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Volume 27, Issue 26

# Residents celebrate reopening of Fire Station 2



North County Fire Protection District, along with members of the community, celebrates the completion of renovations at Fire Station 2 with a fire hose uncoupling, June 24. The next station to be renovated will be NCFPD Fire Station 3 in Rainbow. See more photos on page B-1. Village News/Shane Gibson photo

# FUESD Assistant Superintendent Morris leaves for a new opportunity in South Carolina

FALLBROOK – The Fallbrook Union Elementary School District announced June 16 the departure of Assistant Superintendent Brian Morris, who has accepted a position as Director of Human Resources in the Lexington One School District, located in Lexington, South Carolina.

Morris's decision to embark on a new professional journey was influenced by his children's educational pursuits and the exciting opportunities awaiting them in the South.

With a passion for education and human resources, Morris is eager to contribute his expertise to the growing district of Lexington One, which serves approximately 27,000 students. His experience and dedication to fostering a

positive working environment will undoubtedly make a significant impact in his new role.

In order to ensure a seamless transition during this period of change, Leonard Rodriguez, Executive Director of Student Services, will assume the position of Interim Assistant Superintendent. With his valuable experience and knowledge, Rodriguez will support FUESD in maintaining its commitment to excellence while the district undertakes the hiring process to fill the vacant position.

Reflecting on his time at FUESD, Morris said, "Serving with our great schools in FUESD over the past two years has been the most enjoyable and rewarding experience of my career. I commend the FUESD staff for their relentless dedication to our students, families, and community."

Assistant Superintendent of Business Services Cindi Martin, who recently served as Interim Superintendent, shared her gratitude for Mr. Morris and his work, "I would like to extend my heartfelt gratitude to Brian Morris for his invaluable contributions to



Assistant Superintendent Brian Morris is leaving FUESD for a job in South Carolina. Village News/Courtesy

the Fallbrook Union Elementary School District during his time as Assistant Superintendent. Brian's dedication, passion, and expertise have greatly benefited our students, staff, and community.

We are immensely grateful for his tireless commitment and the positive impact he has made."

Morris's last day with FUESD was Friday, June 23, allowing him and his family time to make the

cross-country move and settle in South Carolina.

Submitted by Fallbrook Union Elementary School District.

# FUESD Marine father vows to get more involved

**Julie Reeder**  
Publisher

At the FUESD school board meeting on June 20, a Marine

father, who wished to remain anonymous in the Village News, conveyed his dismay regarding his family's experience with a teacher at San Onofre school on Camp Pendleton.

His family, including three children, has transferred to Camp Pendleton from Yokosuka, Japan. He explained that while they live in the school district, and the military is such a supporter of the school district, they cannot vote for their school board directors. Their family had only been at the school for three weeks as of the school board meeting.

He said he became concerned recently after visiting the nurse's office to give his daughter some medicine. He arrived at the school, and to his dismay, there was a placard for the Gay, Straight Alliance, which he told the board of directors that he thought was irrelevant, inappropriate, and unprofessional for elementary school-aged children.

Then his 11-year-old daughter came home and informed him that the counselor and other staff were wearing rainbow flag pins. He asked if there was an American flag displayed, which she said there was not.

He wanted to know from the board, "Why not display the American flag which stands for liberty & justice for all?"

Then his 9-year-old came home and asked him, "Daddy, what is non-binary?"

He said, "Why do you ask?" She said, "I was sitting at the girl's table at lunch, but I was cold and the boy's table was in the sun, so I wanted to sit in the sun, but when I went over there, the kids started calling me non-binary." He said, "What did you do?" She said, "I went back over to the girls' table and just was cold."

He said they talk about school at the dinner table and after only 1 ½ weeks at the school, his third-grader said she was learning

about being non-binary. They were reading a book called My Shadow is Purple.

He had his daughter removed from the classroom.

He said, "When I spoke to the principal, he said, 'My hands are tied. That book was purchased at the school book fair.' That was his excuse."

"At that point I sent an email to the school board, he said. One hour later I received a call from Cindy Martin, who is still the Interim Superintendent. I was happy she was so responsive."

"She asked me questions and assured me that the book is not part of the curriculum. She also said that the teacher is on paid administrative leave while they investigate."

"The next day, 6 or 7 mothers contacted us and told us it wasn't the first time. So now I'm going to

see **FATHER**, page A-4

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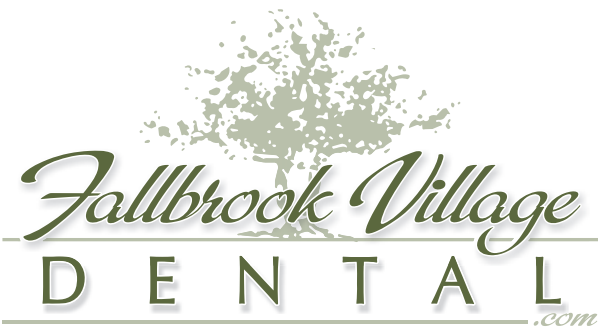
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## ANNOUNCEMENTS

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

### Women's brunch to feature miniature horse



Faith San Sorino is bringing Baby Sky, a 7 year old therapy horse from Faithful Friends, to the Fallbrook Women's Connection brunch July 21.

FALLBROOK – The Fallbrook Women's Connection invites all to a special program and brunch in the ballroom of the Beverly Mansion at the Grand Tradition Estate and Gardens, Friday, July 21, 10 a.m. to 12 noon, doors open at 9:15.

The program will feature Faith San Servino, owner of a local therapy ranch called Faithful Friends, who will bring her mini horse Baby Sky. The horse will be dressed in patriotic colors and will say hello so guests are encouraged to bring their cameras.

This miniature therapy horse ranch is number one in the nation and has been for over a decade. They strive to offer the happiest and most talented miniature horses in the country. They visit senior care, Alzheimer's units, veterans and personal homes. Their horses are trained, certified, and then sold.

The guest speaker: will be Wayne A. Teuerle, a husband,

father, grandfather and U.S. Navy veteran. He will share how God changes the heart but uses our personality for his purposes.

Special musical guests will be Sandra Kopitzke and Richard Lafetra.

The cost per ticket is \$30 for adults, \$15 for children 18 and under, cash or check, which includes a delicious brunch prepared by The Grand Tradition, 220 Grand Tradition Way, located at the corner of South Mission Road and Grand Tradition Way near Econo Lodge.

Free child care will be provided for younger children with reservations which are encouraged. To make a reservation, call Ginny at 760-723-3633 or email [Fallbrookcwc@gmail.com](mailto:Fallbrookcwc@gmail.com). Sponsored by Stonecroft Ministries.

Submitted by Fallbrook Women's Connection.

### Quilt Guild's Compton to talk about molas

FALLBROOK – The Fallbrook Quilt Guild's member Julie Compton will be presenting an informative program on molas for the July 6 meeting. Mola is a handmade textile that forms part of the traditional women's clothing of the indigenous Guna people from Panama and Colombia.

Compton is knowledgeable on this topic, having lived in Panama

for several years. She has an extensive collection of molas in various forms from clothing to wall-hangings that will be shared.

The Guild meets on the first Thursday of the month at the Fallbrook Community Center. Doors open at 5:30 p.m.

Submitted by Fallbrook Quilt Guild.

### Volunteers are wanted for World Literacy Day

SOUTH AUSTRALIA – People are needed to organize a book drive or some other community or fundraising event in California to lift attention on World Literacy Day (Sept. 8). The theme this year is "Today's readers, Tomorrow's leaders."

In the region, 61% of children from underprivileged backgrounds don't own a single book and 73% of children struggle to read a sentence.

Andrew Kay, CEO from the World Literacy Foundation says, "the ability to read is the passport for a better future, and literacy skills can break generational poverty."

People in California are invited to help create greater awareness and attention to this very important issue. Literacy is the pathway for a

child to reach their full potential.

On World Literacy Day, everyone is encouraged to help organize fundraising events to raise money to purchase children's books and get them into the hands of those who need them most. Globally, 770 million people can't read a single word and a further 2 billion struggle to read a sentence. In America, 24% of people are considered functionally illiterate, which can have lifelong social, economic, health and employment related problems.

Register to be a local literacy campaigner on World Literacy Day at [info@worldliteracyfoundation.org](mailto:info@worldliteracyfoundation.org).

Submitted by the World Literacy Foundation.

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**2559 Vista De Palomar, Fallbrook**

A Modern Masterpiece in Fallbrook with incredible picture perfect panoramic views over a stunning private pool and spa on 2+ useable acres including a Cabernet Franc vineyard planted in 2017! Designer high end finishes throughout include wide plank European oak flooring, 12 ft. panorama multi slide doors that disappear into the wall and open onto an expansive travertine patio with gorgeous hill and mountain views allowing tons of natural light. This property was remodeled recently including the dual HVAC system with 2 nest thermostats, dual HVAC heat pump system (electric), PAID Solar, exposed timber beams in multiple rooms, Bosch appliances, a Verona 6 burner induction stove and oven, white marble countertops and a large island.

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**3547 Via Zara Court, Fallbrook**

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**Offered at \$1,798,747**

**Ken's Corner**

**Our System Works**

This week we listed 4 homes and 2 of them are already under contract and we have above list multiple offers on one of the other 2! **OUR SYSTEM WORKS!!** If you or someone you know needs results like this...we need more listings!

Please reach out to us. I promise we will achieve the highest possible price in the shortest period of time.

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**Business Spotlight**



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**Sharon's Corner**

I hope you are checking out our new website and American Dream TV Show! All our segments can be viewed on our website, YouTube, Amazon, Roku and when they air on Fox 5! We are filming again next week at Fallbrook Winery and will be showcasing a Fallbrook "Modern Masterpiece" estate home with a 925 vine Cab Franc Vineyard! We are also waiting for the final cut of our Fallbrook Tennis and Pickleball Club segment! Call anytime to talk about how we can market your property!

**LET'S TALK! - Sharon**

**Charity Spotlight**



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- Kristen and Gracie L.

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John lives and works in Fallbrook. As a Realtor® for over 34 years, he is proud to have served a number of Fallbrook homeowners. Some were already here, and many others came to our town through his hard work and local knowledge of all things Fallbrook. He stands ready to serve you!



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# Watkins Bros Livery stable mural unveiled

**Katelynn Abrams**  
Village News Intern

The unveiling of the Watkins Bros Livery Stable mural event was hosted at Village Square Saturday, June 24.

Jerri Patchett, president of Fallbrook Arts Inc., introduced the event and the people who made it possible: Fallbrook Art Center director Brenda Andrews, the Arts in Public Places committee, the Fallbrook Historical Society who provided the image, and Cristi Lewis, who was excited for the mural to be on the side of her building from the very beginning. The newest piece of public art brings Fallbrook to 34 pieces.

Historian Tom Frew shared the history of the Watkins, their livery business, and the relationship between the Watkins and Fallbrook's history. After learning about the history behind the mural, guests walked the short distance from Village Square to the mural painted on the side of the Acorn Community Birth and Wellness Center, next door on Alvarado Street.

Next to the mural is a plaque with information and a QR code that can be scanned by a phone's camera, which links to the Fallbrook Historical Society's website for the history of Watkins Bros Livery Stable.

For more information, visit <https://www.fallbrookhistoricalsociety.org>.



Guests gather for a picture with the Watkins Bros Livery stable mural.

Village News/Katelynn Abrams photos



The new Watkins Bros Livery stable mural brings Fallbrook's total in public art to 34 pieces.



Jerri Patchett introduces the project and the people who made it possible on stage at Village Square, June 24.

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### FATHER

from page A-1

get extremely involved.”

Dr. Miriam Grossman MD, author of the 2009 book “Your teaching my children what?” has a new book being released in July called, “Lost in Transnation, A Child’s Psychiatrist’s Guide Out of the Madness.”

In a recent podcast with clinical psychologist Jordan Petersen, she said she is especially concerned that parents are being led to believe that kids can deny biology and they end up paying a huge price, including possibly the death of their student.

Dr. Petersen said, “You mean they pay a large price like sterility, lowered voice, damaged forearm, decreased bone density, a penis that doesn’t work, increased probability of cancer, no evidence of mental health benefit, family trauma, increased risk of suicide, regret, no ability to breastfeed or erotic sensation?”

Dr. Grossman said, “Yes, when your son or daughter comes home and says they don’t identify as their biological sex, it’s necessary for all parents to be aware of what is going on in the schools.”

“Parents are told that if they don’t affirm their child, they may lose them to suicide. But there is no data to support that. In fact, young people who transition are much more likely to commit suicide.”

She said, “We are in the midst of hysteria.” She believes it’s fueled by social media and what the students are being introduced to at school. She said, “Numbers in the past 5 to 10 years have included explosive growth of individuals coming in for treatment of gender dysphoria. Ten years ago 1 in 10 to maybe 30 in 100,000 people. It was so rare 20 years ago for a teenager to present as gender dysphoric.”

“Now we have studies showing 10 or 20% identifying in a high school might identify as not being male or female.

“We have no long-term data to know how it affects them. Data we do have shows regret may take 8 to 10 years to develop, and not only does it take time to develop but then takes time to deal with it and come out with it publicly.

Those people don’t come back to the doctors and clinics. They can’t sue, it’s too late. Their LGBTQ friends shun them.”

Dr. Grossman also said that most grassroots movements are from the bottom up, but this movement is definitely from the top down.

“Hi Craig. Thanks for the checking back with me after my massage. My neck feels 100% better than it did. No more pain. Thanks, again!”

– Cheri Cornachione, Fallbrook

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# BWC installs board members



Bonsall Woman's Club presents its newly installed Board of Directors 2023-2024.

**BONSALL** – The Bonsall Woman's Club has installed the Board Members for the 2023-24 year. These members are preparing this summer to assume their roles at the September general meeting. They are President Mary Jo Pfaff;

First Vice President, Dean of Chairs Bev York and Mary Jane Poulter, Second Vice President, Membership Cindy Gibson Floyd and Connie Jordan, Third Vice President Programs Maura Button and Marlene Rantanen, Fourth Vice President, Ways and

Means Nancy Curtis and Gina Brooks, Recording Secretary Robin Kemper and Treasurer Helen Poddoubnyi.

BWC enjoyed a very successful Spring Soirée at the 127 Social House in Fallbrook on May 23. Funds were raised through silent



BWC's Spring Soirée Chairwoman Ruthie Harris enjoys the event with her husband, John Harris.

auction items and donations to contribute to the club's Charitable Donations Fund. A committee lead by chairwoman Ruthie Harris provided an evening of laughter with games, appetizers, dinner, dessert and a light misting of rain to end the event. Table

decorations of succulents were created by members and actively bid on by guests to take home to remember a lovely spring night.

Submitted by Bonsall Woman's Club.

# Rotarians meet Miss Fallbrook contestants

**FALLBROOK** – The Fallbrook Village Rotary Club held a Meet & Greet event for the 2023 Miss/Teen Fallbrook Scholarship Pageant whereby contestants could meet Rotary members and ask for sponsorships, May 11.

The six girls selected to represent

Fallbrook and surrounding areas as Miss Fallbrook 2023, Miss Teen Fallbrook 2023, and their Courts will serve a full year of service working with Rotary, the Fallbrook Chamber of Commerce and many local nonprofit organizations. At the end of their term, they will

receive scholarship money.

The pageant will be held July 8 at the Bob Burton Performing Arts Center at Fallbrook Union High School. The show begins at 6 p.m.

with doors opening at 5:30. Tickets are on sale from contestants for \$15 until July 7, then \$20 at the door. People's choice voting continues on Facebook and Instagram, or

by contacting Sherri Trombetta, 951-265-6428, until Friday July 7.

Submitted by Fallbrook Village Rotary.



Rotary member Erica Williams and Miss Fallbrook 2022 Yareli Albino make root beer floats at the Meet & Greet event held May 11.

# Cal Fire encourages safety as the Fourth of July approaches

Prevent fires and injuries caused by fireworks this Fourth of July

**SACRAMENTO** – With the Fourth of July holiday around the corner, state fire officials are stressing the dangers and consequences of using illegal fireworks. This Fourth of July, remember to celebrate responsibly. Protect your community by preventing fires and injuries caused by fireworks.

Before you think about buying fireworks for your celebration, make sure they are permitted where you live. Fireworks purchased out-of-state are illegal in California without a license. Why not let the experts handle the fireworks show? You can easily grab a blanket, head to a local fireworks show, and find the perfect patch of lawn to kick back and enjoy.

"With fireworks causing over \$25 million dollars in property loss in 2022, preventing fires and injuries caused by fireworks begins with you," said Chief Daniel Berlant, Acting California State Fire Marshal. "Don't be the reason your Fourth of July holiday goes up in smoke."

If "Safe and Sane" fireworks are legal in your area and you choose to use them, it's important that you

follow these safety tips:

- Never use illegal fireworks.
- Make sure the fireworks have the State Fire Marshal "Safe and Sane" seal on it.
- Make sure the "Safe and Sane" firework is purchased from a licensed fireworks booth.
- Never allow young children to use or handle fireworks.
- Never use fireworks while impaired by drugs or alcohol.
- Never hold a lit firework in your hands.
- Never light fireworks indoors.
- Only use them away from people, houses, and flammable materials.
- Never point or throw fireworks at another person or animal.
- Do not try to re-light or handle malfunctioning fireworks.
- Soak both spent and unused fireworks in water for an extended time before discarding.
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire.

To learn more about fireworks safety, visit [www.ReadyForWildfire.org/more/fireworks-safety/](http://www.ReadyForWildfire.org/more/fireworks-safety/).

Submitted by local Cal Fire.

