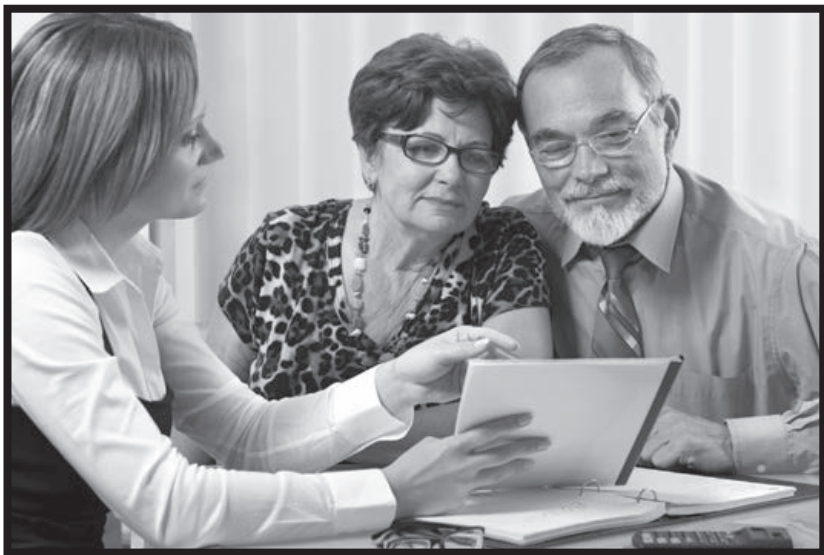
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## OBITUARIES



**Linda Traut** lived March 9, 1944, to Dec. 25, 2023  
On Christmas morning, we lost the matriarch of our family.  
Linda was beautiful, loving and kind to the people in her life. She loved to entertain and get together

with her friends at her home. Her love for her family was paramount. If her family needed help, she was right there by their side, wherever, doing whatever was needed.  
Linda moved to Fallbrook when she was 10 years old. She grew up loving horses and always ready to ride! When she met her husband Lee, she converted him to a horseman. They spent many, many hours riding the trails of Fallbrook.  
Linda was very active in her community and an astute business woman. She and her husband, Lee, owned Fallbrook Oil Company. She was active in the old Fallbrook Riders Club and with the Fallbrook Trails Council.  
Linda is survived by her beloved husband Lee Sr., her loving son, Lee Jr., her special daughter-in-law Gwen and her beautiful grandchildren Skyler and Cole. A celebration of life will be held on a date TBD.



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**Radoslav "Roy" Hromin** went home to be with the Lord on Dec. 28, 2023. The third of 10 siblings, Roy was born on a small island in Croatia on Feb. 25, 1928  
He became a proud American citizen in 1964. He moved to Fallbrook in 1984.  
Roy was a loving and generous man. He made a lot of friends everywhere he went and he will

be greatly missed by his surviving family: his devoted wife, Margrit; his three children, Stella, Rosie, and John; his son-in-law Tim, daughter-in-law Whitney, seven grandchildren and four great-grandchildren.  
His family rejoices in knowing he is restored to his full health and joy in the glory of our Lord Jesus Christ.

## BUSINESS DIRECTORY

Notice To Readers: California law requires that contractors taking jobs that total \$500 or more (labor or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license number on all advertising. You can check the status of your licensed contractor at [www.cslb.ca.gov](http://www.cslb.ca.gov) or 800-321-CSLB. Unlicensed contractors taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

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STANDARDS  
from page A-1

least 90% of the time. The standard is one minute for the call processing time and two minutes for the turnout time. The travel time standard varies based on population density and a community's expectations.

"The performance benchmark is where we'd like to go," McReynolds said.

The January 2019 NCFPD board meeting included adopting new response time standards for North County Fire Protection District emergency calls. The district set standards of nine minutes for urban areas, 13 minutes for suburban areas, and 18 minutes for outlying response areas while targeting 90% of all responses to be within those standards.

