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LOCAL

Measure A and Measure B, explained

Will Fritz
Staff Writer

San Diego County’s Measure A and Measure B could have significant impacts on rural North County.

Measure B relates to one specific project off Interstate 15 near the Deer Springs Road exit. Measure A, though, could have a much wider effect – it could change the way the county approves development projects for years to come.

Measure A, also called the San Diego Save Our Countryside initiative, would require voter approval for any amendment to the county general plan to increase population density for rural or semi-rural areas by more than five homes.

Right now, the county board of supervisors can make those decisions. If Measure A passes, then effectively, all developments in areas that are currently classified as rural would have to go before voters across the entire county.

see *MEASURE*, page A-6

thisweek

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CHP: 13-year-old DUI driver causes power outage



Will Fritz
Staff Writer

A teenage intoxicated driver crashed into an electric pole near Fallbrook High School early Monday morning, Feb. 3, a law enforcement official said, causing a power outage that resulted in classes being canceled until Tuesday.

The crash happened around 1:07 a.m., according to information from California Highway Patrol spokesman Mark Latulippe.

A 13-year-old child driving a parent’s car crashed on Stage Coach Lane near the high school, and the car burst into flames, Latulippe said.

The child was taken to Rady Children’s Hospital with minor injuries, and was also cited for driving under the influence.

The crash knocked out power to about 45 utility customers, including the high school campus.

Fallbrook Union High School District Superintendent Ilsa Garza-Gonzalez said in an email to parents Monday morning that classes were canceled at Fallbrook High, as well as Ivy High School and Oasis High School, which are located on the same campus.

“We have limited access to the school,” Garza-Gonzalez’s email said. “Please do not attempt to come to the school at this time.”

Power was restored by Monday evening, according to San Diego Gas and Electric’s online outage map.

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

This damaged power pole is the cause of the power outage around Fallbrook High School Monday, Feb. 3.

Village News/Courtesy photo

LOCAL

Supervisors approve Fallbrook parking lot rights agreement

Joe Naiman
Village News Reporter

The Fallbrook branch library shares a parking lot with various Downtown Fallbrook businesses, and an exchange of parking lot rights was approved by the San Diego County Board of Supervisors during their Jan. 28 meeting.

The supervisors’ 5-0 vote exchanges the county’s interest in the Fallbrook Parking Trust for complete ownership of the 14,175 square feet of the parking lot immediately adjacent to the library, a permanent parking

easeement for a minimum of 10 unreserved parking spaces located anywhere on the trust property, and the right to use the entire trust property for special events conducted by the library.

“It’s a win-win for all those involved,” Supervisor Jim Desmond said.

The community parking lot consists of three legal parcels and totals 54,427 square feet. The parcel containing the Fallbrook library branch is not part of that community lot but only had 20 spaces so, in 2002, the county

see *RIGHTS*, page A-2

LOCAL

Campa-Najjar sits down with Village News

Julie Reeder and Will Fritz

Village News interviewed Ammar Campa-Najjar, one of the candidates for the 50th Congressional District, Friday, Jan. 31. Campa-Najjar, a Democrat, previously ran against former Rep. Duncan D. Hunter in 2018 before Hunter pleaded guilty to a federal corruption charge and resigned from his seat.

For anyone who’s not familiar with you, give us a snapshot of who you are, a little bit of background and why you’re running.

I’m the fella that ran last cycle against former Rep. Duncan Hunter, nearly half the district voted for me, but unfortunately, we came up short. Just barely, the wind could have blown one direction and we would have won. We lost by – if we got 1.7% more, we would have won the race.

So that’s one reason why I decided to run again, because people really put their hopes in me. And everywhere that we went, we won. Everywhere that we didn’t spend enough time, maybe say, Fallbrook, we came up just short. So we’re

see *NAJJAR*, page A-6

SPORTS

Bonsall plays hard



Bonsall High Legionnaire Hunter Robillard shoots a layup against Ocean View Christian High School defenders, Jan. 30. See article and more photos on page B-2.

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ANNOUNCEMENTS

Heart screening offered for area youth

OCEANSIDE – A group of school nurses in Vista wants to make area parents aware of a unique opportunity regarding their child’s health. Approximately one out of every 300 young people is at risk of sudden cardiac arrest due to having an undetected heart abnormality.