> [edwardjones.com](http://edwardjones.com) | Member SIPC

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- Oversized Loft - optional second master suite
- Possibility of up to 6 total bedrooms with additional construction

0 Laurine Lane, Fallbrook **\$999,998**



- 1.15 Acres
- Commercial (C36) Lot Off Highly Trafficked South Mission Rd
- Possible Uses Include:
  - Storage
  - Mini-Storage
  - RV Storage
  - Boat Storage
  - Eating & Drinking Establishment
  - Indoor Sporting (Gun Range & More)
  - And Much More!
- -Automotive
- -Agriculture
- -Civic
- -Medical
- -Warehouse
- -Administrative
- -Residential
- -Financial

1250-56 Barbara Drive, Vista **\$1,949,000**



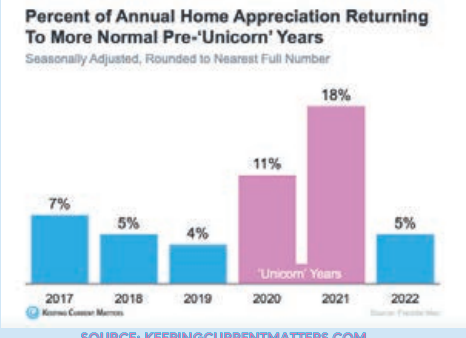
- 3 Buildings - Single Family, Duplex & Triplex | 6 Total Units
- Single Family- 2 BD | 1 BA
- Duplex - Studio | 1 BA & 1 BD | 1 BA
- Triplex - 3 BD | 1 BA, 2BD | 1 BA & Studio | 1 BA
- 1.05 Acre Lot
- 360° Views
- Flat, useable land
- Possibility to sub-divide

### DID YOU KNOW ABOUT: THE "UNICORN YEARS" 2020-2021

THE 2020-2021 REAL ESTATE MARKET IS REFERRED TO THE UNICORN YEARS, DESCRIBED AS, "SOMETHING THAT IS GREATLY DESIRED BUT DIFFICULT OR IMPOSSIBLE TO FIND"

THESE WERE HISTORICAL YEARS IN REAL ESTATE WITH HISTORICALLY LOW MORTGAGE INTEREST RATES, SOARING HOME PRICES, AND LOW FORECLOSURE RATES.

TODAYS REAL ESTATE MARKET CANNOT BE COMPARED TO THE PANDEMIC REAL ESTATE MARKET SINCE IT WAS SUCH A RARITY. INSTEAD, IT SHOULD BE COMPARED TO THE PRE-PANDEMIC MARKET. CHECK OUT THIS GRAPH TO SEE FOR YOURSELF:



4070 Ladera Vista Rd, Fallbrook **\$1,867,000**



- 4 Bed + Office
- 3.5 Bath
- 3,257 SQFT
- 2.99 Acres
- Detached RV Garage
- Privately Gated
- 4 Car Oversized Attached Garage
- 260° Views of San Geronio, Gavillan and Palomar Mountain Observatory
- Updated Kitchen with Kitchen Aid Appliances

502 S Calle Santa Rosa, Palm Springs **\$850,000**



- Triplex - 1 BD 1 BA | 1 BD 1 BA | 2 BD 1 BA
- 1,700 SQFT Total
- 6,098 SQFT Lot
- Private Yard with Pool
- Turn-Key Property with On-Site Parking
- 5 Minute Drive From PSP (Palm Springs Int'l Airport)
- Less Than 5 Minute Walk to Downtown Palm Springs
- Each Unit Individually Metered



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# Renovation brings new changes and old memories



North County Fire Protection District celebrates the completion of its Fire Station 2 remodel on Winterwarm Drive, June 24.

Village News/Shane Gibson photos



Sherry Carter, left, and Dee McReynolds view the newly drought resistant landscaping in front of NCFPD Station 2. Some of the many renovations include new visitor parking, new flooring, added restroom, new garage doors, replacing damaged concrete and new station alerting system.



NCFPD Chief Keith McReynolds welcomes guests to a ceremony celebrating the completion of Station 2's renovations.



Retired NCFPD firefighter Eddie Harrison, who began working within the fire district in 1964, shares memories of being a firefighter in Fallbrook and working at Fire Station 2.



NCFPD Battalion Chief Peter August gives a tour of new renovations inside Fire Station 2.



Retired NCFPD firefighter Mike Bongertz, who began working within the fire district in 1976, shares memories of working as a firefighter in Fallbrook and with chief McReynolds when he began his firefighting career.



NCFPD Chief Keith McReynolds points out Fire Station 2's new LED alerting system during a tour of the facility.



New red LED lighting illuminates a bathroom and other areas of Fire Station 2 alerting firefighters to an emergency call.

# HEALTH

## Healthy community, healthy you – pasta – noodle lover’s dish

**Dr. Megan Johnson McCullough**

Special to the Village News

Pasta is one of those foods that gets a bad reputation, but remains a popular staple of the American diet. The truth lies in the type of pasta, what you're eating with it, and the quantity you are consuming. The traditional restaurant's serving size for your dish is nearly four servings, which is well over the amount you should have or even need in one meal. Pasta can be part of a healthy diet, but we don't associate spaghetti and meatballs on a tiny plate.

The concern with overeating pasta is that it's high in carbohydrates. Noodles are made of eggs, durum wheat, and water, and they're shaped in various types and cooked in boiling water. There is not much to it. Most noodles are made from common wheat, but there are now other variations made of barley, rice,

or buckwheat. Sometimes in the process of making noodles they're refined, which strips many of the nutrients. Because of this, some noodles are enriched with iron and/or B12 vitamins. That is why whole-grain noodles are becoming more popular. There are many types to choose from, including penne, tortellini, macaroni, orzo, ravioli, fettuccine, and spaghetti.

We really do have to consider how much we are eating at one time. In 100 grams of pasta, there are 288 calories and 55 grams of carbohydrates. This means if we had a couple servings of pasta, we are having nearly 100 grams of carbs in one meal alone. We know we still have other carbs in our diet that day. That's not to say carbohydrates are all bad, but it's the excessive amount we eat that eventually gets stored as fat. You can have pasta and a healthy diet, but you have to read labels, stick to appropriate servings, and be mindful of what toppings

are on the pasta. Keep in mind a half cup of marinara sauce has about 580 mg of sodium, while the daily allowance is 2300 mg. Most people aren't conservative with sauces and probably have well over one cup of it. There are other sauces, oils, sausages, and toppings that are packed with taste, but can add to the calories and fat we don't need.

One serving of pasta might seem like a tease in a world where we are told to go for the second serving. Food is love and the more we eat of someone's cooking, the more appreciated they feel for the meal they've served. You can have pasta and keep within reason, but don't fool yourself if you know your willpower will falter. It may not be the meal you order or the dinner you cook. Noodles just have that feel good, taste good, and goes with anything nature about them. It's hard to turn down a big bowl of yummy pasta.



Portion control with pasta is a true test of willpower.

Village News/Courtesy photo

## 46,000-plus Helped by Love Your Heart in February



County worker takes the blood pressure of a visitor at a Love Your Heart event

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

San Diego County released its 2023 Love Your Heart Report Tuesday, showing that the annual February public health campaign gave more than 46,000 people free blood pressure checks and saved 646 people from imminent medical emergencies like strokes or heart attacks.

The County started the Love Your Heart campaign at 15 sites in 2012. The goal was to help people to "know their numbers" with free blood pressure checks, and to promote education about the dangers of high blood pressure, which is often referred to as "the silent killer."

In February, the County and hundreds of partners gave 46,365 people at 368 sites across San Diego County and Mexico free blood pressure screenings, the report stated.

Those screenings showed 646 people that their blood pressures had reached "crisis levels," giving them the opportunity to seek immediate medical help.

They also alerted another 11,965 people - roughly 26% - they had higher than normal blood pressure levels that put them in stage 1 or stage 2 levels of hypertension. Those screenings gave those people time and information

about how to improve their blood pressure by losing weight, eating healthier, reducing stress and exercising more.

High blood pressure is a major risk for strokes and heart disease. The Centers for Disease Control and Prevention report that heart disease is still the leading cause of death for men, women and people of most racial and ethnic groups in the United States. The CDC says high blood pressure became known as "the silent killer" because it usually presents no symptoms and the only way to know if you have it is to get your blood pressure checked.

Some of the other data the Love Your Heart Report included:

- 4,481 San Diegans received free blood pressure screenings at 157 sites across the county. That included screenings at two community fairs, one in Chula Vista and one in Ramona.
- 46% of blood pressure screenings showed people they had above-normal readings.
- 82 blood pressure readings were submitted online.
- 3,200 blood-pressure monitors were given out to participants across the county.

The full 2023 Love Your Heart Report can be seen online at the County's Live Well San Diego Love Your Heart web page.

## Faire makes healthy living fun



Auntie Pinky leads a group including members of the Miss Fallbrook court in a lesson on hula dancing at the Healthy Living Faire presented by The Foundation for Senior Care and SDG&E, June 24. Other workshops included yoga, sound healing, and line-dancing. Village News/Shane Gibson photo



Elaine Hubbard, left, talks with Juliet York of Hospice of North Coast.



Liz Ochoa, MA, left, provides a blood pressure screening for Imelda Flores. The Healthy Living Faire also offered vision and dental screenings

### PHYSICAL THERAPY

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# The Best Foods for Liver Health and Detoxification

Village News Staff

The liver plays a crucial role in detoxifying the body and eliminating harmful substances. Contrary to popular belief, the liver does not store toxins but works to eliminate them. However, if the liver is fatty, toxins may accumulate. This article will highlight the essential foods that support liver health and aid in its detoxification process.

## Understanding liver detoxification

Liver detoxification involves two main phases: phase one breaks down toxins into water-soluble particles, and phase two adds certain nutrients to create harmless compounds. B vitamins, antioxidants, B12, folate, and other nutrients are required for these processes. Toxins that the liver breaks down include plastics, pesticides, alcohol, drugs, pollutants, and various chemicals found in the

environment and food.

## Importance of bile and liver function

The liver produces bile, which helps extract fat-soluble nutrients from food and assists in the digestion process. Bile also aids in the production of thyroid hormones and prevents microbial buildup in the small intestine. Furthermore, the liver plays a role in hormone regulation, buffering excessive estrogen, testosterone, and cortisol.

## Symptoms and factors affecting liver health

Liver-related symptoms may include itchiness, fatigue, belly fat, hormonal imbalances, skin problems, joint issues, and hypothyroidism. Conditions such as constipation and bile sludge can hinder liver function. Insufficient B vitamins, fatty liver, inflammation, and cirrhosis can also impair liver

health.

## Avoiding harmful foods for the liver

Certain foods should be limited or avoided for optimal liver health. High fructose corn syrup, poisons like pesticides and heavy metals, medications (especially corticosteroids), excessive alcohol, refined carbohydrates, and refined vegetable oils can be detrimental to the liver.

## The seven best foods for liver health

Cruciferous Vegetables: Kale, broccoli, cabbage, arugula, beets, and Brussels sprouts aid in detoxification and provide anti-inflammatory and liver-protective properties.

Eggs: High in choline, eggs support fat metabolism in the liver and provide essential amino acids for detoxification.

Sprouts: Broccoli sprouts, in particular, contain sulforaphane, a potent phytonutrient that aids in detoxification and has anti-cancer properties.

Beets: Beets reduce liver inflammation, mobilize bile release, and help reduce fat accumulation.

Garlic: Garlic provides sulfur compounds necessary for liver detoxification and exhibits antimicrobial and anti-inflammatory effects.

Omega-3 Fatty Acids: Foods rich in omega-3 fatty acids, such as salmon and sardines, support liver health, reduce inflammation, and aid fat metabolism.

Lemon: Rich in vitamin C, lemon helps promote fat metabolism, provides anti-inflammatory effects, and contributes to overall liver health.

## Additional liver-supporting measures

Incorporating apple cider vinegar, extra virgin olive oil, and milk thistle into your routine can further promote liver health. Apple cider vinegar aids blood sugar control, olive oil helps extract fat-soluble nutrients, and milk thistle protects the liver from toxins.

## Conclusion:

Maintaining a healthy liver is vital for overall well-being. By including cruciferous vegetables, eggs, sprouts, beets, garlic, omega-3 fatty acids, and lemon in your diet, you can support liver health and promote its detoxification processes. Additionally, incorporating apple cider vinegar, extra virgin olive oil, and milk thistle can provide further liver support. Prioritizing these foods and practices can help optimize liver function and overall health.

*Dr. Berg contributed to this article.*

# Staying sober this Independence Day

Michael Leach

Special to the Village News

The Fourth of July is a joyous occasion filled with family and friends, fireworks, and freedom. July 4 is also America's top beer-drinking holiday. It's estimated that over \$1 billion is spent on beer during the Fourth of July. In addition, over \$450 million is spent on wine.

It can be a challenging time for someone in recovery. The holiday is associated with excessive drinking and celebrating. Yet, it is not impossible to stay sober. Anyone in recovery can still enjoy the holiday to the fullest.

"Many relapses occur because of peer pressure and environment. The individual believes they can have that one drink and be fine, but it leads to a potential downward spiral," said Marcel Gemme of <https://www.addicted.org>.

Fortunately, there are practical approaches to help anyone stay sober during Independence Day; consider

some of the following:

Avoid events that place you at risk. This is common sense. Some celebrations may go too far with alcohol consumption or drug use. If this is known, choose a less risky option, even if the celebration involves family and friends; it is ok to turn down invitations.

Travel with other sober people and bring non-alcoholic drinks. It makes it easier when there is another person there supporting sobriety. Also, bringing non-alcoholic beverages

prevents those pesky guests from insisting you have a drink in your hand and who will not take no for an answer.

Have an exit plan. If things become too much to manage, ensure you have a way out. Whether it is a friend driving, you are driving, or rideshare, ensure there is a way to leave if you feel uncomfortable. Don't worry about offending people or explaining yourself; use any excuse needed.

Identify relapse triggers and stay connected to sober people. It's

essential to manage the emotions that come with being around these situations again. Part of this involves knowing what triggers a relapse and avoiding the situation, people, or places. If it is unavoidable, lean on another sober person or ask for help. If you feel yourself slipping or getting too overwhelmed, reach out for help.

Whether you are beginning your recovery process or have been sober for a year, holidays can be tough. Never think of sobriety as being

a sentence never to have fun. It is the complete opposite. Sobriety has given you a new life to enjoy and have fun. It is also an opportunity to carve out new traditions that help you stay happy and healthy.

Michael Leach has spent most of his career as a healthcare professional specializing in Substance Use Disorder and addiction recovery. He is a Certified Clinical Medical Assistant and contributor to the healthcare website <https://rehab-center.com>.

## Are you prepared for emergencies?

Carol Huss

Special to the Village News

It is vital and comforting for all of us to be prepared for emergencies and know how to respond to that emergency, whether it's a medical accident or local disaster. In the early stages of a catastrophic disaster, citizens will likely be on their own, so being self-sufficient and able to assist others is achieved through learning some training in basic first aid and disaster preparedness.

In 1994, the Federal Emergency Management Agency (FEMA) provided a basic training program for us called the Community Emergency Response Team, also known as CERT, administered by local fire departments across the nation. Locally, Fallbrook has embraced this program to help our community by passing along training survival and rescue skills to individuals to improve our abilities to survive and safely help others until responders or other assistance arrives.

You are invited to attend and learn any, or all of these free basic skills, in 2-hour sessions, 6-8 p.m., every Tuesday at the Health & Wellness Center, 1636 E. Mission Road on the following dates.

Aug. 1	UNIT 1 Disaster Preparedness
Aug. 8	UNIT 2 Fire Safety & Utility Control
Aug. 15	UNIT 3 Disaster Medical Part 1 (First Aid)
Aug. 22	UNIT 4 Disaster Medical Part 2 (First Aid)
Aug. 29	UNIT 5 Light Search and Rescue
Sept. 5	UNIT 6 CERT Organization
Sept. 12	UNIT 7 Disaster Psychology
Sept. 19	Terrorism & CERT
Sept. 23	This is a Saturday Final drill to practice what you have learned.

If you would like to take any or all of these CERT classes, contact Marcia Stuart at 760-815-4556.

For more information on CERT, visit <https://northcountycert.com/>.

FPUD news

Keeping Fallbrook informed



This is your  
LAST CHANCE  
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voice heard!

LAFCO meets and **WILL VOTE** on  
Monday, July 10 at 8:00am on our  
applications to switch water suppliers

- ✓ They will be taking public testimony
- ✓ LAFCO met in June, but delayed their vote and decision until July 10
- ✓ To attend in person: County Administration Center, 1600 Pacific Hwy, in the Board Chambers, 3rd floor
- ✓ Written comments can be emailed to Priscilla Mumpower, San Diego LAFCO, [Priscilla.mumpower@sdcounty.ca.gov](mailto:Priscilla.mumpower@sdcounty.ca.gov)
- ✓ Zoom: <https://zoom.us/> Meeting ID: 895 6767 7168, Passcode: 508649

**Benefits:**

- ✓ Will save ratepayers an estimated **\$7.6 million** per year for FPUD & Rainbow MWD, combined
- ✓ Eastern MWD can provide a **reliable water supply**, according to an independent analysis conducted by LAFCO

# ENTERTAINMENT

## Woods Witch releases first album, finishes first tour with rave reviews



Woods Witch, from left, bassist Adrian Holtz, drummer Keith Schreiber (behind Village News/Chad Kelco photo drum set), frontman and guitarist Stuart Reeder perform at Brick by Brick in San Diego. Not shown is guitar player James Curatalo.



Stuart Reeder of Woods Witch

Village News/Chad Kelco photos

**Joe Naiman**  
Village News Reporter

Musicologist Jameson Foster said of Woods Witch, on his youtube channel after the Cascadian Midsummer 2023 Festival June 16-18, “Woods Witch, a San Diego band really stood out to me... I get a little tired of metal musicians who take themselves too seriously. Woods Witch’s front man was charismatic ... [he] was just a riot. It was like he was putting on a stand-up show without meaning to... keeping the crowd entertained while he was tuning his guitar. The set was awesome, such high energy, people loved it and had smiles on their faces while they were playing and while he was talking and getting the crowd riled up. If you are looking for more heavy metal, look up Woods Witch. I feel like they’re about to blow up.”

San Diego Woods Witch front man is Fallbrook native Stuart Reeder. When Reeder was a Potter Junior High student, his brother Andrew introduced him to heavy metal music. Reeder, a scientist for the last 10 years, formed Woods Witch which just returned from its first West Coast tour. The tour started June 9 with the release of their first album, Warmth and Comfort.

Woods Witch released their six-song album as the headliner of a five-band show at Brick by Brick

in San Diego where they played all six songs along with one which hasn’t yet been recorded.

“I’ve been trying to do music for a long time. It’s finally happening now,” Reeder said.

Reeder lived in Fallbrook prior to attending University of California, Berkeley. “But I always wanted to play music,” he said.

“I never thought it was realistic, it just took a few years to be ready to do it.”

After his 2009 Fallbrook High School graduation, Reeder received a degree in molecular and cell biology at UC Berkeley. He returned to San Diego after his 2013 college graduation and obtained a job with a biological sciences company.

“I’ve been in the biotech field for the last 10 years,” Reeder said.