The standards defined urban as more than 500 people per square mile, suburban as 100 to 500 people per square mile, and outlying as fewer than 100 people per square mile. At that time, the 90th percentile for the first arriving unit was 8:48 for urban areas, 10:41 for suburban areas, and 16:20 for outlying areas.

The fire district provides Advanced Life Support services and has an exclusive operating area contract to provide ambulance service. The contract stipulates that the fire district must respond to emergency incidents in the urban population zones within 10 minutes and to incidents in rural or suburban population zones within 15 minutes. The contract does not stipulate a response time for outlying population areas.

In December 2017, the county Board of Supervisors approved an implementation plan to improve emergency medical services in the unincorporated county's backcountry which included emergency medical service boundary adjustments and a unified service area intended to update response time standards to reflect population patterns and integration.

The ambulance response time standards for calls are 10 minutes for urban areas, although if a fire

agency paramedic arrives within eight minutes, the ambulance response time is 12 minutes, 16 minutes for rural areas (20 minutes for ambulance arrival if a fire agency paramedic arrives within 15 minutes), and 25 minutes for outlying areas (30 minutes if a paramedic arrives within 23 minutes).

An exclusive operating area contract with a 15-minute response standard for rural and suburban areas would supersede the 16-minute unified response area standard.

DeLuz is not part of the San Diego County Fire Protection District, but NCFPD ambulances are often sent for DeLuz medical needs. The eastern part of DeLuz has a rural zone classification under the county's plan while the western part of DeLuz is an outlying zone.

If the North County Fire Protection District receives a call for medical service in DeLuz, the ambulance from Station 1 on Ivy Street is dispatched if it is available. Including the trip to the hospital, a call for service in DeLuz places an ambulance out of service for other needs for approximately two hours. Approximately 50% of NCFPD calls for medical service are in the area which would be served by the Station 1 ambulance if it is available.

In August 2021, the NCFPD board awarded Matrix Consulting Group, which is headquartered in San Mateo and has an office in Irvine, a contract to develop the district's long-range master and strategic plan.

The August 2022 NCFPD board meeting included adoption of the three-year to five-year strategic plan. The goals included improving the concentration of resources to create an effective response force for the various types of calls for service in the fire district, and that goal's objective was to define and establish an effective response force performance objective based on nationally accepted best practice for the risks identified in the district.

Matrix and NCFPD staff collaborated to develop the Effective Response Force Standard which incorporates the locations and

assigned apparatus of the district's five fire stations along with California Department of Forestry and Fire Protection and Vista Fire Department response partners.

Between 2018 and 2021, the 90th percentile turnout time over the four-year period was 1:34 for medical calls and 1:49 for fire suppression calls. There were no structural fire calls in Rainbow during those four years, but the response standard travel times of 6 1/2 minutes for the first unit and 10 1/2 minutes for an effective response force were not met in Fallbrook or Bonsall.

The 159 first unit calls in Fallbrook had a 90th percentile travel time of 9:06 with only 62.3% of the calls meeting the 6 1/2-minute standard while the 24 first unit calls for Bonsall structure fires had a 90th percentile of 10:16 with 50.0% meeting the 6 1/2-minute standard.

The first unit is capable of conducting an incident size-up, establishing command, requesting additional resources, assigning incoming resources, securing a water supply, providing 500 gallons of water and 1,500 gallons per minute (gpm) pumping capacity, and initiating rescue or fire attacks.

The effective response force is capable of providing 4,500 gpm pumping capability, advancing an attack line and a backup line for fire control, establishing a rapid intervention crew, completing forcible entry, searching, removing victims from harm, providing medical care for the injured, ventilating the structure, securing utilities, and performing salvage and overhaul.

Only 4% of structural fire calls for both areas met the 10 1/2-minute effective response force standard; the 90th percentile travel times were 26:40 for the 25 Fallbrook calls requiring an additional unit and 24:42 for the six Bonsall calls requiring additional support. For all emergency calls, the total 90th percentile response time including travel was 11:50 for Fallbrook, 11:45 for Bonsall, and 14:37 for Rainbow with 90th percentile travel times of 9:23 for Fallbrook, 9:25 for Bonsall, and 13:11 for Rainbow.