Often there are no symptoms and tragically, San Diego County alone loses at least 12 youth every year due to sudden cardiac arrest. It is the No. 1 killer of student-athletes and a leading cause of death on school campuses. It is also largely preventable.

The nurses strongly encourage parents to register each of their children ages 12-25 for the free heart screening event that will be taking place at Mission Vista High School, 1306 Melrose Drive, in Oceanside Sunday, Feb. 9, from

9 a.m. to 2 p.m. Walk-ins are also welcomed.

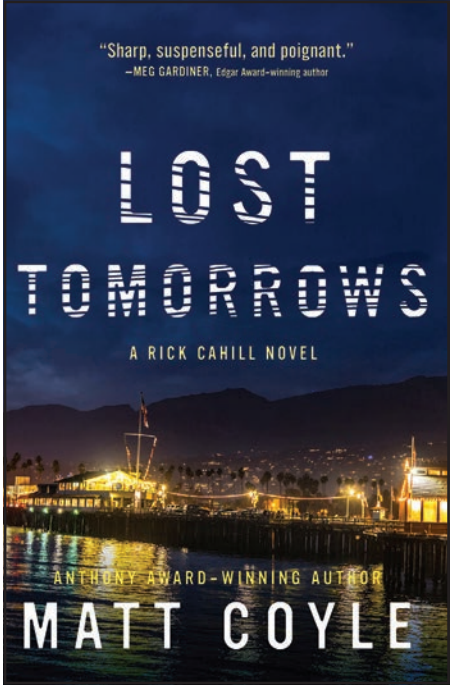
Heart screenings are not a part of routine medical check-ups or pre-sports physicals, so the team of school nurses in Vista Unified School District have partnered with the Eric Paredes Save-A-Life Foundation to offer free heart screenings to every young person in their community. The foundation has provided over 33,000 free heart screenings since its inception 10 years ago.

Heart screenings are quick, painless and can prevent a senseless tragedy like the one that took Eric Paredes’s life.

Visit www.epsavealife.org/register for more information and to sign up for a free screening.

Submitted by Eric Paredes Save-A-Life Foundation.

Award-winning author Coyle brings newest crime novel to Fallbrook



Author Matt Coyle will read from his latest book, Tuesday, Feb. 11, at Fallbrook Library’s Writers Read.

FALLBROOK – Writers Read at Fallbrook Library, a free monthly author series with open mic, will host Anthony Award-winning author Matt Coyle, Tuesday, Feb. 11. The reading begins with open mic at 6 p.m., followed by the author presentation and book signing, from 6:45 to 7:45 p.m. in the library’s community room.

Coyle will read from and discuss his sixth book, “Lost Tomorrows,” in the bestselling Rick Cahill crime novel series.

Coyle said he knew he wanted

to be a crime writer when he was 14 and his father gave him “The Simple Art of Murder,” an essay by Raymond Chandler. Eventually graduating with a degree in English from University of California Santa Barbara, Coyle’s foray into crime fiction was delayed for 30 years as he spent time managing a restaurant, selling golf clubs and in national sales for a sports licensing company.

Coyle lives in Escondido with his yellow Lab, Angus, where he is writing his seventh crime novel.

Copies of “Lost Tomorrows” will be available for sale and signing by the author.

Fallbrook Library is located at 124 S. Mission Road, between Alvarado and Fig streets.

The March 10 Writers Read will feature open mic for women’s stories in celebration of Women’s History Month – with some special guest poets and authors.

For more information, contact K-B Gressitt at kbgressitt@gmail.com or (760) 522-1064.

Submitted by Writers Read.

Warriors to play at Petco Park

FALLBROOK – The Fallbrook High School varsity baseball team will play at Petco Park, Saturday, April 18, at 4 p.m. The Warriors will play against the Ramona High School Bulldogs.

Tickets are \$20 and include a ticket to a Padres game plus parking in the Lexus lot for \$5. Tickets must be purchased by

Friday, Feb. 14.