Working full-time in the biotech field convinced Reeder that he would rather have a career in music. The path into science turned out to be of benefit to Reeder putting together a band. He met Woods Witch guitarist James Curatalo while at Cal; Curatalo actually lives in Santa Barbara. Keith Schreiber worked with Reeder at a San Diego biotech firm, and volunteered to join Woods Witch as the band’s drummer. Schreiber also recommended bassist Adrian Holtz, who became part of the band.

Becoming the front man of a black metal band took some hard

work. Reeder said, “I’ve been screaming since I was 16, but it wasn’t until I was 25 and decided I wanted to do this seriously that I came to terms with the fact that my technique wasn’t clean enough to scream for 30 or 45 minutes without losing my voice.

“I ended up studying with Greg Delson (Landlights Voice Coaching in LA) whose specialty is more in Pop and R&B, but he got his teaching certification from the Complete Vocal Institute (CVI) in Copenhagen, Denmark where you have to learn to teach classical, blues, rock, metal- everything and they pretty much say any sound that your voice can produce, you can produce healthily if you do it correctly. One example they always give is babies can scream quite a bit and you don’t hear a baby losing its voice. So I studied with him for about a year and loved learning the fundamentals of clean singing and support and breathing for the first time.

Reeder continued, “At that point I still wasn’t at a place where I could perform a whole set comfortably and I ended up studying for another couple months via Skype with Aiki Katriou who is just a great metal vocalist and teacher located in London. I don’t even know what it was, there wasn’t a specific technique that changed, one day just with all the struggle I kind of clicked into a new high scream that

sounded even more throat ripping but was actually more comfortable, and I’ve been off to the races ever since, sometimes performing three nights in a row. There are all kinds of different parts of your throat that you can vibrate to safely make these crazy noises and it might just be that I switched from one to the other. In the next couple years, I might go back to one of these schools to become a teacher because I absolutely loved the process and the anatomical knowledge.”

The band itself didn’t occur until after Reeder wrote enough songs for performances. “I started working on the songs at the end of 2019,” he said.

Black metal is a genre of heavy metal. “Black metal is always a very dark and despairing genre,” Reeder said.

Reeder prefers more positive music. “I’ve never really written songs that are just really despairing,” he said.

The vocal and musical elements of black metal rather than the prevailing lyrics enticed Reeder into black metal, but he acquiesced to the preferences of black metal audiences and created a three-song extended play album called Sorrow, Anxiety, and Depression. Warmth and Comfort adds three positive songs to the original extended play album, which was available digitally but never released on compact disc prior to the songs’ inclusion in Warmth and Comfort.

“All the songs are about making the life you want to live and fighting through bad times,” Reeder said of

the three newer songs.

The planned release for Sorrow, Anxiety, and Depression was March 13, 2020. Woods Witch was supposed to perform at a San Diego party. The extended play album release and party became a victim of the coronavirus shutdown. “I ended up canceling it,” Reeder said.

The shutdown gave Reeder time to work on additional music. Reeder was able to compile the album. “I’m pretty excited about it,” he said. Once the COVID shutdowns loosened, Reeder was able to play shows, including Brick by Brick in November 2022.

“We were excited to return to Brick by Brick for our album release,” Reeder said.

Guitar player Jameson Shaw had previously been with Woods Witch and is now with Old Gods. “Woods Witch needed an opener,” Shaw said. “He asked if I wanted to play.”

Old Gods became the opening act June 9. Parasitic Existence, Bluntsplitter, and Doomslayer also preceded Woods Witch at the concert. Doomslayer’s lead singer, Dustin Bowman, is originally from Oceanside and has lived in Fallbrook for the past four years.

After the June 9 concert Woods Witch embarked on a two-week tour and played in Atascadero, Oakland, Eugene and Portland in Oregon, the Cascadian Midsummer festival in the southwest Washington town of Pe Ell, Seattle and Olympia.

Reeder still works for a biotech company part-time which allows him to follow his dream of a full-time music career.

## Pala Casino presents country star Clay Walker and Little Big Town in July

PALA – Pala Casino Spa Resort will present American country star Clay Walker Thursday, July 6 and American country music vocal group Little Big Town Friday, July 7, both performing live outdoors at the Starlight Theater at 8 p.m.

There’s more to the duality of Clay Walker’s debut Show Dog Nashville album “Texas To Tennessee” than the title. Certainly, the realities of place are as central as this comeback album’s name implies: Nashville busily working toward the next fresh hit; Texas moving at its inimitable and familiar pace. There’s also a mix of songwriting and production approaches, evident and more nuanced relationships between the songs themselves and the overarching presence of a naturally gifted vocalist who relentlessly pursues his own development as a singer.

But don’t mistake those dualities for dichotomy – and certainly not polarity. In a storied career dotted with smash singles, platinum albums and countless honors and acclaim, maybe the connection between country’s timeless themes and music-of-the-moment timeliness has been there all along.

Discovered in a Beaumont area bar by noted producer and head of Giant Records James Stroud – Toby Keith, Tracy Lawrence, Tim McGraw, Kenny Rogers – Walker was in his early twenties when he started rattling off a string of smash hits. Among them, “Live Until I Die,” “Dreaming With My Eyes

Open,” “This Woman And This Man,” “Hypnotize The Moon,” “Rumor Has It,” “Then What,” “I Can’t Sleep” and “She Won’t Be Lonely Long.” His self-titled debut album rocketed to platinum status, the first of four to cross the million-sold mark.

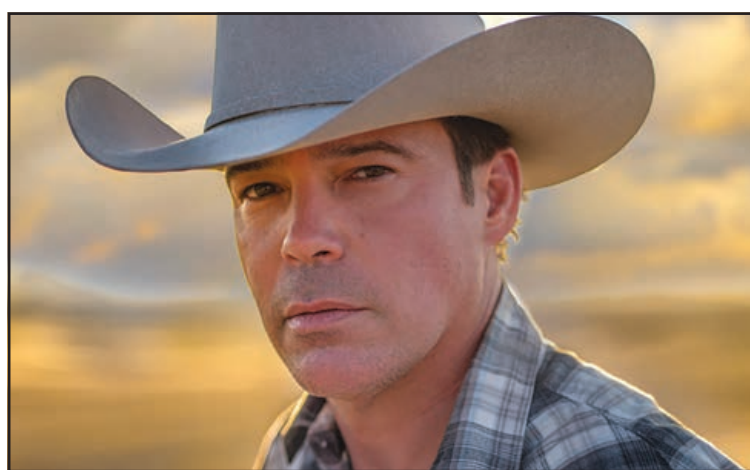
Grammy, ACM, CMA, and AMA award-winning group, Little Big Town – consisting of members Karen Fairchild, Phillip Sweet, Kimberly Schlapman, and Jimi Westbrook – first entered the music scene over 20 years ago with hit songs “Boondocks,” “Bring It On Home,” “Good As Gone” and Grammy-nominated “Little White Church.”

The band’s breakthrough albums Tornado and Pain Killer produced multiple #1 singles, including “Pontoon,” “Tornado” and “Day Drinking,” as well as the history-making, best-selling country single of the year “Girl Crush” (2015).

Critically acclaimed and Grammy-nominated “The Daughters,” “Over Drinking,” and hit single “Wine, Beer, Whiskey” are the latest from the bands self-produced ninth studio album Nightfall, which was released at the top of the Billboard Country Charts in January 2020.

Little Big Town has earned more than 45 award show nominations and has taken home nearly 20 awards, including multiple Grammy, AMA, People’s Choice, CMA, ACM awards, and an Emmy award.

Tickets are available at the



Clay Walker will perform at Pala Casino Spa Resort July 6.

Village News/Courtesy photos



Little Big Town

Pala Box Office, <http://www.palacasino.com> or <http://www.etix.com>.

Submitted by Pala Casino Spa Resort.

## Upcoming at The Mission Theater

FALLBROOK – Here are the upcoming movies and shows at The Mission Theater at 231 North Main Ave.

- June 23: Penny Serenade (1941), starring Irene Dunne and Cary Grant. Drama, romance.
- June 30: Independence Day: Resurgence (2016), starring Liam Hemsworth, Jeff Goldblum, Bill Pullman and Maika Monroe. Science fiction, action.
- July 7: Indiana Jones and the Raiders of the Lost Ark (1981), starring Harrison Ford. Adventure, action.
- July 14: Sunset Boulevard (1950), starring William Holden, Gloria Swanson and Erich von Stroheim. Noir, drama.
- July 21: South Pacific (1958), starring Mitzi Gaynor and Rossano Brazzi. Musical, romance.
- July 28: My Favorite Brunette (1947), starring Bob Hope and Dorothy Lamour. Comedy, crime, mystery.
- July 29: Comedy Night with married comedy couple Steph and Tom Clark, presented by Funny Girl Events.

Movie tickets can be purchased at the door, and live show tickets can be purchased at <https://fallbrookmissiontheater.com/>.

Doors open at 5:30 p.m. The early bird price for tickets purchased from 5:30 to 6 p.m. are \$8. After 6 p.m., tickets are \$10. Beer, wine, margaritas, hot dogs, nachos, pizza, popcorn, candy, soft drinks, juice and ice tea are available. Movies start at 6:30 p.m.

## BUSINESS

# Taylor honored with three journalism awards from San Diego SPJ



Reeder Village News/Courtesy photo Media associate Nathalie Taylor is the winner of 104 writing awards.

SAN DIEGO – On June 20, Nathalie Taylor, a Reeder Media associate for 20 years, took home three third place awards at the San Diego Society of Professional Journalists Awards Banquet. The awards were granted for work done in 2022. Taylor has won 104 professional journalism awards since 2004; and has taken many of the photos that accompanied her stories.

She placed third in the Travel category with, “Memories of the Hearst Castle,” published in the Village News. The article highlights some of her experiences at the castle over the years, beginning before the castle was gifted to the State of California.

Excerpts: “Touring the Hearst Castle was an intense sensory experience...I would look very long and hard at each object that interested me, in hopes that the image would be captured in my mind forever...I first visited the magnificent Roman Pool as a six-year-old, and it made such an impression on me that it haunted my day dreams. I would dream of taking a swim in the enchanting little cove where subdued light softly illuminated the gold and cobalt blue tiles.”

The article, “Shannon Taylor has a Flair for Filmmaking!” which was published in Reeder Media’s 2022 Sourcebook Magazine, placed third in the Arts/Entertainment -Performing Arts category. The piece chronicles the Emmy award-winning producer’s film journey, which also includes acting, a talent honed in Fallbrook at CAST Productions.

Excerpts: “Shannon Taylor, filmmaker, is rushing from project to project leaving behind a trail of

success. Her rank on the Internet Movie DataBase (IMDB) is rising, and this hard-working, vibrant fireball is on the move. Taking raw material and transforming it into successful films, Shannon approaches each project with enthusiasm. She instinctively knows how to bring stories to life.”

The writer took third in Review/Criticism with “Wonderful and Sometimes Wacky – San Diego County Fair Food,” published in the Village News. This is a broad category, which encompasses book, film and food/restaurant reviews.

Excerpts: “Fair food engages all senses. Enticing aromas mingle into one pleasant, unforgettable scent...Revel in a swirled funnel cake topped with a mountain of whipped cream, or enjoy the crisp crackle as you chew on a mouthful of kettle corn.”

Taylor, who holds a BA degree in English from California Polytechnic State University, San Luis Obispo, was seated on the Alumni Advisory Board for the university’s College of Liberal Arts/English Department from 2011 to 2018. Since 2015, she has been a San Diego Press Club Honorary Committee member.

Submitted by Krona Publications.

# Worker of the Week smogs Fallbrook’s cars



Moe Elfarra, center, and employee Carlos Mendoza, right, prepare a Jeep for a smog check while son Basel Elfarra sneaks into the picture for “workers of the week.” Elfarra has been in the business for 16 years and relocated his shop, Smog Brothers, to 119 West College Street two years ago.

# Creativity thrives at D’Vine Path

FALLBROOK – The newest pathway at D’Vine Path, the Art Studios, has spent a year offering artists with disabilities an opportunity to showcase their skills, obtain knowledge in the field and heavily focus on the production, marketing and sales of their works.

The Art Studios currently consists of five students, all eager to learn more and express themselves through their work. Artists Mike Rogoway, Denae Prosser, Joel Anderson, Nekoda Harris and Ryan Duralia all joined the program so they could have the opportunity to grow and fully immerse themselves in the arts.

From memorable field trips to local artistic hubs, such as the Oceanside Museum of Art and the Fallbrook Art Center, to highly-coveted artist mentors like award-winning photographer Larry Vogel, the D’Vine Path Art Studio offers a variety of opportunities for growth.

D’Vine Path Art Director Emily Johnson is thrilled to share the talents of each artist with the world. They will be collaborating with the Fallbrook Art Center on an upcoming showcase as well as creating online stores for each artist to sell their merchandise and receive the profits.

The Fallbrook Art Center’s 2023 Find Magnified Show will run from July 29 to Sept. 10. D’Vine Path students will have their work featured through the duration of the show and customers will be able to buy a variety of their merchandise, including prints, hand painted vases, wire art and more.

“I’m so excited for the artists to work with the local community and display their artwork in all different mediums,” said Johnson. “This will be a great learning experience for them, they will be working with a different gallery, curator and learning about the whole process of creating their artwork and working together with the gallery to showcase the amazing artwork.”

In just one year, the Art Studio has helped each artist create their own series; they have completed multiple group projects such as a D’Vine Path mural and they have hosted their own art gallery.

These opportunities have allowed the artists to find their passions and focus on what inspires them. For Prosser, she’s inspired to spread joy and acceptance through her work, while Anderson aims to bring a smile to the face of his audience. Each artist has found their own inspiration and they continue to work towards achieving their goals.

According to D’Vine Path Executive Director Lenila Lingad Batali, this is just the beginning for the artists. With upcoming local partnerships, events and



D’Vine Path Art Director Emily Johnson and artist Joel Anderson prepare for the upcoming art shows.



D’Vine Path Executive Director Lenila Lingad Batali assists artist Ryan Duralia on a geometric art piece. Duralia is one of the artists that will be featured in the Fallbrook Art Center’s 2023 Find Magnified Show.



Lenila Lingad Batali and Sandi Anderson show off the work of artist Denae Prosser at D’Vine Path. Emily Johnson photo

commissioned work, they have a bright future ahead of them.

“Fallbrook is truly an incredible place to collaborate with artists from all walks of life,” said Lingad Batali. “There are so many wonderful opportunities for D’Vine Path artists to proudly

show off all their talents and we are very grateful for these opportunities.”

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

Submitted by D’Vine Path.

# Be aware of gift card scams

Summer Stephan  
San Diego District Attorney

You’ve likely seen the rows and rows of colorful gift cards at the supermarket. There’s practically one for every retailer and the ability to purchase a gift card while grocery shopping is the epitome of convenience.

But as with anything, there is a dark side to having gift cards hanging within easy reach of fingertips and scammers have found a way to exploit the convenience through card skimming or card swapping. Before you buy that graduation or wedding gift card, keep reading.

### Card skimming

For this scam, the fraudster has already copied the unique gift card barcode number and PIN from the gift card. When an unsuspecting consumer buys and activates that gift card, the fraudster, who already has the barcode number and PIN, uses those funds before the legitimate consumer makes a purchase or the fraudster siphons the funds from the card.

Tip: Make sure the PIN number on the card you purchase has not yet been scratched off.

### Card swapping

Card swapping involves a scammer stealing a stack of physical cards from the retail store outlet and then replacing the original barcode with a counterfeit

barcode sticker. The scammer will then return the cards to the store and re-hang them on the rack. When a consumer purchases and loads one of the cards with cash, the money goes directly into the fraudster’s bank account rather than the gift card. When the consumer tries to use the gift card, the balance is \$0.

The consumer will have no idea the funds they loaded were stolen until they attempt to use the card. The business will show the funds were loaded on the card but be unaware it was actually loaded to a counterfeit account.

Tip: When buying a gift card, opt for the ones that are kept under lock and key by the retailer.

- Always check that the barcode is original and does not appear to be tampered with.
- There should not be a sticker on top of the original barcode.

The DA’s Consumer Protection Unit is composed of Deputy District Attorneys, Investigators and Paralegals dedicated to protecting consumers and law-abiding businesses from fraudulent or unfair business practices. To report a consumer complaint, you can call 619-531-3507 or email [consumer@sdcda.org](mailto:consumer@sdcda.org).

As your District Attorney, I’m committed to increasing communication and accessibility between the DA’s Office and the public in order to keep you safe. I hope these consumer and public safety tips have been helpful.

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INDIANA JONES AND THE DIAL OF DESTINY G	Fri-Sun	11:00am	12:30pm	2:30pm	4:00pm	6:00pm	7:30pm
	Mon-Wed	12:30pm	2:30pm	4:00pm	6:00pm	7:30pm	
	Thurs	12:30pm	2:10pm	4:00pm	7:30pm		
MINIONS: THE RISE OF GRU PG	Mon-Thurs	11:00am					
SOUND OF FREEDOM NYR	Mon-Thurs	11:30am	1:00pm	4:00pm	7:00pm		
JOY RIDE R	Thurs	4:45pm	7:15pm				
RUBY GILLMAN, TEENAGE KRAKEN PG	Fri-Sun	11:10am	2:25pm	4:45pm	7:00pm		
	Mon-Wed	11:10am	2:25pm	4:45pm	7:05pm		
	Thurs	11:10am	2:30pm	5:30pm	7:35pm		
NO HARD FEELINGS R	Fri-Sun	11:40am	2:20pm	5:00pm	7:40pm		
ELEMENTAL PG	Fri-Thurs	11:15am	1:45pm	4:30pm	7:15pm		
SPIDER-MAN ACROSS THE SPIDER-VERSE PG	Fri-Thurs	11:05am	1:25pm	4:35pm	7:45pm		

**Buy Tickets Online & Save: [www.DPlaceEntertainment.com](http://www.DPlaceEntertainment.com)**

# OPINION

## San Onofre Power Plant



**Supervisor Jim Desmond**  
5th District

The importance of removing spent nuclear fuel cannot be overstated. The safe and responsible management of this hazardous material is paramount for protecting public health, the environment, and future generations. Spent nuclear fuel is safely being stored at San Onofre Nuclear Generating Station (SONGS), but that is not a permanent solution.

Over the past four and a half years, I have served as the County of San Diego representative on the SONGS Community Engagement Panel. This quarterly meeting has been instrumental in informing the public about the dismantlement process of the generating station

and the onsite storage of spent nuclear fuel.