"Fallbrook and Bonsall really shouldn't be urban," McReynolds said. "The road network doesn't really support that."

The reclassification of Fallbrook and Bonsall from urban to suburban isn't the only likely effect of the Effective Response Force Standard report. "We're going to use it as a guiding document to drive future district staffing and to drive future fire station construction," McReynolds said.

"As the region continues to grow we've got to expand our fire district and keep up with our current and future call volume," McReynolds said. "We want our response time to be better in the district."

On May 23, the NCFPD board adopted a District Facilities Replacement Plan which calls for revisions to the plan every three years to ensure relevance to project timelines as needs and revenue change.

Industry guidelines set the optimal

useful life of a fire station at 50 years. Station 1 was built in 1962; Station 2 on Winterwarm Drive was constructed in 1963; the Station 3 building precedes the 1986 merger of the Fallbrook Fire Protection District with the county service area responsible for fire protection in Rainbow; Station 4 in Pala Mesa is a modular building which dates back to 1979, and the new Station 5 on Olive Hill Road was completed in 2014. Replacements for Station 3 and Station 4 are in the design phase.

"The long-term plan would be to add a Station 6 and to move Station 2," McReynolds said.

The replacement of Station 2 thus likely wouldn't be at its current location. "We do want to add a station down in the area of Reche Road," McReynolds said.

Station 6 would preferably be along South Mission Road. "That will help us reach some of these structures that we've identified for the future," McReynolds said.

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LEGALS

**Change of Name**

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
Case Number: 37-2024-00001318-CU-PT-CTL TO ALL INTERESTED PERSONS

Petitioner:  
**RENEE ANN OZERI**  
Present Name:  
**RENEE ANN OZERI**  
Proposed Name:  
**MAYA AHAVA**

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: 2/26/24 Time: 8:30 AM Dept: 61  
The address of the court is 330 West Broadway, San Diego, CA 92101

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120).

If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One copy of the Order Granting the Petition will be mailed to the petitioner.

To change a name on a legal document, including a birth certificate, social security card, driver license, passport, and other identification, a certified copy of Decree Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be required. Contact the agency(ies) who issue the legal document that needs to be changed, to determine if a certified copy is required.

A certified copy of Decree Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be obtained from the Civil Business Office for a fee. Petitioners who are seeking a change of name under the Safe at Home program may contact the assigned department for information on obtaining certified copies.

If all requirements have not been met as of the date specified, the court will mail the petitioner a written order with further directions.

If a timely objection is filed, the court will set a remote hearing date and contact the parties by mail with further directions.

A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date.

Date: JAN 12, 2024 Signed: Maureen F. Hallahan, Judge of the Superior Court.  
**LEGAL: 6396**  
**PUBLISHED: January 18, 25, February 1, 8, 2024**

**Change of Name**

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
Case Number: 37-2023-00044491-CU-PT-CTL TO ALL INTERESTED PERSONS

Petitioner:  
**SARAH ELIZABETH HEDGES**  
Present Name:  
**SARAH ELIZABETH HEDGES**  
Proposed Name:  
**SARAH ELIZABETH OROZCO**

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: January 30, 2024 Time: 8:30 AM Dept: 61

The address of the court is 330 West Broadway, San Diego, CA 92101

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120).

If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One copy of the Order Granting the Petition will be mailed to the petitioner.

To change a name on a legal document, including a birth certificate, social security card, driver license, passport, and other identification, a certified copy of Decree Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be required. Contact the agency(ies) who issue the legal document that needs to be changed, to determine if a certified copy is required.

A certified copy of Decree Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be obtained from the Civil Business Office for a fee. Petitioners who are seeking a change of name under the Safe at Home program may contact the assigned department for information on obtaining certified copies.

If all requirements have not been met as of the date specified, the court will mail the petitioner a written order with further directions.

If a timely objection is filed, the court will set a remote hearing date and contact the parties by mail with further directions.

A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date.