Checks made out to FUHS Baseball Boosters can be given to Jessica Knox at (760) 586-8244 or Lisa Dudley at (760) 505-2292. Ticket money can also be paid through Venmo to Jessica-Knox-6.

Submitted by FUHS Baseball Boosters.

VFW to serve Valentine’s Day dinner

FALLBROOK – Fallbrook VFW Post 1924 will be hosting an intimate and formal Valentines Dinner at the Post on Valentine’s Day. The meal includes filet

mignon, seafood medley, asparagus, salad and dessert.

Tickets are pre-sold only for \$25 per person and can be bought at the VFW Canteen, 1175, Old Stage

Road. For more information, call (769) 728-8784.

Submitted by Fallbrook VFW Post 1924.



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Free classes and equipment are thanks to grants from the Fallbrook Regional Health District, the San Diego Board of Supervisors, and SDG&E.

**Fallbrook Regional
HEALTH DISTRICT**

The recent parking lot rights agreement gives Fallbrook Library a permanent parking easement for a minimum of 10 unreserved parking spaces in the larger community parking lot below the library parking lot.

Village News/Shane Gibson photo

RIGHTS from page A-1

acquired a three-ninths interest in the community parking lot consisting of a one-ninths undivided interest and a two-ninths share in the area owned by the Fallbrook Parking Trust. That three-ninths share entitles the county to approximately 18,142 square feet not including the parking spaces in the county-owned parcel.

The library branch is on South Mission Road, but the community parking lot is accessible from Alvarado Street and also provides parking for businesses located on Main Avenue.

Because of the difference in elevation, the library” parking spaces are in two different sections. The county has 25 spaces on 14,175 feet of the trust area along with the 20 spaces on the county-owned parcel. The county’s share for the lower parking lot totals 3,967 square feet and includes 10 parking spaces.

The parking trust expires in 2021, so the exchange in the parking rights allows the remaining seven owners, including two owners who split one share, to extend the trust for the remaining six shares without being burdened by county procedure requirements.

“It’s helping the merchants out,” Desmond said.

“Overall we’re pleased to help Supervisor Desmond with this arrangement between the county and the parking trust,” county library director Migell Acosta said. “We just want to be a strong community partner.”

Although the county conveyed its partial ownership of the parking lot to the trust, the county gains ownership of the 14,175 square foot area which equates to three-ninths of the trust.

“Now that the transaction is done, the library will end up with the upper parking lot in their ownership,” Don McDougal said, who is the trustee for the Parking Lot Trust.

The county will no longer own any interest in the common trust after the transaction is completed but will still be granted an easement for a minimum of 10 unreserved parking spaces located anywhere on the parking trust property.

“The county will have an easement to use the lower area,” McDougal said. “That gives them the parking they need for their square footage.”

Property owned by the federal or state government, a school district or an Indian reservation is not subject to county land use requirements including minimum parking standards, but land owned

by local governments including the county as well as a special district must meet the zoning ordinance specifications including parking standards.

The minimum parking requirement for the library is 52 spaces, and the permanent easement spaces along with the spaces on the land which will be owned by the county will guarantee the county 55 spaces.

“We feel we have adequate parking,” Acosta said.

The county may also use the entire parking lot for special events contingent upon advance written notice to the trust.

“When we have really large events, we do have access to the entire parking lot,” Acosta said.

“Both sides win,” McDougal said.

A county appraiser determined that the value of the 3,967-square-foot area in the lower lot which will be conveyed to the trust is equal to the value of the easement for the 10 spaces, so the transaction itself did not involve any monetary exchange. The county paid \$982 for escrow and title insurance costs.

“I’m sure glad we got it done. It was a big project,” McDougal said. “We’ve been working on this well over a year.”