Recognizing the importance of finding a long-term solution, I was appointed co-chair of the Spent Fuel Solutions (SFS) working group two years ago. The SFS comprises stakeholders, including local governments, elected officials, utilities, environmental groups, labor leaders, Native American leaders and business organizations, all committed to relocating spent nuclear fuel to a federally licensed facility away from our coastline.

The ultimate goal of SFS is to advocate for off-site storage and permanent disposal options for spent nuclear fuel at SONGS and

other nuclear sites throughout the state and country. I'm happy to report that we have made significant progress.

Last Friday, my office met with the United States Secretary of Energy, Jennifer Granholm, who announced \$26 million in community engagement funding to find a consolidated interim storage (CIS) facility for spent nuclear fuel. Consent-based siting was emphasized, drawing inspiration from successful models in other countries. Progress has been made with updates to the Department of Energy's siting process, aiming to secure CIS sites within 10 to 15 years.

Taxpayers have already paid over \$9 billion for onsite storage and continue to pay approximately \$2 million daily. That is why we need help from our communities and constituents. We need everyone who wants to see the spent fuel removed from SONGS to make their voices heard at the local, state, and federal levels.

Ultimately, removing spent nuclear fuel is a matter of addressing immediate concerns and a moral obligation to safeguard the well-being of our communities and the environment. It is an investment in the future, ensuring we leave behind a cleaner, safer, and more sustainable world for generations.

## Affordable homeowners' insurance?



**Assemblymember Marie Waldron**  
75th District

As vice chair of the Assembly Emergency Management Committee, I participated in a Joint Informational Hearing with the Assembly Insurance Committee on June 14. Discussions involved the current crisis facing the state's insurance industry, specifically related to wildfires and the usefulness of Catastrophe Modeling to assess risks for homeowners.

Catastrophe modeling is a combination of modeling catastrophe footprint on exposures and linking them to insurance and reinsurance business activities. The process uses computer-assisted calculations to estimate the losses that could be sustained due to a catastrophic event, such

as a wildfire or earthquake.

This technique can be useful in creating pricing and underwriting plans that recognize mitigation measures for individual properties, reducing premium increases and cancellations.

In addition to Assembly committee members, participants included representatives from California Office of Emergency Services (OES), representatives from the California Department of Insurance (CDI), the Acting State Fire Marshal, Cal-Fire, along with experts on Catastrophe Modeling, who were front and center at the hearing.

This is one of the most consequential issues facing

California, especially in our fire-prone region here in San Diego County. Increased understanding of conditions that produce destructive wildfires need to be included in risk assessment. Modeling techniques similar to those used locally by SDG&E that accurately predict conditions likely to produce wildfires in any 24 hour period, should be implemented statewide.

Many constituents have contacted my office about ongoing insurance horror stories, including cancellations (my insurance has been canceled multiple times – I've been on the Fair Plan twice), and rate increases in the thousands of dollars – including increases for

many HOAs. Some constituents reported their communities have not experienced a wildfire in over 50 years. Their neighborhoods were never identified as Very High Fire Risk Severity Zones until recently, but now they are. Why, what has changed?

Following the announcement of the Committee's June 14 hearing, CDI announced a public workshop on July 7 to explore insurers' use of risk assessment tools, including Catastrophe Modeling. Without changes, the housing market will crash, and so will our economy. The status quo is not an option.

To view my comments at the hearing, go to <https://vimeo.com/839101821/6113dbb71c>

## Kicking It: Our last days in Paris



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

around the city because this one was built between 1971-1977, which may explain why it's so ugly. Its namesake is the French statesman and former President Georges-Jean-Raymond Pompidou, 1911-1974.

The Centre for the Arts is a multi-level home of rotating galleries displaying a cross section of modern art with a delightful restaurant on the sixth level. The panoramic view in the restaurant is spectacular whether seated inside or on the patio.

Its 180-degree view of Paris's night sky is why it was used as the location for the Michelin 3-star restaurant seen in "The Hundred Foot Journey" starring Helen Mirren and Indian actor Om Puri. (This film gets a 9 out of 10 only because no one tap dances in it). As we enjoyed a gourmet lunch, as is our custom to meet people, we had a lovely chat with Page Allen, a gallery owner from Sante Fe.

Today is Saturday and we'll train to Fontainebleau about 45 minutes out of the city. Once the palace to kings and redecorated throughout time, alas Queen Marie Antoinette never got to sleep there. However, the last throne in France is still housed here and used by none other than himself (Bonaparte). The

former hunting lodge was a favorite of his after the Reign of Terror.

As it happens, when we get back to the train depot, there aren't any signs posted directing us to which track will take us back to the city. Even worse, which direction they are going.

Fortunately, we are saved by a 16-year-old French fellow who overhears about our dilemma. Kamil is tickled to use his English with Americans. By the time the train arrives, we three are quite chummy along with a French couple who had just returned from California after decrying an Airbnb as uninhabitable. They were very chatty about their awful experience.

Training back to Paris, we learn more about Kamil. He shares with us that most days he leaves the family's apartment on his rented bike (only 30 euros a year for students). As it is no surprise to us, rental prices are so high within the city, his family of five share just two rooms.

We are surprised to find Kamil is still monitoring our route letting us know we are on the wrong bus. Poking his head in the bus we entered, he points out that our bus to the 9th Arrondissement is actually on the opposite corner. We stayed in

touch with Kamil for several years via email, no doubt he has outgrown us because we've lost touch.

As our final days get closer, we agree to treat ourselves to a farewell luncheon at the Jacquemart-Andre Museum on Boulevard Haussmann. Once the home to the rich Andre banking family, the mansion was deemed to the French government at the turn of the 20th century.

We lined up for over an hour out front before we made it to the hostess desk. The restaurant was glamorous inside. As you can imagine, after all, the mansion was used as Louis Jordan's residence in the Oscar winning film "GiGi" in 1958 directed by Vincent Minelli.

As we peruse the menu, an attractive young lady was seated next to me along the banquette. After smiling and 'bonjouring' each other, we discover she's Canadian and over lunch we become fast buddies.

On this celebratory day, VJ orders us a split of French champagne to go with our carpaccio appetizer. His entrée is squid-ink-pasta with shrimp while I order a breast of chicken with risotto. A glass of rose for me and a hearty Bordeaux for him. To go with our coffee, we split a layered pistachio crème filled pastry with fresh raspberries.

Our Canadian lunch mate, Alice, was winding up her honeymoon sans her groom. (And just when I thought all of the cads lived in America). Alice was recently dropped by her beau. But in lieu of wallowing in self-pity, she opted for the honeymoon albeit alone. Alice's story is all too familiar to Page's from our lunch at the Pompidou. Men!

On yet another bright and sunny

morning, we bus across town to see "The Thinker" situated in the front garden of Rodin's home. Walking past "The Burghers of Calais," we can see the "Gates of Hell" propped along a wall. Admiring his amazing talent, we go inside schlepping through his home studio, and that is when I take a closer look at the bronzes sandwiched between his more traditional busts. Oh, wow, they are lewd beyond decency. Ew! He turns out to be just a dirty old man!

The next few days fly by as we repack and tidy up before the maid comes. Right? As luck has it, I finally finish my souvenir shopping. As recently as last month (May 2023) while souvenir shopping in Le Havre, France, I remembered to offer my best "bonjour" to the busy proprietress. It extracted a smile and my very own 'bonjour' in return.

By the way, if or when you go to France, you will discover the French are not rude, in fact they are exceptionally polite. Which is why an uninformed American might get a frown when not offering a polite 'bonjour' upon entering a building in France. Act like you've been there by practicing a lilting 'bonjour' accompanied by a smile before you leave.

Since we used all of my airmiles to upgrade to business class on British Air, our ride home is pretty wonderful too on Oct. 31, 2010.

All of these years later, I still get to remind VJ every time I plan another trip that no matter how it turns out, we'll always have Paris. Au Revoir!

Elizabeth can be reached at [eyoungman@reedermmedia.com](mailto:eyoungman@reedermmedia.com).

## Arise Shine

# "KINGDOM"

“ Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. ”

Joshua 1:9

### Come and See Sound of Freedom

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A FILM BY ALEJANDRO MONTEVERDE  
SOUND OF FREEDOM  
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## Re: Re: 'Worker of the Week' (Village News, Seiders letter, 6/8/23)

This is simple. Seiders believes it is her right to decide what is published and where it is published. Well, people in the United States are blessed with the right to make their own choices. Newspapers can publish what they choose and print it where they choose.

Seiders is blessed with the right to choose to read it or not. She thinks it would be better on every level if it were in the religious section, as in, "Warning, this a religious article." She, as everyone, has the right to read what they want, watch what they want, when they want and where they want, even the most vile material. If there is an article she doesn't want to read, what should she do? You got it – turn the page! Don't want to watch a program on TV – change the channel!

She does not have the right or the power to dictate to others (or a newspaper) what articles are printed and where. But, lucky her, she does have the right to express her opinion, which she did!

In this country, still, we have the right to choose. Think about it! This is the biggest blessing that can be bestowed on a society. Years ago that wasn't the case anywhere.

Europeans came here because they wanted to get away from czars, kings, and other dictators who told them what to think and without choice. In other words "Pay your taxes and do what you're told." So the USA was founded, with certain freedoms, and the rest of the world decided they wanted freedom too. So, country by country started to rebel.

Among the first was the French revolution and it spread throughout Europe until Spain was one of the most recent to rid themselves of a one man leader, and really not that long ago. Most of the western world today enjoys this precious ability to choose.

Ms. Seiders, enjoy your right to express your opinion and freedom of choice and let others do the same on any acceptable platform.

Lewis Shell

## Unincorporated Fallbrook and Rainbow vs big government, big cities



**Julie Reeder**  
Publisher

On July 10, LAFCO directors will meet and vote on whether FPUD and RMWD can detach from the San Diego Water Authority (SDWA) to join Eastern Municipal Water District (EMWD).

They have been mulling it over for three years. It's an amount

of business that is very small, compared to SDWA's entire budget. FPUD only accounts for 1.3% of SDWA's total budget and their budget margin of error is + or - 6%. So what is the big deal? The deal is power and control.

This is a great example of why local control is so important. This is another example of how San Diego runs over the unincorporated areas of San Diego County. If we were incorporated as a city, we would at least be able to stand up for ourselves. But we aren't, so we are relegated to hope and pray that a majority of LAFCO directors will have our best interests at heart when they vote. Some of them will definitely be thinking of their own constituents who they want to make sure to vote for them again.

Thank goodness we at least have Jim Desmond, who we do vote for and who does have our best interests at heart. But it takes a majority, and even then, there is sneaky work behind the scenes to make it harder for us and others in the future to have representation

and local control.

Those who would oppose us detaching have a supermajority of Democrat friends in the California legislature to help them shore up power by lessening local control and adding sneaky amendments to unrelated legislation to seal the deal and make it harder for us to detach.

It's kind of like what Willie Brown did when the California legislature passed the Revenue Neutral Act, which made it virtually impossible for small towns to incorporate and become a self-governed city.

The big guys in San Diego, the mayor, the Chamber of Commerce, and other cities are so "lucky" to have an Assemblywoman like Tasha Boerner from Encinitas who is willing to sell out the unincorporated areas and squash Fallbrook and Bonsall's right to self-govern and manage our own water and water costs. She worked to get a sneaky last-minute amendment added to an unrelated bill so that the rules change and lessen individual areas' power to

self-govern and have local control of their water issues.

It's all about control. It's all about big government.

I don't even think it's the money. Why would there be so much effort and so many years spent fighting such a small percentage of SDWA's overall business? Especially when we have paid in advance on projects that they won't have to make good on?

After the cronies get the sneaky amendment passed, there will be little chance of Fallbrook and Rainbow having the opportunity to manage their own affairs as it pertains to our water issues, so our representatives got the vote for detachment moved up to July 10, instead of August. If the vote goes well for detachment, it will precede the sneaky amendment attached to state legislation.

We have a long history of having to fight for our water rights. It doesn't make sense that we have to allow San Diego to have a say on whether or not we can manage and control our own future as it pertains to water

issues. But, those who represent San Diego see it as being fair for San Diego.

We are a small population of 50 to 60k that really has to show up at least to make our voices heard. If you have been following the articles and meetings about detachment from SDWA and you support it, it would be a good idea to show up at the LAFCO meeting to show your support and speak if you're willing.

For me, this is more than just a water issue. It's a local control issue. If we silently allow San Diego to control everything we do, then we are destined to serve their needs instead of our own. That's not "fair."

Any and all who care about their water rates can participate in person, via written comments, or call in during the meeting, but the best would be to actually show up and pack the room. I will be there. I hope you will be too.

The LAFCO meeting is on July 10, 8 a.m. at 1600 Pacific Hwy, San Diego. <http://www.sdlafco.org>.

## No longer a silent majority

What a wonderful gift it is for us to have the Village News. This newspaper has been very courageously opened freedom of expression and supports our local community. We read the opinion letters of so many residents, who stand on different sides of the issues at hand, whether we agree or not, that is the freedom that we still have when you embrace that each one of us was created uniquely, with free will to choose. Thank you, Julie Reeder and Village News staff.

In the past two and a half years, we have seen an explosion of hidden things come alive, whether you want to admit it or not and as the Word of God says in Luke 8:17, "For nothing is hidden that will not be made manifest, nor is anything secret that will not be known and come to light."

It is amazing how the mainstream media exclude writing or talking about issues that we are all witnessing like the open

border invasion, an open door to human trafficking and drug sales, the Antifa destroying cities, increase of homeless in our cities, corruption in the highest places and manipulation of facts for power and control.

You cannot deny it, and if you do, you might be living in a golden cage, blinded. How can it be possible that our schools teach other cultures' religions but deny the Gospel of Peace, The Bible? How can it be possible that our schools are perverting the innocence of our children in the name of equity and inclusion. How can it be possible that we don't have law and order, but let criminals run around like first class citizens with more rights than you and I.

How can it be possible that drag shows are permitted in schools and churches as normal? How can it be possible that an entire month is dedicated to pride, for "pride goes before destruction, and a haughty

spirit before a fall" as we read in Proverbs 16:18. Silence is not an option anymore!!

I have heard for years how many leaders have referred to many citizens in this great nation as "the silent majority" and assume that we will stay quiet, but they didn't realized that the perversion unhinged the invasion of illegals at our border and drugs and human trafficking, the destruction of small business, and the push for a socialist way of living and the constant bombardment of pervert music, TV programs, clothing, books, and movies for our children would be beyond comprehension that it will wake up the silent majority.

We are awake and you can see it in the school board meetings when parents are standing to defend their children against the indoctrination of teaching children about pagan religions and sexual indoctrination for equity and inclusion, which is a twisted lie.

When President Biden stated a few weeks ago that: "Our children are their children," we can no longer stay quiet because our children are not for sale, nor are yours to indoctrinate to lie, steal and destroy their innocence and whom God created them to be: Male or Female, the only two genders as written in the Bible. We don't compromise!

Our freedom is not to be independent from law and order, nor to go woke or

to have a card-blancche to do as you please redefining the laws of nature and of God, but how we respond and take responsibility. Parents pay attention to the laws that the California democratic majority are passing under disguised wording, to literally remove your parental rights!

Seems that ever since 2008 and even long before, some have been trying to rewrite history or even redefining words. We need to protect our children and

grandchildren. We can no longer be idle and not speak boldly against evil for evil doesn't have color, race, size, zip-code. Evil is evil and needs to be confronted not blame shifting as we continue hearing or reading as it is written, "Woe to those who call evil good and good evil, who put darkness for light and light for darkness, who put bitter for sweet and sweet for bitter." Isaiah 5:20

This coming July 4, we are celebrating our nation's independence, and I invite you to go see the move "Sound of Freedom," a true story about children, the absolutely devastating truth of child trafficking that is no longer an option to ignore. Be attentive and alert, be bold and have courage, we are not forsaken nor alone, but we need to stand and not compromise!

Ana Iturralde

## City of San Diego pulls 11th-hour stunt in hopes of preventing Fallbrook and Rainbow from changing water suppliers

"Laws are like sausages," said Otto Von Bismark, the former Chancellor of Germany. "It's better not to see them being made."

This famous quote – made more than 100 years ago – certainly applies to what we're seeing today from the City of San Diego as Fallbrook and Rainbow seek to change water suppliers.

As you are probably aware, we have filed detachment applications, as they are called, with the San Diego Local Agency Formation Commission (LAFCO) to part ways with the San Diego County Water Authority, which has raised water costs on our two districts by an average of 8% a year over the past decade. Instead, we would purchase water from the Eastern Municipal Water District, a move that would result in an estimated annual ratepayer savings of \$7.6 million.

In recent weeks, there's been a flurry of activity, and we want to bring you up to date on the latest developments and shenanigans being played by the other side.

LAFCO commissioners met June 5 to consider our detachment applications, after years of analysis by LAFCO staff and an outside consultant. Dozens of Fallbrook and Rainbow residents made the trip to the County Administration Center downtown to let their voices be heard.

After more than six hours of presentations, public testimony and discussion, LAFCO commissioners – divided over how to proceed – voted to table the matter until Aug. 7 to give our two districts and the County Water Authority time to come up with an "exit fee" that everyone could agree upon and that the commissioners could support.

LAFCO staff is recommending that Fallbrook and Rainbow be allowed to detach if we pay a \$24 million exit fee over five years. The County Water Authority, as well as the City of San Diego,

are opposed to the LAFCO staff's recommendation. Had LAFCO commissioners approved the staff's recommendation, then the voters of Fallbrook and Rainbow would have had the final say in an election likely held next year in accordance with long-standing state law.

Over the past month, however, the City of San Diego and the County Water Authority quietly enlisted Assemblymember Tasha Boerner-Horvath to amend a climate change bill (although our detachments have nothing to do with climate change) that would require a successful countywide vote – not just a successful vote

in Fallbrook and Rainbow – before our districts could detach from the County Water Authority.

With Assemblymember Boerner-Horvath and the state Legislature attempting to undermine LAFCO's authority and its long-standing detachment process, LAFCO held a special meeting June 14 so they could discuss opposing her bill, as recommended by their staff. They also wanted to discuss moving up the detachment decision from Aug. 7 to July 10 so they could vote on the matter – one way or another – before the bill could go into effect if passed.

At the meeting, LAFCO commissioners voted six-two to

oppose the bill and we commend them for doing so. This matter should be decided by the voters in Fallbrook and Rainbow per state law, which stipulates that only voters in a departing district should decide. No water district would ever willingly become a member of the County Water Authority knowing it would be impossible to leave. This 11th-hour trickery by the City of San Diego – which sponsored the bill and the Water Authority, which actively supports it – simply shows the extent to which they will go to prevent us from deciding for ourselves who we want to purchase water from.