Date: November 29, 2023 Signed: Peter F. Murray, Judge of the Superior Court.  
**LEGAL: 6380**  
**PUBLISHED: January 4, 11, 18, 25, 2024**

**Petition to Administer**

**NOTICE OF PETITION TO ADMINISTER ESTATE OF HELADIO RUIZ SOTO**  
CASE NO. 37-2023-00040080-PR-LA-CTL  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: HELADIO RUIZ SOTO  
A Petition for Probate has been filed by CARINA RUIZ in the Superior Court of California, County of SAN DIEGO  
The Petition for Probate requests that CARINA RUIZ be appointed as personal representative to administer the estate of the decedent.  
The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
A hearing on the petition will be held in this court as follows:  
Date: 02/06/2024 Time: 10:30 A.m. Dept. 504  
Address of court: 1100 Union St, San Diego, CA 92101  
Central Court (Probate)  
If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.  
Attorney for petitioner: Rachel King, 34859 Frederick Street, Suite 108, Wildomar, CA 92595, 951.834.7715  
**Legal: 6387**  
**PUBLISHED: January 11, 18, 25, 2024**

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Capture the beauty of our area - from landscapes to popular events. Winning photos will be featured in the 2024 Sourcebook!

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Email your photo submissions by 2/16/24 to [sourcebook@reedermedia.com](mailto:sourcebook@reedermedia.com)

 Please include your name and phone number. Photos must be high resolution to be considered for print. No limit on number of photo entries per person. All winners will be notified by email prior to Sourcebook publication.

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# LEGALS

The deadline for Legal notices is Monday, noon. Email to [legals@reedermedia.com](mailto:legals@reedermedia.com).

## Fictitious Biz. Name

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9025388  
Name of Business  
**QQ BEAUTY**  
1165 E Mission Rd, Fallbrook, CA 92028  
Mailing address: 1165 E Mission Rd, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Ying Wang, 45531 Corte Narbonne, Temecula, CA 92592  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 20, 2023  
**LEGAL: 6379**  
**PUBLISHED: January 4, 11, 18, 25, 2024**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9025297  
Name of Business  
**a. TO DRY FOR SOAP**  
**b. WICKED WICKS CANDLE CO**  
**c. BUILD YOUR OWN KEYCHAIN**  
1831 Green Canyon Road, Fallbrook, CA 92028  
Mailing address: 1831 Green Canyon Road, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Joanie Renee Sturgeon, 1831 Green Canyon Road, Fallbrook, CA 92028  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of 12/01/2023  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 19, 2023  
**LEGAL: 6376**  
**PUBLISHED: December 28, 2023, January 4, 11, 18, 2024**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9025157  
Name of Business  
**WINNXT**  
32036 Del Cielo Oeste, Unit 5A, Bonsall, CA 92003  
Mailing address: 32036 Del Cielo Oeste, Unit 5A, Bonsall, CA 92003  
County: San Diego  
This business is registered by the following:  
Hayley Wade, 32036 Del Cielo Oeste, Unit 5A, Bonsall, CA 92003  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of 7/7/2023  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 15, 2023  
**LEGAL: 6377**  
**PUBLISHED: December 28, 2023, January 4, 11, 18, 2024**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9025480  
Name of Business  
**Z ROCK HEALTH AND FITNESS**  
778 Rivertree Drive, Oceanside, CA 92058  
Mailing address: 4225 Oceanside Blvd #H197, Oceanside, CA 92056  
County: San Diego  
This business is registered by the following:  
Ziggy Rock, 778 Rivertree Drive, Oceanside, CA 92058  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 21, 2023  
**LEGAL: 6378**  
**PUBLISHED: December 28, 2023, January 4, 11, 18, 2024**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2024-9000495  
Name of Business  
**a. KRAKEN BARBER TRADE & COMPANY**  
**b. UNMANIFESTED LIFE**  
173 Harrison St., Oceanside, CA 92057  
County: San Diego  
This business is registered by the following:  
a. Marcos Cardona, 173 Harrison St., Oceanside, CA 92057  
b. Corinne Jasmine Cardona, 173 Harrison St., Oceanside, CA 92057  
This business is conducted by a Married Couple  
Registrant first began to transact business under the fictitious name listed above as of 1/24/2019  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 08, 2023  
**LEGAL: 6388**  
**PUBLISHED: January 18, 25, February 1, 8, 2024**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2024-9000132  
Name of Business  
**ECLECTICOLOGY**  
3909 Reche Rd, Spc 72, Fallbrook, CA 92028  
Mailing address: 3909 Reche Rd, Spc 72, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
a. Alexander John Crawford, 3909 Reche Rd, Spc 72, Fallbrook, CA 92028  
b. Stephanie Michelle Crawford, 3909 Reche Rd, Spc 72, Fallbrook, CA 92028  
This business is conducted by a Married Couple  
Registrant first began to transact business under the fictitious name listed above as of 1/3/2024  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 03, 2023  
**LEGAL: 6389**  
**PUBLISHED: January 18, 25, February 1, 8, 2024**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2024-9000461  
Name of Business  
**DEADPILOT 550 HANDLES**  
2303 Canyon Vista Drive, Fallbrook, CA 92028  
Mailing address: 2303 Canyon Vista Drive, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Courtney Hilborn, 2303 Canyon Vista Drive, Fallbrook, CA 92028  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 08, 2024  
**LEGAL: 6390**  
**PUBLISHED: January 18, 25, February 1, 8, 2024**