LAFCO will now consider

our applications Monday, July 10, and will likely vote on them that day. The public is once again invited to attend and speak before the commissioners to express their thoughts. The meeting is scheduled to begin at 8 a.m. at the County Administration Center, 1600 Pacific Highway, Room 335.

We encourage you to attend and voice your opinion.

Charley Wolk, board chairman, Fallbrook Public Utility District.  
Hayden Hamilton, board chairman, Rainbow Municipal Water District.



Judith Bell, Food Editor of the Village News and the Temecula Valley News has collected recipes for decades throughout her professional and personal life.

**The recipes reside in a HUGE basket.**

**Now, these recipes are for sale as follows:**

25 Recipes..... \$15

50 Recipes..... \$25

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More than 100...please contact Judith Bell

A portion of every recipe sale will be donated to a local nonprofit.

There will be no categories nor will any singular order have only one category. There will not be any duplication of recipes. Each recipe sent is the only one of its kind owned by Judith Bell.



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Yes! Send me Judith Bell's one-of-a-kind recipes!

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Please do not call the Village News office, they will direct you to the phone number above.

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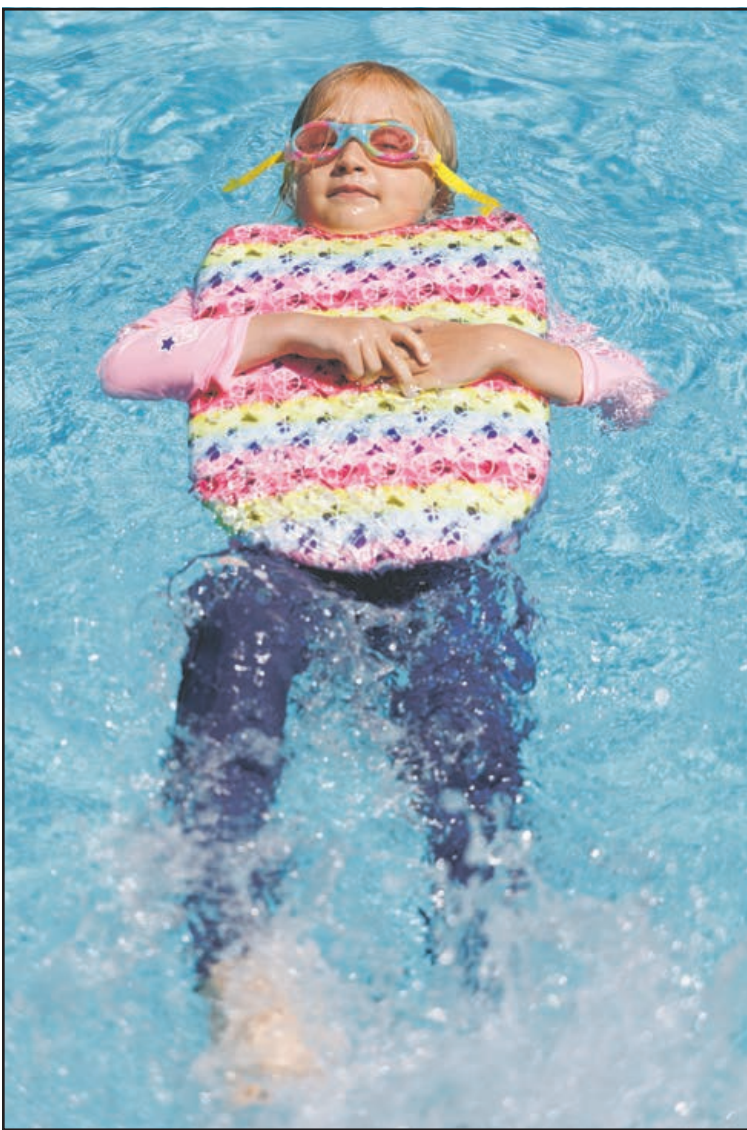
# Boys & girls prepare for summer in the pool



Lifeguard Micaela Gaspar leads a group of children in the pool during a Boys & Girls Club of North County swim lesson session. Village News/Shane Gibson photos



Daphne Gyves, 7, practices kicking in the Boys & Girls Club pool.



Amilyia Foster, 7, practices kicking while on her back during summer swim lessons at the Boys & Girls Club.



Lifeguard Magali Ibarra helps Glen Hrcir, 5, in the pool.



Children practice kicking in the pool with lifeguard David Dudley.



Lifeguard Jessica Gonzalez works with Leo Solis, 13, on how to do the backstroke.



Rhyker Foster, 9, dives into the pool at the end of a summer swim lesson at the Boys & Girls Club of North County.



Leo Solis, 13, practices kicking during swim lessons at the Boys & Girls Club pool.

# REAL ESTATE & HOME and GARDEN

## Michalke does win best of breed at county fair's dairy goat show



Taylor Michalke talks to her doe Tina-Rex who took the grand champion title for the LaMancha breed in both the junior division and the open division at the San Diego County Fair. Village News/Joe Naiman photos

Morgan Michalke poses with Nova, who she teamed with to win first place for FFA novice division showmanship as well as the champion 5-year-old LaMancha title for both the junior show and the open show.

**Joe Naiman**  
Village News Reporter

Two does raised by Fallbrook Future Farmers of America member Taylor Michalke were awarded grand champion of breed at the San Diego County Fair's dairy goat show June 13-18.

FFA, 4-H, and Junior Grange members who competed in the Junior Dairy Goat Show were also allowed to compete in the Open Dairy Goat Show as long as the same animal was entered and shown in the junior show and the animal met all open show entry deadlines and guidelines.

Tina-Rex was the grand champion for the LaMancha breed in both the junior division and the open division, and Nutmeg was the junior and open division grand champion for the Oberhasli breed.

"I've never done it before," Michalke said of raising a grand champion. "I've been working on it for a long time, so it was great to finally accomplish that achievement."

Michalke brought eight LaMancha or Oberhasli goats to the fair's dairy goat show and won numerous classes. "It was a very good year," she said.

A doe that has given birth competes in the senior division for its breed. The junior division is for does who have not given birth. Although milking is not part of the senior dairy goat competition, the criteria includes udder positioning as well as conformation and general appearance.

The junior division had four

classes for each breed: dry yearlings born in 2022, senior kids born in January 2023 or February 2023, intermediate kids born in March 2023, and junior kids born in April 2023 or early May 2023.

The senior division had five classes: milked yearlings, two-year-olds, three-year-olds, four-year-olds, and five years or older. The class champions competed against each other for the junior grand champion and senior grand champion distinction.

Each breed has a best udder winner, and there is also a best udder award for all breeds. The fair had a best of show for all breeds with grand champions and reserve champions being awarded for specific breeds. The dairy goat show also had recorded grade grand champions and reserve champions for mixed breeds.

In many classes, Michalke and her sister, Morgan, swept first and second. That deprived Morgan Michalke of numerous first-place ribbons. "I'm a little disappointed, but that's okay," Morgan Michalke said.

Taylor Michalke graduated from Fallbrook High School in June. She spent five years in Fallbrook 4-H prior to enrolling in Fallbrook High School and transitioning to FFA. She is now 18 and was 9 when she joined 4-H.

An incoming ninth grader is able to show livestock at the San Diego County Fair as a Future Farmers of America member. Morgan Michalke, who completed eighth grade at Potter Junior High in June, utilized the ability of incoming

ninth graders to show livestock as an FFA member. She turned 15 on June 24 and was 9 when she began showing market goats at the county fair. She began showing dairy goats in 2018. Michalke brought three LaMancha goats to the dairy goat show at this year's county fair.

Tina-Rex is now 3 years old. She was bred in Kansas by Jen-Mae-Ka Kids Dairy Goats and the Michalke family acquired her shortly after her birth. As a yearling in 2021, Tina-Rex was the junior doe champion.

Not only was Tina-Rex the champion 3-year-old LaMancha dairy goat this year, but Tina-Rex and Cera were the breed's champion dam and daughter and Tina-Rex, Cera, and Miss-Demeanor were the dam and produce champion for a dam and two daughters. Tina-Rex was the junior show's Best Doe in Show reserve champion and the junior show's Best Udder reserve champion for all breeds. Taylor Michalke also won the FFA advanced division showmanship with Tina-Rex.

"She's a great partner," Michalke said of Tina-Rex. "She's got a great personality, super sweet."

Nutmeg is 2 years old. She was acquired from Elise Dbl Eagle's Dairy Goats in Valley Center. Nutmeg was the junior Oberhasli grand champion and Ginger, who was born on May 1, was the reserve junior Oberhasli champion.

"It was really fun to show a different breed. It's my first time in Oberhaslis," Michalke said. "It was great to try something new."

Nutmeg gave birth to both Ginger and Cinnamon on May 1. The two Oberhasli kids were born in Fallbrook. Ginger was the Oberhasli junior kids champion and Cinnamon was the reserve champion in that class. Nutmeg and Ginger were the Oberhasli dam and doe champion pair while Nutmeg, Ginger, and Cinnamon were the top Oberhasli dam and produce trio.

Blue Line LaManchas is the Michalke family herd, and both Cera and Miss-Demeanor were born in Fallbrook. Cera was born last year and was the champion LaMancha dry yearling. Miss-Demeanor was born in April and was the champion LaMancha junior kid. Miss-Demeanor and Cera were the junior champion and junior reserve champion for both the junior and open divisions.

"We were really successful this year," Michalke said.

Although Morgan Michalke finished second to her sister in many classes, the younger sister showed five-year-old Nova, who was acquired from Jen-Mae-Ka Kids Dairy Goats. Nova was the champion 5-year-old LaMancha for both the junior show and the open show, and Michalke also won the FFA novice division showmanship with Nova.

"She deserved it. She's a really good goat," Morgan Michalke

said. "She was able to help me win easily."

Nova is also the mother of Regina George, who received second place among LaMancha yearlings, and Thunder, who was born April 11. Nova, Regina George, and Thunder placed second in the dam and produce category while Nova and Regina George were second in the mother and daughter competition.

Future Farmers of America has an alumni year provision which allows FFA members to pursue their American FFA degree, and Taylor Michalke will be pursuing that degree and remaining in FFA for the 2023-24 academic year.

Audrey Greenwood, who graduated from Oasis High School in 2017 and took agriculture classes at Fallbrook High School so that she would be eligible for membership in Fallbrook's FFA chapter, received her American FFA degree in 2018, showed LaMancha goats in both the junior and open dairy goat competitions before aging out of the junior division.

Greenwood now shows LaMancha dairy goats in the open division although she did not participate in this year's San Diego County Fair. Morgan Michalke credits Greenwood for teaching the Michalke sisters about showing LaMancha dairy goats. "We both kind of learned it together," Michalke said.

## Pickleball tournament benefits Fallbrook Animal Sanctuary



Rolling Hills Pickleball Club members raise money for the Fallbrook Animal Sanctuary with a pickleball tournament including a women's doubles division and a men's doubles division at Rolling Hills Estates in Fallbrook. Village News/Courtesy photos



Residents of Rolling Hills Estates participate in a fundraiser to benefit the Fallbrook Animal Sanctuary, June 10.

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SRES MRP



—Review of all things real estate

# What kind of market are we currently in?



**Bob Hillery**  
CR Properties

I get this question a lot; are we in a seller's market, a buyer's market, or a neutral market? The follow-up question inevitably is, what is the market going to do? To that question, I generally respond that if I knew that answer with certainty, I'd be a rich man today.

Here's what I do know however (let's see if these statistics are meaningful to everyone). As of Friday afternoon, June 23, there were 108 active listings in 92028 across all categories (manufactured homes, condos, single family residences); this time of year, in a normal market there should be 303 total listings in our market.

There are 63 pending (in escrow) and, in the last 90 days, there have been 179 closed sales. What these numbers tell me is that there is life in the market, but it is hampered

by lack of inventory.

In previous articles, I discussed that lack of inventory is helping to keep prices pretty firm (supply and demand). Another impact on inventory is that many of us took advantage of low interest rates when they were in the 2-3% and with current interest rates hovering around 7-ish% we're not making any moves because where would we go?

So many of us don't list our homes, even if they are too big for our needs. Okay, but as the numbers indicate, there is some activity albeit a limited amount due to limited inventory.

A report that is useful is called the Altos Report which, along with data, has a gauge picture with a needle imposed on a set of numbers from zero to 100 (kind of like the old fashion speedometers) called the Market Action Index. In the range from zero to 30 it is labeled buyer's market. Above 30 to 100 is labeled seller's market.

I don't fully agree with that as there has to be some area that is a neutral market, and I would suggest 30-50 would be the neutral market range. Okay, so where are we?

As of Friday, June 23, the market index needle is 49, and it has been hovering between 48 and 51 for the past several months. I would characterize this market as a neutral-marginal seller's market where there is the expectation of some traditional negotiation.

Sixteen months ago, the needle was at 75; a very strong seller's market when we saw multiple competing offers above list price, sometimes above list price by a

crazy number like 40% above list price and often with cash; and there was no negotiation except how high the price would go.

Purchasing a home with cash alleviates the requirement for an appraisal which is often the scary part for sellers who don't want to give up on their lofty prices.

Other useful information in the Altos Report is median list price, price per square foot and average days on market. The 92028 median list price is \$1,174,500; price per square foot of closed purchases is \$415/square foot, and average days on market is 74 days. Days on the market is a key number

because the longer a property is on the market, the impact is felt in the Market Action Index.

Those two statistics are very good indicators of where the market is heading. Another number of concern, since high purchase prices and mortgage interest rates have locked a lot of wannabe buyers out of the market, is median rent. In our market, the median rent is a whopping \$3,648 which is a big number to be giving to someone else which is effectively making their investment a strong positive cash flow.

Back to the question, where is the market headed? As I stated

last week, I believe we will see inflation get tamed which will help bring mortgage interest rates down. In turn that'll put upward pressure on prices due to more buyers being able to qualify for financing thus increasing competition.

What that also means is prices are not likely to drop off the edge of the table. If we do head into recession (which now fewer economists seem to believe will happen) prices could drop, but our reality is prices right now are the lowest they are going to be, so my advice is to purchase what you can now (quit paying rent) because prices aren't likely to decay.

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# Vail Dam replacement inches ahead as its price tag rises to \$95 million



A rendering of the planned Vail Dam rehabilitation that will protect the Temecula area from potential flooding. Village News/Courtesy photo

**Tim O'Leary**  
Special to Village News

A last remnant of the region's pioneer past, Vail Dam, is prepping for a \$95 million facelift.

The project, which has been in the works for ages, is needed to protect the Temecula area from a sudden, catastrophic flood that could be triggered by a shift in the fickle Elsinore fault.

"It has to be replaced," Jake Wiley, a Fallbrook resident who serves as the assistant general manager in charge of engineering

for the Rancho California Water District, said. "It has been deemed a potential hazard."

Rancho serves a 100,000-acre area that is home to more than 150,000 people and encompasses Temecula and parts of Murrieta, French Valley, the Santa Rosa Plateau and the wine country.

Chunks of Rancho's jurisdiction were last flooded 30 years ago, when water-logged soils could not absorb the torrential rains that subsequently overwhelmed parts of Murrieta, Old Town Temecula and Camp Pendleton.

Flood-prone Murrieta Creek has since been tamed by the Army Corps of Engineers. The danger now is the combination of a sullen earthquake fault and a thin-walled, 132-foot tall dam that was built in 1948 to hold back the 1,100-acre Vail Lake.

The dam and lake are located about 10 miles southeast of Temecula. When the dam was built, the lake anchored the corner of the 84,500-acre Vail Ranch. Besides the ranch, the region's population then numbered a few thousand people living in Old

Town and the Pechanga Indian reservation.

Vail Lake was created when a pioneer rancher spent \$1 million to divert Temecula Creek flows for use by his cattle and crops.

Six years ago, Rancho officials estimated that it would cost \$34 million to make repairs and modifications to the dam. At that time, they predicted the work could probably begin in a few years.

But time, inflation, higher construction costs and new engineering and permitting requirements have taken their toll. The project's anticipated cost is now \$95 million and the start of work is at least two years away.

All the while, the 110-mile Elsinore fault bides its time and broods.

An array of authoritative sources describe the geologic fault as part of a trilateral split of the San Andreas fault system. The Elsinore is said to be one of the largest, though quietest, faults in Southern California.

It is estimated that the fault is capable of unleashing a quake with a magnitude of 6.5 to 7.5 on the Richter scale. The fault's last major quake was a 6.0 shaker in 1910 that was centered just northwest of the city of Lake Elsinore.

The predicted interval between major ruptures on the fault is 250 years.

The fault roughly runs from El Centro to the Chino Hills. It is blamed for, or credited with, creating Lake Elsinore, the Temecula Valley and Wolf Valley.

The tallest building in the region, the Pechanga Resort & Casino, anchors the heart of Wolf Valley.

Vail Lake could inundate much of the Temecula and Wolf valleys if the dam were to crack, crumble or collapse.

The recent history of the entire region is intertwined with the ranch, the lake and the dam. The creation of Interstate 15 fueled the 1960s sale of the ranch and the subsequent creation of the planned communities that became Temecula, Murrieta and French Valley.

In 1978, Rancho acquired the dam and the permanent rights to the water stored behind it. Rancho uses the dam to capture runoff and release flows into a valley basin below for percolation into groundwater supplies. Up to 40% of the district's water has historically come from its vast underground supplies.

The district was interested in buying the land around the lake for decades. But a prominent developer and his partners moved first and snatched up a lakeside resort and much of the land around it in late 1997.

At the time of the developer's purchase, the property included a shuttered recreational vehicle park. The deal included a campground and a resort-style complex that dates back to the 1960s and included pools, miniature golf and food concessions.

The developer's partnership also owned recreation rights to the lake, and fishing and camping memberships were sold. Numerous small- and large-scale community and commercial events, many with sports themes, were held at a Vail Lake amphitheater and the surrounding grounds.

For decades, the area has been a magnet for campers, mountain bikers, boaters, anglers, hikers and equestrians. Popular trails crisscross the property, and trophy-size fish have been pulled from the depths of the lake.

The developer's long-term vision, which was unveiled in late 2000, called for the construction of 5,172 homes, three golf courses, a yacht club, five wineries, stores and an executive retreat.

But that development plan fizzled, in part because of the presence of nearly 40 endangered or sensitive plants and animals that include the bald eagle, golden eagle and great blue heron.

The property spiraled into bankruptcy and Rancho emerged as the owner.

The district spent \$49.6 million nearly a decade ago to buy 7,904 acres that encircle the reservoir and regional recreation magnet.

Rancho's main goal is to protect the supply and quality of the water in the lake.

Rancho also plans to keep the area open to recreational uses, according to Wiley and district documents. District officials expect to spend \$250,000 in the coming fiscal year to plan the future of the open space areas outside the existing RV campgrounds.

The district could recoup some of Vail's purchase price by offering parts of the land to development firms that need to purchase mitigation credits.

Many cities and counties will allow developers to build on environmentally-sensitive sites if they agree to purchase, protect and maintain sensitive habitat elsewhere. Certain parcels of mitigation land can be worth \$20,000 or more per acre depending on the number of threatened or endangered species that a site protects.

Meanwhile, Vail's surface is still these days, silenced by a low water level that has blocked all boat access.

All we can do, it seems, is watch and wait.

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# 20 Greater Fallbrook roads on county road resurfacing list

**Joe Naiman**  
Village News Reporter

The preliminary County of San Diego list of road segments to be resurfaced includes 20 in Greater Fallbrook.

A 4-0 vote by San Diego County Board of Supervisors June 14, with one vacant seat, adopted a resolution with the list of projects to be funded by Fiscal Year 2023-24 Road Repair and Accountability Act revenue. The road segments include ten in Fallbrook, five in Rainbow, three in Pauma Valley and two in Bonsall.

The Road Repair and Accountability Act was passed by the state legislature in 2017 and raised the gas tax by 12 cents per gallon while raising annual vehicle registration fees from \$25 to \$175 based on vehicle value. The stipulations require that local governments submit a list of projects to be funded by Road Repair and Accountability Act revenue to the California Transportation Commission. The county's Department of Public Works (DPW) is anticipating \$55.9 million of Road Repair and Accountability Act funding during 2023-24, and if the list is unchanged, 100.41 centerline miles throughout the unincorporated county will be resurfaced.

The U.S. Army Corps of Engineers developed a pavement

condition index (PCI) that utilizes specialized vehicles with downward-facing cameras to inspect roads and determine the road condition. The county's average PCI was adversely affected by rising construction costs, decreases in state funding, and declining gas tax revenue due to more fuel-efficient cars and electric vehicles. The PCI average fell from 71 in 2010 to 60 in 2016. The county's intent in 2017 was to use the Road Repair and Accountability Act money to restore the PCI average to 70, and the current plan is to have a PCI average of 70 by 2025. The current PCI average is 68.

A road with a PCI of 71 to 100 is considered very good, and those roads need only routine maintenance. A segment with a PCI of 51 to 70 is considered good, and sealing is the primary remediation method. Roads with a PCI of 26 to 50 are considered poor, and an overlay is used to restore those roads. Streets with a PCI of 25 or lower are considered very poor and require major rehabilitation including the removal of all asphalt and the subgrade base.

DPW uses a pavement management system which incorporates field review, resident and community input, and mechanical test data to determine which roads are most in need

of resurfacing. The structural deterioration of pavement is measured visibly by assessing the degree and type of cracking, the surface deterioration and the surface defects.

The road maintenance program also evaluates the preferred rehabilitation strategy. Asphalt concrete pavement overlays are used for severely degraded roads with extensive cracking or potholes, although if the road has only minor cracking and no significant surface damage, a thinner layer of slurry seals may be applied to protect the road. Road segments with overlay treatment have a life expectancy of 10 to 15 years following the repaving. Slurry seal treatment provides a subsequent life expectancy of 7 to 10 years.

Two of the Fallbrook road segments slated to be resurfaced will have a life expectancy of 7 to 10 years after the slurry seal treatment is applied: 0.25 miles of Fallbrook Street from Main Avenue to Elbrook Drive and 1.15 miles of East Mission Road between Live Oak Park Road and Macadamia Drive.

The other eight Fallbrook segments will have overlay treatment with a life expectancy of 10 to 15 years. Those are the 0.39 miles of Aviation Road from Alturas Road to Mission Road, 0.13 miles of Beech Street

between Mission Road and Main Avenue, 0.31 miles of College Street from Mission Road to the end of the county-maintained road, 0.97 miles of East Mission Road between Live Oak Park Road and Sterling View Drive, 0.25 miles of Elbrook Drive between Elder Street and Fallbrook Street, 0.25 miles of Elder Street between the beginning of the county-maintained road and Brandon Road, 0.04 miles of Mission Road between South Mission Road and the end of the county-maintained road, and 0.65 miles of Old Highway 395 between Sterling View Drive and the Mission Road connector.

The five Rainbow segments will all have overlay resurfacing and a subsequent life expectancy of 10 to 15 years. The plans are to resurface 0.79 miles of Huffstatler Street from Rainbow Valley Boulevard to First Street, 0.08 miles of Rainbow Glen Road from Rainbow Valley Boulevard to Old Highway 395, 0.98 miles of Rainbow Valley Boulevard from Chica Street to the Riverside County line, 0.66 miles of Rainbow Valley Boulevard from Huffstatler Street to Eighth Street, and 0.45 miles of Rainbow Valley Boulevard West from Rainbow Valley Boulevard to the cul-de-sac. The five road segments were also on the Fiscal Year 2022-23 list and were deferred.

The planned Pauma Valley

resurfacing will provide overlay treatment on 0.64 miles of Old Cole Grade Road from Cole Grade Road to the end of the county-maintained road, 0.47 miles of Pauma Valley Drive from Cole Grade Road to the end of Pauma Valley Drive, and 0.17 miles of Spring Valley Road from Cole Grade Road to the cul-de-sac. Those three road segments were also on the 2022-23 list.

Slurry seal treatment with an expectancy of 7 to 10 years is planned for 2.08 miles of Gopher Canyon Road in Bonsall between Old Highway 395 and Nella Lane. An overlay treatment with a life expectancy of 10 to 15 years is slated for 1.02 miles of Old Highway 395 in Bonsall from West Lilac Road to 350 feet south of the Interstate 15 south ingress.

The California Transportation Commission allows changes to the list of roads to be funded with Road Repair and Accountability Act money. DPW will undertake a design process including in-depth road reviews and coordination with utilities, community groups, and other stakeholders. Information collected during the design process will be used to determine the final list. After DPW develops a final list, the resurfacing will return to the Board of Supervisors for authorization to advertise and award one or more construction contracts for the resurfacing work.

# First-of-its-kind fund provides support and protection for prescribed fire and cultural burning

SACRAMENTO – The State of California rolled out June 19 a first-of-its-kind approach to curbing the state's catastrophic wildfire problem by providing new protections for prescribed fire and cultural burning practitioners.

The \$20 million allocated for the "Prescribed Fire Liability Claims Fund Pilot" will cover losses in the rare instance a prescribed or cultural burn escapes control. California Senator Bill Dodd authored the 2022 Senate Bill 926 that made this fund possible, continuing his many years of leadership on wildfire and prescribed fire-related legislation.

"Prescribed fire is a cost-effective way to minimize the scope and severity of wildfires," said Dodd, D-Napa. "It's a tool that has been used for millennia by Native American tribes and one that will continue to play a big role in wildfire prevention. The rollout of this fund is a big step toward keeping California communities safe."

The use of prescribed fire and cultural burning – sometimes collectively called "good" or "beneficial" fire – is a key component of wildfire risk management in California. These projects reduce hazardous fuels, help restore ecological and cultural values, and make our communities safer and our ecosystems more resilient to wildfire. However, lack of liability insurance for practitioners has been a major barrier to increasing the use of prescribed fire, even as firefighters, fire scientists, at-risk communities and state, federal and tribal leaders call for more.

"The Prescribed Fire Claims Fund Pilot project removes a significant barrier to obtaining insurance for

potential damages from a prescribed fire or cultural burn conducted by a certified prescribed fire burn boss or a cultural fire practitioner," said Cal Fire Director/Chief Joe Tyler. "As we continue to focus on increasing the resiliency of the state's forests, creating a pathway for private burn bosses to have the significant protection this claims fund provides is a critical step toward reaching the goals of the Governor's Wildfire and Forest Resilience Action Plan."

The fund will provide up to \$2 million in coverage for prescribed fire projects led by a qualified burn boss or cultural practitioner. The fund is meant to demonstrate that prescribed fire, when carefully planned, resourced and implemented, is a low-risk land management tool that mitigates the larger, more damaging risks of high-severity wildfires. The fund is the first of its kind nationally and is the result of several years of collaboration by a diversity of partners working with Senator Dodd's Office, including The Nature Conservancy, Cal Fire, the University of California Cooperative Extension, the California Department of Insurance, Tribal representatives and many others.

"Launching this program is a key step in scaling ecologically-based forest management to reduce the risk of megafires. We appreciate Senator Dodd's leadership and the expedient work of Cal Fire and beneficial fire practitioners to develop this fund as the next fire season quickly approaches," said Dan Porter, The Nature Conservancy's Forest Program Director.

The fund will also advance cultural burning, helping Indigenous

Californians restore their connection to fire. "Cultural burning is an essential practice to meet diverse objectives, including biodiversity stewardship, ecological health and community safety. The availability of this pilot fund provides cultural fire practitioners with a safeguard against financial risk in the unlikely event of an escaped burn. This is a significant incentive to support revitalization of burning traditions following the legacy of policies banning such practices," said Don Hankins, Professor of Geography and Planning at CSU Chico and co-founder of the Indigenous Stewardship Network.

This fund is part of a larger vision for restoring beneficial fire across California's fire-adapted ecosystems. Last year, the state released its Strategic Plan for Expanding the Use of Beneficial Fire, which identified this claims fund as a priority. The state has also rolled out a state-certified burn boss program, changed the liability standard for prescribed fire and made investments in prescribed burn associations, agency staffing and other related efforts.

"We are using every tool to protect Californians, including using prescribed fire to fight wildfires," said Insurance Commissioner Ricardo Lara. "The Prescribed Fire Claims fund will be critical to assisting our tribal groups, nonprofits and private landowners who are leading the way. This is an example of government being innovative and leading by example. The data that we get from the claims fund is going to be essential to our on-going education with insurance companies to support insuring this

important work."

Lanya Quinn-Davidson, Fire Network Director for the University of California's Division of Agriculture and Natural Resources, said the recent momentum is unparalleled. "Californians are desperate to have a better relationship with fire, and only with innovative approaches like this Claims Fund will we be able to unleash the good work that needs to happen," said Quinn-Davidson. "It's

a challenging time to be working on fire in California, but also an incredibly inspiring time."

More information about the Prescribed Fire Claims Fund Pilot can be found at <https://www.fire.ca.gov/what-we-do/natural-resource-management/prescribed-fire>, including frequently asked questions and an enrollment form for practitioners.

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# DINING

## Favorites for summertime meals include Fresh Corn Pudding and easiest chocolate torte ever!

**Judith Bell**  
Food Editor

When you have the time, please consider making Fresh Corn Pudding as an accompaniment to any grilled meat, fish, or shellfish. The time you'll need is in the baking as putting it together might take 10 minutes...tops!

One tip: to cut corn from the cob, place one piece of corn in a medium bowl. Cut the kernels off starting halfway down the cob. Then turn corn and remove the remainder.

The baking casserole might be your fanciest as the pudding will go from the oven to the table for serving.

*Oops: Yes, I love Braised Cucumbers and mistakenly printed them two weeks in a row! Oh my! My "helper" is away for a bit and she would have caught this oversight. Apologies galore, JB*



### Fresh Corn Pudding

- 2 cups fresh corn cut from the cob\*
- 1 tablespoon flour
- 1 tablespoon sugar
- 1 tablespoon butter, melted
- 3 eggs, slightly beaten
- 1/2 teaspoon salt
- 1/8 teaspoon pepper 1 1/2 cups half and half
- \*About 5 ears of corn

Combine all of the ingredients in the order given. Butter a 1 1/2 quart round casserole dish. Pour mixture into the casserole dish. Set the casserole in a shallow pan of very hot water. Set the pan with the casserole into the middle of a 325-degree oven. Bake for 1 to 1 1/4 hours or until a knife inserted midway between the edge of the casserole and center comes out clean (like a custard). Remove from the oven. Allow to set about 15 minutes. 4 servings

A Fancy Easy Torte is elegant. It is so good looking that you'd never expect it to be a frozen pound cake simply "dressed up" with a spreadable chocolate sauce. This torte rescues the busy cook. Give it a try next time you want an impressive dessert.

### Fancy Easy Chocolate Torte

- 1 Regular Sara Lee frozen classic pound cake (10.75 ounces)
- 1 (6-ounce) package semi-sweet chocolate morsels
- 1/3 cup boiling water
- 4 egg yolks
- 2 teaspoons cognac, rum, or vanilla
- 1 stick unsalted butter, softened

Slightly thaw pound cake and cut into 3 or 4 layers (4 layers most impressive). Melt chocolate morsels in boiling water.

In a medium glass or metal bowl, beat egg yolks until light and lemon colored. Blend in melted chocolate morsels and cognac or other flavoring. Beat in softened butter until light and fluffy (If mixture has cooled, warm just enough over simmering water so that the butter can be beaten in).

Beat mixture over ice water until mixture is of spreading consistency.

Use mixture to fill layers and top of sliced pound cake. Decorate the top of the torte as desired. Refrigerate until 20 minutes prior serving. 6-8 servings.

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# Angel Society celebrates 45 years and more than \$4.5 million in giving

FALLBROOK – The Angel Society of Fallbrook celebrated its 45th anniversary with a “Viva Las Vegas” theme at its annual meeting and luncheon held June 6 at the Zion Fellowship Center. The event also marked a new philanthropic achievement for the Angel Society, whose charitable giving since its inception in 1978 now surpasses \$4.5 million.

The Angel Society raises funds for local nonprofits and other worthy causes primarily through the operation of its Angel Shop, a thrift store on Main Avenue in downtown Fallbrook.

The meeting and luncheon is held annually as a festive gathering of longtime volunteers and supporters of the organization. Some 140 guests dressed in casino-themed outfits mingled to DeeJay Mike’s musical montage of Rat Pack hits and other songs by noted Vegas entertainers. A highlight of the luncheon was a “surprise” concert by an Elvis tribute performer, James Kruk.

Fun photo props included a life-sized cardboard Elvis and a pink Cadillac borrowed for the occasion from owner Tim Kern. The stunning classic car was parked just outside the door to the welcome desk, which doubled as a blackjack table.

Attendees also enjoyed a silent auction and raffle, and special sales of boutique clothing, jewelry, holiday items, fine linens, books, collectibles and other “treasures.” The traditional fashion show during lunch was once again emceed by Judy Igoe and featured board members modeling unique Vegas looks.

During the meeting portion of the event, President Louise Small welcomed guests and thanked them for their support. “We’re so happy to have so many people support the Angel Society. We love your friendships, your enthusiasm, and all your smiles. We’re really happy to have you here today,” she said.

She announced that donations to the shop continue to be brisk. “In fact, they seem like they increase constantly. That’s our bread-and-butter so that’s great,” she added.

To help increase sales, she said donated items are often promoted on social media and certain specialty items are occasionally sold on Ebay, including an assortment of Barbie Dolls that recently raised a total of \$2,100.

Small also presented a financial report, announcing that sales at the Angel Shop increased by \$50,000 over the previous year with a total of \$395,000 in shop sales reported for fiscal year May 1, 2022 to April 30, 2023.

Several special guests were also acknowledged at the meeting including longtime member and volunteer Millie Noble who turns 100 years old in September. “She still comes in the shop and we try to keep her busy,” Small said.

Next year’s executive board members were also introduced, along with four new members of the board. They are Bonnie Amick, Heidi Chance, Mah-Jhey Fish and Diane Pearson.

Cheryle Clinite, second vice president, presented the philanthropy report. She announced that a total of \$156,950 was donated to more than 50 local



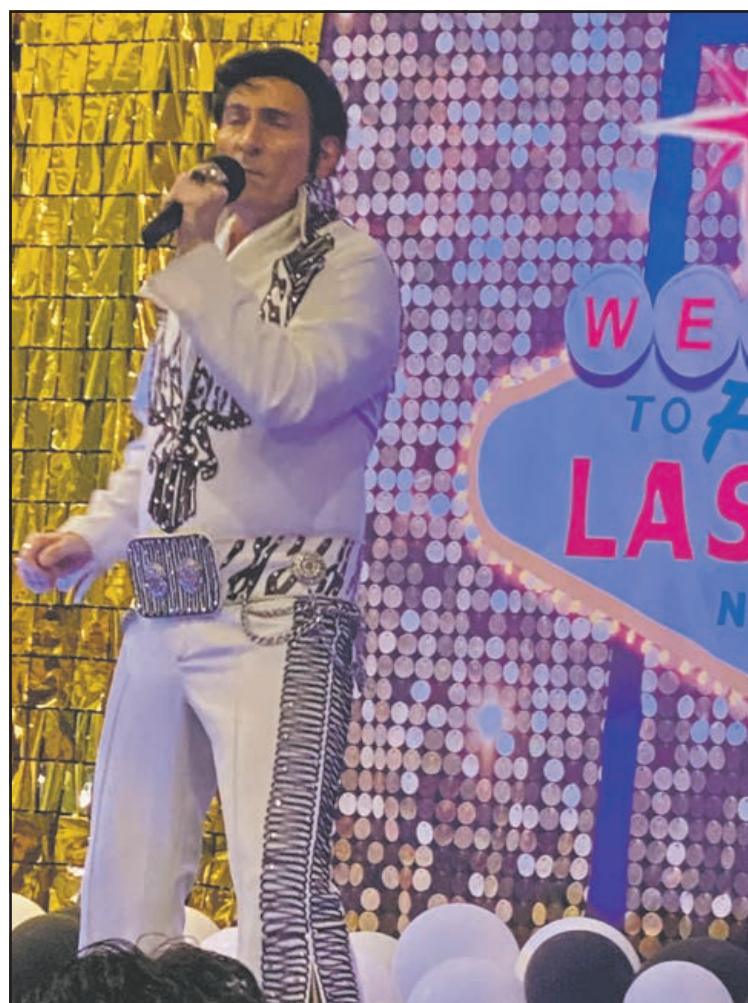
Millie Nobles gets behind the wheel of a pink Cadillac on display outside the Zion Fellowship Center, June 6.



Angel Society President Louise Small welcomes guests to the Angel Society’s “Viva Las Vegas” themed annual meeting and luncheon.



Cheryle Clinite presents a special award to scholarship recipient Eddie Padilla.