## Fictitious Biz. Name

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9025404  
Name of Business  
**SPRAGUE REALTY**  
1845 Westminster Drive, Cardiff by the Sea, CA 92007  
Mailing address: SAME  
County: San Diego  
This business is registered by the following:  
Sprague & Associates, Inc., 1845 Westminster Drive, Cardiff by the Sea, CA 92007  
This business is conducted by a Corporation  
This Corporation is registered in the state of California  
Registrant first began to transact business under the fictitious name listed above as of 03/03/2008  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 20, 2023  
**LEGAL: 6381**  
**PUBLISHED: January 11, 18, 25, February 1, 2024**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9025890  
Name of Business  
**CPR CHULA VISTA, CA**  
1750 E Palomar St, Chula Vista, CA 91913  
County: San Diego  
This business is registered by the following:  
SA Ventures Group LLC, 9811 Caminito Doha, San Diego, CA 92131  
This business is conducted by a Limited Liability Company  
This LLC is registered in the state of CA  
Registrant first began to transact business under the fictitious name listed above as of 12/10/2023  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 28, 2023  
**LEGAL: 6382**  
**PUBLISHED: January 11, 18, 25, February 1, 2024**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9023875  
Name of Business  
**EL TORITO MEXICAN RESTAURANT**  
5024 Baltimore Drive, La Mesa, CA 91942  
Mailing address: 11065 Knott Ave Suite A, Cypress, CA 90630  
County: San Diego  
This business is registered by the following:  
FM Restaurants El Torito OPCO, LLC, 11065 Knott Ave Suite A, Cypress, CA 90630  
This business is conducted by a Limited Liability Company  
This LLC is registered in the state of Delaware  
Registrant first began to transact business under the fictitious name listed above as of 10/29/2018  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Nov 29, 2023  
**LEGAL: 6383**  
**PUBLISHED: January 11, 18, 25, February 1, 2024**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2024-9000224  
Name of Business  
**SOUTH PAW MOBILE GROOMING**  
7418 Rainbow Heights Rd, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Harlee Jaymes Lara, 7418 Rainbow Heights Rd, Fallbrook, CA 92028  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 04, 2024  
**LEGAL: 6384**  
**PUBLISHED: January 11, 18, 25, February 1, 2024**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9024701  
Name of Business  
**STALLGAZE**  
3837 Mount Ariane Drive, San Diego, CA 92111  
County: San Diego  
This business is registered by the following:  
Ashley Lukas, 3837 Mount Ariane Drive, San Diego, CA 92111  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 08, 2023  
**LEGAL: 6385**  
**PUBLISHED: January 11, 18, 25, February 1, 2024**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2024-9000581  
Name of Business  
**a. NETWORK EXCHANGE GROUP**  
**b. THE NETWORK EXCHANGE**  
370 Spanish Spur, Fallbrook, CA 92028  
Mailing address: 370 Spanish Spur, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
White Sage LLC, 370 Spanish Spur, Fallbrook, CA 92028  
This business is conducted by a Limited Liability Company  
This LLC is registered in the state of California  
Registrant first began to transact business under the fictitious name listed above as of 05/07/2010  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 09, 2024  
**LEGAL: 6391**  
**PUBLISHED: January 18, 25, February 1, 8, 2024**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2024-9000592  
Name of Business  
**a. GLAMOUR GIRL SPORTS JEWELRY**  
**b. GLAMOUR GIRL JEWELRY**  
370 Spanish Spur, Fallbrook, CA 92028  
Mailing address: 370 Spanish Spur, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
White Sage LLC, 370 Spanish Spur, Fallbrook, CA 92028  
This business is conducted by a Limited Liability Company  
This LLC is registered in the state of California  
Registrant first began to transact business under the fictitious name listed above as of 05/07/2010  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 03, 2024  
**LEGAL: 6392**  
**PUBLISHED: January 18, 25, February 1, 8, 2024**