James Kruk, as Elvis, performs a surprise concert for guests at the Angel Society luncheon.

nonprofits and service groups during the fiscal year 2022-23. In addition, \$32,700 in student scholarships was also awarded for a total of \$190,650 in philanthropy. “We made a lot of happy smiles,” Clinite said.

The philanthropy committee included directors Mona Castro and Pat Dales. Kelly Bednarski, a first vice president and luncheon chair, helped coordinate the scholarship program.

In addition, non-monetary donations totaled some \$29,463 to various nonprofits including the Fallbrook Animal Sanctuary, Bottom Shelf Bookstore, Boys and Girls Club, Blanket Project, Food

Pantry, Gently Hugged, Rally for Children, Scarecrow Days, U.S. Marine Corps, Women’s Resource Center and others. Shoes, fabric, eyeglasses and other goods are also donated to various community groups for recycling.

Clinite also announced a special award to college scholarship recipient Eddie Padilla, a volunteer at the Angel Shop. He was presented with a certificate of recognition “for loyal and frequent assistance at the Angel Shop and dedication to the spirit of community service.”

For more information about the Angel Society, visit [www.theangelsociety.org](http://www.theangelsociety.org).



Chris Hawranik, left, with Joan McDowell visit while waiting for lunch to be served. Village News/Courtesy photos



Enjoying the luncheon are longtime Angels, from left, Nancy Chapman, Judy Haggard and D'Ann Kubitz.



Fashion show models for the luncheon are, from left, Michele Pollack, Jeanna Kirby, Susan Vix, Lou Greeley and Fiona Urquhart.

## SPORTS

# Cain alternate for final in NCFPD's first Firefighter Demolition Derby at Del Mar

**Joe Naiman**  
Village News Reporter

The Fallbrook Firefighters Association had a driver in the Firefighter Demolition Derby for the first time since the event became part of the San Diego County Fair, and North County Fire Protection District firefighter/paramedic Zach Cain was the alternate for the final of the June 11 event.

"We all had a great time, look forward to next year," Cain said.

In 1995, the Cajon Speedway, the Burn Institute, and local fire departments collaborated for an annual night which included fundraising and promotions for the Burn Institute and a Firefighters Destruction Derby (which was renamed the Firefighter Demolition Derby in 2017).

The Burn Institute and local firefighters also collaborated on an annual exposition at Qualcomm Stadium. Cajon Speedway closed after the 2004 season and there was no Firefighters Destruction Derby for five years, but in 2010 the Fire and Safety Exposition was moved to the San Diego County Fair and the demolition derby was reinstated.

The configuration of the Del Mar Arena necessitated some changes. The cars are now divided into heats. The 2023 format had three early afternoon heats with the last two running cars in each heat advancing to the final and two last chance qualifier heats in the late afternoon, which allowed the final remaining car from each of those to compete in the main event. The driver from the fire department which raised the most money for the Burn Institute is also allowed to drive in the final if he has an operational car.

In 2013, another difference between Cajon Speedway and the fairgrounds demolition derby

was recognized. Cajon Speedway had a regular fire crew with a truck to extinguish vehicle fires. The fair used fire extinguishers for the first four years. Ten years ago, the car of CalFire firefighter Angel Hendrie became engulfed in flames. Hendrie was unhurt and changes were made to reduce the risk of car fires. One of those was the presence of suppression teams, with a truck as well as a firefighting crew, at each end of the arena. The Pala Fire Department was stationed at the north end of the arena this year while a Rancho Santa Fe Fire Protection District truck and crew were on the south side.

Stormy McInerny drove a Fallbrook Firefighters Association car when the Firefighters Destruction Derby was held at Cajon Speedway, but no North County Fire Protection District driver subsequently competed until Cain drove this year. McInerny, who was with the North County Fire Protection District for 32 years, passed away three weeks after his retirement in 2019.

Cain, who began his NCFPD career as an Explorer, knew McInerny. The demolition derby car was built on the property of NCFPD engineer/paramedic Brent Itzaina, who has been with the fire department for 29 years and also knew McInerny.

"We all miss Stormy McInerny way too much," Itzaina said.

Cain, who is now 27, was 16 when he commenced his NCFPD activity at the Explorer level. He graduated from Fallbrook High School in 2015. Cain has been a full-time fire service professional for six years. He began his full-time professional career with the Poway Fire Department and handled Poway fires and medical emergencies for three years before being hired full-time by the North County Fire Protection District.



North County Fire Protection District firefighter/paramedic Zach Cain poses with the modified 1976 Oldsmobile Cutlass he drove in the Firefighter Demolition Derby at Del Mar. Village News/Joe Naiman photo

He has been a full-time NCFPD professional for three years and is currently based at Station 1 in Downtown Fallbrook.

In 2019, Cain drove for the Poway Fire Department in the Firefighter Demolition Derby. When the Fallbrook Firefighters Association decided to participate in the 2023 event, Cain was asked to drive.

A 1976 Oldsmobile Cutlass in Los Angeles was acquired through Craigslist. The car was converted into a demolition derby vehicle in less than two months with four or five firefighters working regularly to convert the vehicle. Including those who were involved in fundraising activities, approximately 12 people altogether helped with the effort.

This year 21 drivers were in the Firefighter Demolition Derby. Five fire departments had two vehicles. Cain was in the second

heat along with Bonita-Sunnyside Fire Protection District engineer/paramedic Robert Marcon, Carlsbad firefighter/paramedic Matt Newlin, Escondido firefighter/paramedic Alex Koji, Lakeside Fire Protection District captain Danny Leetch, Rancho Santa Fe Fire Protection District engineer/paramedic Jake Elkins and San Marcos Fire Department engineer Brian Meredith.

A carburetor fire forced the fire suppression crew to tend to Cain's vehicle. A red flag was thrown and Cain was relegated to the last chance qualifier. Although fuel burned from the carburetor fire there was no other damage to the car.

The second last chance qualifier consisted of Cain, Marcon, Meredith, Combat Center (Twentynine Palms) firefighter Dylan Hubbard, Imperial Beach firefighter/paramedic Jorge

Martinez and Miramar firefighter Justin Fite. Meredith, Marcon and Fite eventually broke their flags, signaling that they could no longer continue.

Cain hooked up with Martinez's 1976 Chevrolet Malibu. Neither car was moving. Hubbard was declared the winner of the last chance qualifier.

"It was a bummer we got hooked on that bumper," Cain said. "We did great, but we got hooked up."

"We had a great time," Cain said.

Encinitas firefighter/paramedic Donnie Butz won the Firefighter Demolition Derby for the second consecutive year. The 16 fire departments combined to raise approximately \$100,000. The Fallbrook Firefighters Association raised approximately \$6,200.

"It's for such a good cause," Cain said.

# McMahon 10th at CIF meet, Warriors 200-yard freestyle relay team 11th

**Joe Naiman**  
Village News Reporter

The CIF swim meet was held May 3-6 at Granite Hills High School, and Fallbrook High School sophomore Maile McMahon placed 10th among Division I girls in the diving event.

Although the Fallbrook girls placed 21st among the 24 Division I teams, the Warriors only had three individual swimmers along with three relay teams and McMahon.

"I was encouraged by it," Fallbrook coach Sean Redmond said of the CIF meet results. "For our performance and what we had, I was pleased."

Swimmers, including relay teams and divers, qualify for the CIF meet based on times or diving scores during the season.

The Division I swim preliminaries were contested May 4 (the Division II preliminaries occurred May 3), and the diving championship May 5, and the swim finals May 6. The swimmers including relay quartets with the eight best times during the preliminaries in each event advanced to the championship final and those whose times placed ninth through 16th earned lanes in the consolation final.

Position points were given for finishes in the finals as well as to the top 16 divers. Seven judges gave scores for each dive at the CIF meet. The two highest scores and the two lowest scores were discarded, and the three middle scores were added together and then multiplied by the dive's degree of difficulty to determine the score for each dive. Each of the divers

performed six dives during the meet. McMahon's dives totaled 169.40 points.

"I'm pleased with that because that was a really good bounce back for her," Redmond said.

McMahon, who won the 2022 Valley League championship with 211.25 points, scored 132.60 points at this year's league meet to place seventh. McMahon dove at last year's CIF meet and accumulated 176.90 points for ninth place.

Fallbrook's 200-yard freestyle relay team had the 12th-place preliminaries time of 1:47.50 with senior Arden Baur, junior Kela Kendall, junior Marissa Pearce, and junior Ava Papoulias comprising the quartet. Redmond changed the order of the relay team for the consolation final and Pearce, Kendall, Bauer, and Papoulias

finished in 1:47.06 to give the Warriors 11th-place points.

Papoulias, junior Tatum Brown, Pearce, and junior Ava Dowden swam the 400-yard freestyle relay in that order both in the preliminaries and in the finals. Their preliminaries time of 3:55.74 ranked 11th. In the finals their time was 3:55.66 although enough other schools also reduced their times to relegate Fallbrook to 14th.

Fallbrook's 200-yard medley relay team did not advance past the preliminaries. A time of 2:08.42 placed senior Samantha Hanlon, Kendall, Brown, and Dowden 21st.

"The relays pretty much swam faster than what they had done during the season, so that was encouraging," Redmond said.

Dowden was the only Fallbrook swimmer in an individual final. Her

100-yard breaststroke preliminaries time of 1:10.20 placed her 13th. She finished the consolation final in 1:11.75 for 16th place. "Just finally ran out of steam when it came to Saturday," Redmond said.

Dowden also swam the 200-yard individual medley at the CIF meet, although her preliminaries time of 2:21.44 placed 23rd and did not advance her to the finals. Kendall and Papoulias also qualified for the CIF meet as individuals, although neither advanced past the preliminaries. Papoulias had the 24th-place time in both of her events, completing the 200-yard freestyle in 2:04.66 and the 100-yard freestyle in 58.34 seconds. Kendall's time of 1:07.82 in the 100-yard butterfly was worth 31st place.

# Ritchie eighth in 100 free, 10th in 50 free at CIF meet

Warriors eighth in 200-yard freestyle relay, Vance ninth in 500

**Joe Naiman**  
Village News Reporter

Ian Ritchie closed out his Fallbrook High School swimming career May 6 at the CIF meet and placed eighth among Division I boys in the 100-yard freestyle race and tenth in the 50-yard freestyle.

The senior was also part of Fallbrook's 200-yard freestyle relay team, which placed eighth. That quartet also included junior Carson Vance, who placed ninth in the 500-yard freestyle.

The CIF meet was held at Granite Hills High School. The Division I swim preliminaries took place May 4 (the Division II preliminaries occurred May 3), and the diving championship May 5, and the swim finals May 6. The swimmers, including relay teams with the eight fastest preliminaries times in each event, qualified for the championship final and times placing ninth through 16th qualified for the consolation final. Position points were given for finishes in the swim finals and for the top 16 divers.

Fallbrook as a team placed 14th among the 24 Division I schools. "We had a number of boys qualify," said Fallbrook coach Bill Richardson.

Qualifying times or diving scores during the season allow for competition at the CIF meet, although an individual can compete in no more than two individual events and no more than four total events. Two Fallbrook boys swam the 100-yard freestyle at the CIF meet, although senior Brayden Bender did not advance to the finals. Bender's preliminaries time of 51.78 seconds placed 27th.

Ritchie swam his preliminaries heat in 49.04 seconds to place eighth. His championship final time of 49.14 seconds gave Fallbrook eighth-place points.

"Ian going top eight in the 100 free was a great accomplishment," Richardson said.

In the preliminaries, Ritchie completed his 50-yard freestyle race in 22.34 seconds, which ranked 13th. The 10th place through 12th place times were 22.29 seconds, 22.30 seconds, and

22.33 seconds.

Ritchie lowered his time to 22.24 seconds for the final race to place second. The championship final swimmers automatically placed first through eighth regardless of whether a consolation time was faster. Ritchie's time was the ninth-fastest overall, but he was given 10th place.

A school is not required to use the same four relay event swimmers in the preliminaries and the finals. When Fallbrook contested the 200-yard freestyle relay in the preliminaries, Richardson used Ritchie, junior Sam Goode, Bender, and Vance. They completed their laps in 1:31.41 for the seventh-fastest time. The preliminaries position extended Fallbrook's presence in the 200-yard freestyle relay in the CIF championship final to 23 years in a row (not counting 2020, when the coronavirus outbreak canceled the rest of the season). Ritchie, sophomore Alex Gabos, Bender, and Vance placed eighth in the championship final and had a time of 1:33.23.

Vance completed his 500-yard

freestyle preliminaries race in 4:54.08, which gave him 11th place and a lane in the consolation final. His final 50 yards took 27.53 seconds, and only top preliminaries finisher Kale Lozano had a faster time for the final two laps (Lozano, who was a Torrey Pines sophomore, needed 27.14 seconds for those 50 yards). Vance won the consolation final with a time of 4:49.63, which was worth ninth place and was the eighth-fastest time in the finals. The second-place swimmer in the consolation final, Eastlake freshman Eduardo Flores Hildago, had a time of 4:51.30.

"He had a huge time drop," Richardson said of Vance.

A time of 1:49.27 gave Vance 12th place in the 200-yard freestyle preliminaries. He completed the consolation final in 1:47.48 to place 11th. Goode also swam the 200-yard freestyle preliminaries, but his time of 2:02.16 placed 32nd to give him experience in a CIF meet individual event rather than a lane in the finals.

Fallbrook's 400-yard freestyle relay team was placed 14th, both in

the preliminaries and in the finals. Vance, Gabos, Bender, and Ritchie had a preliminaries time of 3:26.74. Bender, Gabos, Goode, and senior Jonathan Nelson completed the consolation final in 3:26.14.

Seven judges scored each dive at the CIF meet. The two highest scores and two lowest scores were discarded, and the three middle scores were added together and then multiplied by the dive's degree of difficulty to provide the score for each dive. Each diver performed six dives during the meet. Fallbrook's only diver, sophomore Felix Alcorn, had a score of 144.30 points to place 15th.

A diver may also swim if he does not exceed two individual or four total events. Alcorn, Bender, Gabos, and Goode comprised Fallbrook's 200-yard medley relay team whose time of 1:53.05 placed 23rd in the preliminaries.

"There are some really good teams out there right now," Richardson said. "I feel like overall we exceeded my expectations."



# EDUCATION

## Monserate Christian Academy is 'Calling all heroes!'

Village News staff

A parent informational night is being held July 6, at 6 p.m. at Riverview Church in Bonsall for a new private school being started by Troy and Chelsea Young. The school will start this September and, to start, will serve ages 5 through 11.

This visionary Fallbrook couple decided to start the new private school called Monserate Christian Academy, when they couldn't find an Acton Learning Model school for their own children locally.

Chelsea Young, echoing the principles of Acton, firmly believes that every child is a genius on their own unique hero's journey, destined to make a positive impact on the world. She says her school will embrace this belief wholeheartedly, nurturing and empowering students to discover their individual strengths and talents.

"I'm an ardent believer in the potential of every child and want to capitalize on the joy of learning that I believe is in the Acton Learning Model. They have a clear mission: 'Calling all Heroes!'" Young said.

"Acton is a worldwide organization that has been in existence for over a decade, started by billionaire Jeff Sandefer," she said. "Sandefer believes most adults couldn't move past the middle school level of Acton because of the skill development. Acton really concentrates on critical thinking, leadership, skill development, conflict resolution, and communication skills," said Young.

Young says that one difference is the school is more like a one-room schoolhouse where younger children learn from the older students and the older students learn leadership. She said the Acton model provides "guides" rather than teachers. The guides don't answer questions as much as respond back to the student asking. "Where can we find that information?" They teach the students to become independent problem solvers.

By taking this approach, the



Troy and Chelsea Young, parents of five, are starting a new private school for children ages 5 to 11.

Village News/Courtesy photo

guides empower students to become independent problem solvers. They nurture a sense of curiosity and resourcefulness, encouraging students to seek out information and discover answers for themselves. This not only fosters a deeper understanding of the subjects being studied but also develops invaluable skills for lifelong learning.

In the realm of history, for example, the guides immerse students in engaging scenarios. They might present a situation where a student assumed the role of King George, who had just received a petition. Guided by the question, "What will you do?" students are encouraged to think critically, consider multiple perspectives, and make informed decisions based on

historical context.

Socratic discussions play a vital role in the classroom, allowing students to actively participate in the exploration of ideas. For instance, a student might step into the shoes of a colonist facing the dilemma of being overtaxed and desiring to fight for independence, while their family advised against it. They are asked, "What do you do?" These discussions prompt students to think deeply, articulate their thoughts, and engage in respectful debate.

The essence of this transformation lies in the very core of Acton's and Monserate Christian Academy's approach. They believe the days of mind-numbing tests and monotonous homework are gone. Young, along with her dedicated

team of educators, has a unique curriculum that focuses on mastery of core skills rather than superficial assessments. At Monserate, she said learning will be a joyous journey, devoid of much of the stress, anxiety, and homework that traditional education often imposes on young minds.

"Clinical psychologist and professor Jordan Peterson, commended the Acton model pioneered by Acton Academy Founder Jeff Sandefer. Peterson recognized the efficacy of the Acton model and specifically highlighted the advantages of leveraging the child's 'zone of proximal development' through Acton Academy's cutting-edge adaptive learning programs. According to Peterson, this targeted

approach ensures that learning and engagement are maximized while minimizing boredom and distractions. "Targeting a child at their zone of proximal development means learning and engagement are at a maximum with boredom and distraction at a minimum," Peterson affirmed, underscoring the transformative Acton approach," Young said.

At Monserate Christian Academy, students will discover the freedom to explore their passions and interests. Guided by mentors who work with them, allow them to work at their own pace and who believe in their potential, they will engage in hands-on projects, collaborate with their peers, and develop critical thinking and problem-solving skills.

### Adicoff named to spring 2023 deans' list

MISSISSIPPI STATE, Miss. – Rebekkah Adicoff of Bonsall was among more than 2,300 students named to the Mississippi State University spring 2023 deans' list.

To be named to the Deans' List, a student must have achieved a grade-point average between 3.5

and 3.79, based on a 4.0 scale, while completing at least 12 semester hours of coursework with no incomplete grades or grades lower than a C.

Mississippi State University is a national STEM-focused, doctoral degree-granting, land-

grant university offering a wide range of educational experiences for learning and growth to a diverse student body of approximately 23,000 students.

Submitted by Mississippi State University.