## Change of Name

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**Case Number: 37-2024-0000317-CU-PT-NC TO ALL INTERESTED PERSONS**  
**Petitioner:**  
**JOCELYN LEACH**  
**Present Name:**  
**MAX WILLIAM DALTON MAYFIELD**  
**Proposed Name:**  
**MAX WILLIAM LEACH**

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: 2/16/2024 Time: 8:30 am Dept: 25**  
**The address of the court is 325 S. Melrose Dr, Vista, CA 92081 North County**

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  
NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120). If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One copy of the Order Granting the Petition will be mailed to the petitioner.  
To change a name on a legal document, including a birth certificate, social security card, driver license, passport, and other identification, a certified copy of Decree Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be required. Contact the agency(ies) who issue the legal document that needs to be changed, to determine if a certified copy is required.  
A certified copy of Decree Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be obtained from the Civil Business Office for a fee. Petitioners who are seeking a change of name under the Safe at Home program may contact the assigned department for information on obtaining certified copies.  
If all requirements have not been met as of the date specified, the court will mail the petitioner a written order with further directions.  
If a timely objection is filed, the court will set a remote hearing date and contact the parties by mail with further directions.

RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date.  
Date: JAN - 4 2024 Signed: Brad A. Weinreb, Judge of the Superior Court.  
**LEGAL: 6386**  
**PUBLISHED: January 11, 18, 25, February 1, 2024**

## Fictitious Biz. Name

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9025805  
Name of Business  
**ROOTED IN LOVE FARM**  
43211 Cinco Arroyos, Fallbrook, CA 92028  
Mailing address: 43211 Cinco Arroyos, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Melanie Villapando, 43211 Cinco Arroyos, Fallbrook, CA 92028  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 28, 2023  
**LEGAL: 6393**  
**PUBLISHED: January 18, 25, February 1, 8, 2024**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2024-9000729  
Name of Business  
**THE PERFECT MIX MOBILE BARTENDING SERVICES**  
Mailing address: 1171 Tee Street, Oceanside, CA 92057  
County: San Diego  
This business is registered by the following:  
a. Julie Marie Harris, 1171 Tee Street, Oceanside, CA 92057  
b. Anthony Michael Harris, 1171 Tee Street, Oceanside, CA 92057  
This business is conducted by a Married Couple  
Registrant first began to transact business under the fictitious name listed above as of 1/1/2024  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 10, 2024  
**LEGAL: 6394**  
**PUBLISHED: January 18, 25, February 1, 8, 2024**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2024-9000097  
Name of Business  
**ELEMENTS OF HYPNOSIS**  
770 Reche Way, Fallbrook, CA 92028  
Mailing address: 770 Reche Way, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Jessielee Hernandez, 770 Reche Way, Fallbrook, CA 92028  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of 12/28/2023  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 03, 2024  
**LEGAL: 6395**  
**PUBLISHED: January 18, 25, February 1, 8, 2024**

NOTICE OF TRUSTEE'S SALE TS No. CA-23-961117-SH Order No.: 230291371-CA-VOL YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5/18/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor(s): DEBORAH K KING AND TRACY L KING, WIFE AND HUSBAND Recorded: 6/15/2005 as Instrument No. 2005-0503851 of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 3/4/2024 at 10:00 AM Place of Sale: At the entrance to the East County Regional Center by the statue, located at 250 E. Main St., El Cajon, CA 92020 Amount of unpaid balance and other charges: \$155,758.75 The purported property address is: 160 SANTA BARBARA WAY, VISTA, CA 92083 Assessor's Parcel No.: 164-011-46-00 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 for information regarding the trustee's sale or visit this internet website <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-23-961117-SH. 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 website. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call 916-939-0772, or visit this internet website <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-23-961117-SH to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. NOTICE TO PROSPECTIVE OWNER-OCCUPANT: Any prospective owner-occupant as defined in Section 2924m of the California Civil Code who is the last and highest bidder at the trustee's sale shall provide the required affidavit or declaration of eligibility to the auctioneer at the trustee's sale or shall have it delivered to QUALITY LOAN SERVICE CORPORATION by 5 p.m. on the next business day following the trustee's sale at the address set forth in the below signature block. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. Date: QUALITY LOAN SERVICE CORPORATION 2763 Camino Del Rio S San Diego, CA 92108 619-645-7711 For NON SALE information only Sale Line: 916-939-0772 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 QUALITY LOAN SERVICE CORPORATION . TS No.: CA-23-961117-SH IDPub #0190259 1/11/2024 1/18/2024 1/25/2024