### Ford honored by fellow retired teachers



California Retired Teachers, Fallbrook Division 81 President Mickie Flores, right, presents member Jewell Ford with an engraved crystal paper weight in appreciation for her 15 years of service to the organization, June 14. The group also viewed a video on its 12 scholarship awardees that day.

### Reynolds receives Bachelor of Arts from the University of Dallas

IRVING, Texas – Brady Reynolds of Fallbrook graduated from the University of Dallas in May. Reynolds earned a Bachelor of Arts in Theology from Constantin College at UD's spring 2023 Commencement Ceremony.

In addition to the basic and advanced requirements specific to the subject, a Bachelor of Arts in Theology at the University of Dallas also requires two years of fundamental coursework in the

humanities, sciences, politics, mathematics and fine arts. Constantin College students must also complete coursework in Ancient Greek, French, German, Italian, Latin or Spanish.

The University of Dallas is a nationally recognized Catholic liberal arts university with campuses in Irving, Texas, and Rome, Italy.

Submitted by the University of Dallas.

## Seeking Students FOR A UNIQUE PROGRAM

Tim O'Leary is seeking students for a unique program that is being offered to the general public for the first time. He and other instructors will teach personal protection, rape prevention and situational awareness. As the founder and primary instructor, Tim will be sharing the techniques, history and philosophies of the martial arts that he picked up as a college student and young adult in Texas and further honed throughout his nearly 70 years.

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Fallbrook Regional HEALTH DISTRICT  
community health & wellness center



Email Tim at olearycastle@yahoo.com if you have questions or want to schedule an interview.



# BUSD approves four new Bonsall High School courses

**Joe Naiman**  
Village News Reporter

The Bonsall Unified School District board approved Bonsall High School course descriptions for 2023-24, and the May 17 action adds four new courses high school students will be able to take.

The 3-0 vote, with Larissa Anderson and Pascal Lapoirie absent, adds CTE Introduction to Production, Innovation, and Design (CTE stands for career technical education), CTE Computer Science Explorations, Advanced Placement Spanish Language and Culture, and History of World War II.

In addition to the course descriptions, the information for the new courses also includes the rationale for the course, course content objectives and standards, key assignments, instructional methods and/or strategies, assessments, a course outline, pacing of the course, proposed textbooks and other instructional materials to be used, and projected costs.

"We're continuously expanding opportunities for kids," said BUSD superintendent Joseph Clevenger.

The new courses were selected with student input. "We actually spend a lot of time surveying students and learning what their interests are," Clevenger said.

The CTE Introduction to Production, Innovation, and Design class is a one-year course which integrates academic standards into the manufacturing and product development industry sector. Students will be introduced to the design process with a focus on product innovation and development. The students will learn how to identify a need, develop and research creative design solutions, and make functional prototypes.

The students will work collaboratively and may have field trips and industry partners. The course outline covers shop safety, introduction to manufacturing, design process, measurement and dimensions, mechanical and technical drawings, two-

dimensional computer-aided design (CAD), three-dimensional CAD modeling and assembly, prototyping, and career and college readiness.

The CTE Computer Science Explorations class is also a one-year course which will cover topics such as user interface design, programming, physical computing, HyperText Markup Language and Cascading Style Sheets, and data. The students will have opportunities to create artifacts and to utilize computer science for creativity, problem-solving, communication, and enjoyment.

The students will use software development processes and fundamental programming constructs to design applications, create web pages, develop games, use data to solve problems, and use various sensors and hardware to program interactions with the physical world.

The course outline begins with problem-solving and computers, and includes internet and web development, programming for interactive games and animation, the design process of problem solving, internet with a focus on data and society, and the internet of things (meaning physical objects embedded with sensors and actuators which communicate with computing systems through wired or wireless networks).

The Advanced Placement Spanish Language and Culture class will be equivalent to an intermediate-level college course in Spanish. The students will be taught vocabulary usage, language control, communication strategies, and cultural awareness.

The course objectives include comprehending written and audio text and pictures, making interdisciplinary and cultural connections, interpreting the content of written and audio text, making meanings from words and expressions, communicating interpersonally by speaking with and writing to others, and communicating through spoken and written presentations.

Development of Spanish skills

will be promoted through direct instruction, small group research activities, games, group activities, documentary studies, reading, circle discussions, recordings, group essays, and audios.

The course outline emphasizes families in different societies, the influence of language and culture on identity, influences of beauty and art, how science and technology affects people's lives, factors which impact quality of life, and political and societal changes.

Bonsall High School history teacher Eddie Van Hoosear will likely teach the History of World

War II course. "It's one that our students are excited about and I'm excited about," Clevenger said.

Clevenger noted many Bonsall High School students are military dependents and many others have ancestors who were military veterans. "I'm not surprised to hear that there was interest from students," he said.

History of World War II will be a one-year class for juniors and seniors. The learning objectives include identifying the causes, chronology, and fundamental issues of World War II, so the coverage era begins with Germany's surrender in 1918,

which ended World War I.

In addition to textbook reading, the course will include seminars about key decisions involving the war and group-based presentation assignments.

The course will begin with the rise to power of the fascist movements in Italy and Germany and the Japanese imperialists. The course also includes the role of new military technology, the social effects of World War II on civilians, the war's impact on Africa and Latin America, vice during World War II, women in World War II, and how World War II is perceived today.

## Baker named to Bucknell University dean's list

LEWISBURG, Penn. – Bucknell University has released the dean's list for outstanding academic achievement during the spring semester of the 2022-23 academic year. A student must earn a grade point average of 3.5 or higher on a scale of 4.0 to receive dean's

list recognition.

Students on the dean's list include Bonsall resident Alec Baker, class of 2023, who is majoring in International Relations.

Submitted by Bucknell University.

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LEGALS

The deadline for Legal notices is Monday, noon. Email to legals@reedermedia.com.

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-90112975
Name of Business: ALL THINGS M HENRY
9461 W. Lilac Rd, Escondido, CA 92026
Mailing address: SAME
County: San Diego
This business is registered by the following: Roger H. Friend, 9461 W. Lilac Rd, Escondido, CA 92026
This business is conducted by an Individual Registrant commenced to transact business under the fictitious name listed above as of 06/01/2014
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jun 16, 2023
LEGAL: 6232
PUBLISHED: June 29, July 6, 13, 20, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9012772
Name of Business: a. BRIGHT EVENT PLANNING b. DJ OROD CREATIVE SOUND & LIGHTING
380 Hacienda Dr., Vista, CA 92081
Mailing address: 380 Hacienda Dr., Vista, CA 92081
County: San Diego
This business is registered by the following: Marisol Rodriguez, 380 Hacienda Dr., Vista, CA 92081
This business is conducted by an Individual Registrant commenced 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 Jun 01, 2023
LEGAL: 6233
PUBLISHED: June 29, July 6, 13, 20, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9011663
Name of Business: ARAEL EVENTS LLC
40089 South Shore Dr, Fallbrook, CA 92028
County: San Diego
This business is registered by the following: Arael Events LLC, 40089 South Shore Dr, Fallbrook, CA 92028
This business is conducted by a Limited Liability Company
This LLC is registered in the state of California Registrant commenced 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 May 30, 2023
LEGAL: 6214
PUBLISHED: June 8, 15, 22, 29, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9011719
Name of Business: ARISE PSYCHOTHERAPY SERVICES
135 East Ivy Street, Fallbrook, CA 92028
Mailing address: 135 East Ivy Street, Fallbrook, CA 92028
County: San Diego
This business is registered by the following: Mitzie Marie Gonzalez DMFT, 235 Woodland Place, Fallbrook, CA 92028
This business is conducted by an Individual Registrant commenced 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 May 30, 2023
LEGAL: 6215
PUBLISHED: June 8, 15, 22, 29, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9011737
Name of Business: KINGDOM WEAR
32831 Vine St, Temecula, CA 92592-3332
Mailing address: 32831 Vine St, Temecula, CA 92592-3332
County: Riverside
This business is registered by the following: Jesse Coronel Ortiz Jr., 32831 Vine St, Temecula, CA 92592
This business is conducted by an Individual Registrant commenced to transact business under the fictitious name listed above as of 5/10/2023
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON May 30, 2023
LEGAL: 6216
PUBLISHED: June 8, 15, 22, 29, 2023

NOTICE OF SALE OF ABANDONED PROPERTY
NOTICE IS HEREBY GIVEN THAT PURSUANT TO SECTIONS 21701-21715 OF THE BUSINESS AND PROFESSIONAL CODE SECTION 2328 OF THE COMMERCIAL CODE SECTION 535 OF THE PENAL CODE TAYLOR SELF STORAGE 1200 EAST TAYLOR ST. VISTA CA 92084 WILL SELL BY COMPETITIVE BIDDING ON JULY 19TH, 2023 AT 2:00 PM AUCTION TO BE HELD AT THE ABOVE ADDRESS, PROPERTY TO BE SOLD AS FOLLOWS: MISC GOODS, PERSONAL ITEMS, FURNITURE AND CLOTHING.
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CHARLES PATTERSON
AMBER FERGUSON
JESSE LYNCH
SHELBY LOPEZ
PAIGE ROCKWELL
KELLY KRUEGER
KORAN FIELDS CAMERON
LISA LEBLANC
JESUS ASEVEDO
ANE WISCHSTADT
EVA MENDEZ
JOSEPH SALAZAR
Published June 29, July 6, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9011152
Name of Business: BLEU OAK CHARCUTERIE
695 Lado De Loma Dr. Vista, CA 92083
Mailing address: 695 Lado De Loma Dr. Vista, CA 92083
County: San Diego
This business is registered by the following: Bleu Oak Charcuterie, 695 Lado De Loma Dr. Vista, CA 92083
This business is conducted by a Corporation This Corporation is registered in the state of CA Registrant commenced to transact business under the fictitious name listed above as of 6/1/2019
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON May 22, 2023
LEGAL: 6213
PUBLISHED: June 1, 8, 15, 22, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9011879
Name of Business: JM CONSTRUCTION
636 Stewart Canyon Road, Fallbrook, CA 92028
Mailing address: 636 Stewart Canyon Road, Fallbrook, CA 92028
County: San Diego
This business is registered by the following: Jeffrey Mazingo, 636 Stewart Canyon Road, Fallbrook, CA 92028
This business is conducted by an Individual Registrant commenced 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 Jun 01, 2023
LEGAL: 6217
PUBLISHED: June 8, 15, 22, 29, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9012452
Name of Business: a. CHEAP CLEAN UP b. CHEAP JUNK REMOVAL
4850 Concho Cir, Oceanside, CA 92057
County: San Diego
This business is registered by the following: Isaac Dalley, 4850 Concho Cir, Oceanside, CA 92057
This business is conducted by an Individual Registrant commenced 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 Jun 08, 2023
LEGAL: 6224
PUBLISHED: June 15, 22, 29, July 6, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9012227
Name of Business: a. CELLRE b. RUSTIC RANCH REMEDIES
2910 Rainbow Glen Rd, Fallbrook, CA 92028
Mailing address: 2910 Rainbow Glen Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following: Its 726 LLC, 2910 Rainbow Glen Rd, Fallbrook, CA 92028
This business is conducted by a Limited Liability Company
This LLC is registered in the state of CA Registrant commenced 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 Jun 06, 2023
LEGAL: 6218
PUBLISHED: June 15, 22, 29, July 6, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9012104
Name of Business: QUEEN SPYDER BOUTIQUE
1223 Kendi Ln., Fallbrook, CA 92028
Mailing address: same as above
County: San Diego
This business is registered by the following: Queen Spyder Boutique LLC, 1223 Kendi Ln., Fallbrook, CA 92028
This business is conducted by a Limited Liability Company
This LLC is registered in the state of CA Registrant commenced to transact business under the fictitious name listed above as of Jan 26, 2018
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jun 05, 2023
LEGAL: 6219
PUBLISHED: June 15, 22, 29, July 6, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9012275
Name of Business: FAB EYEBROW THREADING
1110 N Santa Fe Ave, Vista, CA 92083
Mailing address: 23392 Onyx Way, Wildomar, CA 92595
County: San Diego
This business is registered by the following: RAG Logistics Inc., 108 W. Connecticut Ave #116, Vista, CA 92083
This business is conducted by a Corporation This Corporation is registered in the state of CA Registrant commenced to transact business under the fictitious name listed above as of 6/5/2023
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jun 06, 2023
LEGAL: 6220
PUBLISHED: June 15, 22, 29, July 6, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9012458
Name of Business: TRANSEDITA
507 Machado Way, Vista, California 92083
Mailing address: 507 Machado Way, Vista, California 92083
County: San Diego
This business is registered by the following: Melanie Stone, 507 Machado Way, Vista, California 92083
This business is conducted by an Individual Registrant commenced to transact business under the fictitious name listed above as of 06/07/2023
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jun 09, 2023
LEGAL: 6221
PUBLISHED: June 15, 22, 29, July 6, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9012387
Name of Business: CAKES AND SWEETS BY B
519 N Main Ave, Fallbrook, CA 92028
County: San Diego
This business is registered by the following: Blanca Estela Rios, 519 N Main Ave, Fallbrook, CA 92028
This business is conducted by an Individual Registrant commenced 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 Jun 07, 2023
LEGAL: 6223
PUBLISHED: June 15, 22, 29, July 6, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9012435
Name of Business: HARBOR FISH CAFE
3179 Carlsbad Blvd, Carlsbad, CA 92008
Mailing address: 1010 S. Main Ave, Fallbrook, CA 92028
County: San Diego
This business is registered by the following: Oceanside Seafoods Inc, 1010 S. Main Ave, Fallbrook, CA 92028
This business is conducted by a Corporation This Corporation is registered in the state of CA Registrant commenced to transact business under the fictitious name listed above as of 7/1/1981
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jun 08, 2023
LEGAL: 6222
PUBLISHED: June 15, 22, 29, July 6, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9012634
Name of Business: a. SHELTER OUTFITTERS b. FINCH ENGINEERING c. HOME OFFICE HARBOR d. DIGITAL FLORESTA e. MODERN FINCH f. ARROW JUNCTION PUBLISHING
6286 Avenida Floresta, Rancho Santa Fe, CA 92067
Mailing address: PO Box 8194, Rancho Santa Fe, CA 92067
County: San Diego
This business is registered by the following: Shelter Outfitters LLC, 6286 Avenida Floresta, Rancho Santa Fe, CA 92067
This business is conducted by a Limited Liability Company
This LLC is registered in the state of California Registrant commenced to transact business under the fictitious name listed above as of 03/22/2017
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jun 12, 2023
LEGAL: 6225
PUBLISHED: June 22, 29, July 6, 13, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9012792
Name of Business: COVE HAIR SALON
1022 N El Camino Real, Suite 107, Encinitas, CA 92024
County: San Diego
This business is registered by the following: Janie Polujancewicz, 1113 Hibiscus Way, Oceanside, CA 92054
This business is conducted by an Individual Registrant commenced 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 Jun 14, 2023
LEGAL: 6226
PUBLISHED: June 22, 29, July 6, 13, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9012973
Name of Business: NOAHS ARCADE
5334 Avenida De Los Pinos, Bonsall, CA 92003
Mailing address: PO Box 1266, Bonsall, CA 92003
County: San Diego
This business is registered by the following: Noah Hamilton Friend, 5334 Avenida De Los Pinos, Bonsall, CA 92003
This business is conducted by an Individual Registrant commenced to transact business under the fictitious name listed above as of 12/1/2013
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jun 16, 2023
LEGAL: 6227
PUBLISHED: June 22, 29, July 6, 13, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9011821
Name of Business: HOMEMADES AND HAPPYSTACKS
5150 Frost Avenue, Carlsbad, CA 92008
Mailing address: 918 Mission Avenue, #110, Oceanside, CA 92054
County: San Diego
This business is registered by the following: Lianne Corbin, 5150 Frost Avenue, Carlsbad, CA 92008
This business is conducted by an Individual Registrant commenced 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 May 31, 2023
LEGAL: 6228
PUBLISHED: June 22, 29, July 6, 13, 2023

NOTICE OF HEARING
CASE NUMBER: DN184627
PETITIONER: Jeffry Crawford
RESPONDENT: Jennifer Shelton
REQUEST FOR CHANGE
Child Custody Visitation
(Parenting Time)
TO: Jennifer Shelton, Respondent
A COURT HEARING WILL BE HELD AS FOLLOWS:
Date: 7/31/23 Time: 1:45pm
Dept.: N-17
WARNING to the person served with the Request for Order: The court may make the requested orders without you if you do not file a Responsive Declaration to Request for Order (form FL-320), serve a copy on the other parties at least nine court days before the hearing (unless the court has ordered a shorter period of time), and appear at the hearing. (See form FL-320-INFO for more information.) (Forms FL-300-INFO and DV-400-INFO provide information about completing this form.)
Date: NOV 10 2022
Judge William Wood
LEGAL: 6190
PUBLISHED: June 22, 29, July 6, 13, 2023

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2023-00024968-CU-PT-NC TO ALL INTERESTED PERSONS
Petitioner: AZUCENA BENITEZ CARDENAS
Present Name: AZUCENA BENITEZ CARDENAS
Proposed Name: AZUCENA BENITES CARDENAS

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: 8/4/23 Time: 8:30 am Dept: 25
The address of the court is 325 S. Melrose Dr, Vista, CA 92081 North County Regional Center
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 certified copy of the Order Granting the Petition will be mailed to the petitioner. 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: Jun 15 2023 Signed: Brad A. Weinreb, Judge of the Superior Court.
LEGAL: 6231
PUBLISHED: June 22, 29, July 6, 13, 2023

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- Application Order for Publication of Summons/Citation..... \$400 for 4 Weeks
Notice of Petition to Administer Estate ..... \$300 for 3 Weeks
Order to Show Cause for Change of Name..... \$90 for 4 Weeks
Fictitious Business Name Statement ..... \$48 for 4 Weeks
Abandonment of Fictitious Business Name Statement..... \$48 for 4 Weeks
Notice of Sale of Abandoned Property..... \$80 for 2 Weeks

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DRE# 00612840



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DRE# 02037408



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DRE# 00949710, DRE# 00582591



**HARLEE ROBINSON**  
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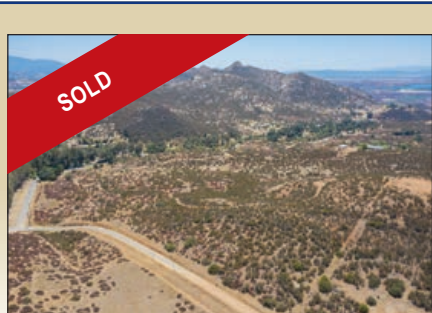


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