APN: 213-190-04-21 TS No. MBRHOA-CALL-2670 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER AN ASSESSMENT LIEN RECORDED AGAINST YOUR PROPERTY BY MULBERRY AT BRESSI RANCH HOMEOWNERS ASSOCIATION. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC AUCTION. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 01/31/2024 at 10:00AM , the law offices of Wasserman Kornheiser Combs LLP, as duly appointed Trustees, under and pursuant to the NOTICE OF ASSESSMENT LIEN recorded on 10/07/2022, as Document Number 2022-0392617 and the NOTICE OF DEFAULT recorded on 06/23/2023, as Document No. 2023-0165216 of Official Records in the office of the County Recorder of the County of San Diego, State of California, executed on behalf of MULBERRY AT BRESSI RANCH HOMEOWNERS ASSOCIATION, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH, (payable at the time of sale in lawful money of the United States) at the entrance to the East County Regional Center by the statue, 250 E. Main Street, El Cajon, CA 92020; all rights, title and interest conveyed now held by it by virtue of said Assessment Lien and Notice of Default in the property situated in said County, State of California, describing the land therein as: [Legal Description attached hereto as Exhibit "A"] EXHIBIT "A" Legal Description A Condominium Unit Composed of: Parcel 1 (Common Area Interest): An undivided fractional interest as tenant in common in and to the common area of Phase 2 as described on the Mulberry at Bressi Ranch Condominium Plan (the "Condominium Plan") recorded February 11, 2005, as Document No. 2005-0117224, in the Office of the County Recorder of San Diego County, California, being a portion of Lot 1 of Carlsbad Tract Map CT 03-03, in the City of Carlsbad, County of San Diego, State of California, according to Map thereof No. 14800 filed in the Office of the County Recorder of San Diego County on May 21, 2004. The undivided fractional interest hereby conveyed is the reciprocal of the number of Living Units shown on the Condominium Plan as being within Phase 2 of the Condominium Plan. Excepting therefrom all Living Units shown on the Condominium Plan. Also excepting therefrom all oil, gas, minerals, and other hydrocarbon substances lying below the surface of said land, but with no right of surface entry, as provided in deeds of record. Parcel 2 (Living Unit): Living Unit No. 71, as shown upon the Condominium Plan. Parcel 3 (Exclusive Use Areas): The exclusive right of use any exclusive use area shown on the Condominium Plan as being appurtenant to the Living Unit described in Parcel 2 above. Parcel 4 (Easement over Association Property): A non-exclusive easement for use and enjoyment of and access over the Association Property ("Association Property" is defined in the Declaration of Covenants, Conditions and Restrictions and Reservation of Easements for Mulberry at Bressi Ranch recorded on March 10, 2005, as Document No. 2005-0197712, Official Records), excepting any exclusive use area. The Easement hereby reserved, which is appurtenant to the Living Unit described above, is for access and use of the Association Property, subject to the provisions of the Declaration of Covenants, Conditions and Restrictions and Reservation of Easements for Mulberry at Bressi Ranch and the rules and regulations of the Mulberry at Bressi Ranch Homeowners Association, a California Nonprofit Mutual Benefit Corporation. Parcel No.: 213-190-04-21 and COMMONLY KNOWN AS: 2670 Alameda Circle, Carlsbad, CA 92009 the owner of record of the above described real property is purported to be: JULIEANNE CALL, a Married Woman as her sole and separate property The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the amounts requested under the foressaid Assessment Lien and Notice of Default, with interest thereon, as provided in the Declaration of Covenants, Conditions and Restrictions applicable to said Association, plus fees, charges and expenses of the Trustee to wit: \$21,955.56. THIS PROPERTY IS BEING SOLD SUBJECT TO THE RIGHT OF REDEMPTION IN ACCORDANCE WITH CALIFORNIA CIVIL CODE SECTION 5715. 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 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. 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NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (916) 939-0772, or visit this internet website [www.nationwideposting.com](http://www.nationwideposting.com), using the file number assigned to this case TS No. MBRHOA-CALL-2670 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. For up-to-date information regarding sale dates and postponements, you can call (916) 939-0772, or visit this internet website [www.nationwideposting.com](http://www.nationwideposting.com), using the file number assigned to this case TS No. MBRHOA-CALL-2670. SALE CONDUCTED ON BEHALF OF MULBERRY AT BRESSI RANCH HOMEOWNERS ASSOCIATION BY: Date: 12/28/2023 BY: WASSERMAN KORNHEISER COMBS LLP 7955 Raytheon Road, Suite A San Diego, CA 92111 Phone: (858) 505-9500 CRAIG L COMBS, TRUSTEE NPP0445136 To: VILLAGE NEWS INC 01/11/2024, 01/18/2024, 01/25/2024



# COLDWELL BANKER

## VILLAGE PROPERTIES

Each Office Is Independently Owned and Operated



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**JEAN E. ESOP**  
DRE# 01003649



**JANE FELTON**  
DRE# 01942026



**OPEN HOUSE SAT 1/20 • 12-3PM**

1041 Willowcreek Lane, Fallbrook **\$1,600,000**



**NEW LISTING**

4330 Vista Del Pacifico, Fallbrook **\$1,399,000**



**NEW LISTING**

387 Pippin Lane, Fallbrook **\$725,000**



516 So. The Strand, Oceanside **\$4,925,000**



**GATED PEPPERTREE PARK**

647 Inverlochty, Fallbrook **\$979,000**



**OPEN HOUSE SAT 1/20 • 10AM-2PM**

30170 Disney Lane, Vista **\$1,690,000**



**AMAZING VIEWS**



**View Parcel to Build Your Dream Home on Offered at \$275,000**

Great 4.8 Acre parcel with amazing views including the Ocean and incredible Sunsets. Private and peaceful, Corners were recently marked, Septic layout on file for 3 bedroom structure (Will require updating). Fire hydrant on site. Plenty of room to spread out and take advantage of the varied terrain. Recent weed abatement and rough cut pad and access roads throughout the property. Great value! Buyers to verify all prior to removing contingencies. Enter 38474 Rainbow Peaks into GPS. This parcel is the next parcel on the left. Look for sign.



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