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OPINION

AB 5 isn’t working



Assembly member Marie Waldron
AD-75 (R)

This week I joined my colleagues to address a large crowd gathered on the Capitol steps to protest Assembly Bill 5, one of the most devastating pieces of legislation in California’s recent history. This ill-conceived attempt to deal with the problem of employee misclassification has jeopardized the livelihood and security of

thousands. My office has received hundreds of phone calls, emails and letters opposing AB 5 from a broad cross section of workers, including Uber and Lyft drivers, newspaper publishers, freelancers, interpreters, artists, musicians, and even local community groups like Fallbrook Arts Inc. Small businesses, like mine, now cannot contract out for services and bring in workers as job needs require. People needing flexible work schedules such as working mothers, families with special needs children, those caring for elderly parents and many more have seen their incomes, their way of life, their families’ very security, upended and threatened by AB 5. Despite a massive outpouring of criticism, AB 5 was pushed through last year with little consideration about its economic impact. Many exemptions, mostly for powerful and well-connected interest groups were included in the bill, but they are complicated, vague and often unusable. Gov. Gavin Newsom has

indicated some interest in making changes. My legislative colleagues and I are eager to help, and we are already introducing legislation, including the complete repeal of AB 5. Abuses of contract employees should be addressed, and laws to prevent misclassification of workers must be vigorously enforced. However, AB 5 limits freedom by preventing people from finding work schedules that fit their lives. It attempts to rig our economy with a one-size-fits-all solution that is unworkable in a state with 40 million people. We need a system of labor laws that work for all, not just the select, well-connected few. Assembly Republican Leader Marie Waldron, R-Escondido, represents the 75th Assembly District in the California Legislature, which includes the communities of Bonsall, Escondido, Fallbrook, Hidden Meadows, Pala, Palomar Mountain, Pauma Valley, Rainbow, San Marcos, Temecula, Valley Center and Vista.

Requiring public vote will likely increase backcountry development

Joe Naiman
Village News Reporter

San Diego County voters will be considering a measure to require a public vote on general plan amendments which do not meet size, village location or housing need exemptions. The goal of the initiative is to preserve the backcountry from development. The requirement of a public vote is the worst way to achieve that. If developers are forced to undergo a public vote, they will likely go directly to the ballot through the initiative process and bypass the San Diego County Board of Supervisors and the county Planning Commission. This requirement will eliminate conditions placed on the project by those public agencies, and it will also eliminate the Programmatic Environmental Impact Report for those projects. The most recent land use initiative to be brought before the voters was the Lilac Hills Ranch development proposal. The voters in the November 2016 election rejected Lilac Hills Ranch, but because the project had originally gone through the regular county process, deficiencies were identified which were used in the campaign against Proposition B. The project was recommended by the county’s planning commission on a split vote with conditions, and the planning commission also made overriding findings regarding significant and unmitigable environmental impacts. Supervisor Bill Horn lived close enough to the property that he was required to recuse himself from the board of supervisors’ vote, and the concern about not being able to obtain three votes at the board of supervisors hearing caused the Lilac Hills Ranch proponents to seek a ballot initiative instead. The ballot initiative lacked many of the conditions stipulated by the planning commission. The opposition used those along with the significant and unmitigable environmental impacts to defeat Proposition B.

Had Lilac Hills Ranch been taken directly to the ballot there would have been no planning commission hearing and thus no conditions. The relevant community planning groups would have had the right to review the proposal and take a position, but it would not automatically have been sent to the advisory groups. Although the development itself would have needed an environmental impact report or a negative declaration, a citizen’s initiative is exempt from the requirement for a programmatic environmental impact report so the findings of significant and unmitigable impacts would not have been made. If the proposed requirement for a public vote for general plan amendments passes, the project would go to the ballot box anyway. There is no incentive to go through the county process. The conditions of the planning commission, the programmatic environmental impact report, and the automatic planning group review would be eliminated by a direct citizen’s initiative. Some of the very protections needed to ensure that development is reasonable would be thrown out if all board of supervisors’ actions for the threshold were required to go before the county’s voters. The last San Diego County land use initiative to pass was Proposition C in the November 1994 election, which rezoned the Gregory Canyon area in Pala as a solid waste facility. A study to site a landfill in northern San Diego County indicated that Gregory Canyon was the least desirable site. The preferred site based on the criteria was near senior housing in unincorporated Escondido. Horn’s predecessor promised the seniors that the landfill would not be built there. His alleged comment for siting the landfill in Pala was “cows don’t vote.” Gregory Canyon Ltd. obtained enough petitions to qualify the landfill for a ballot. Although the signatories against the initiative included respectable community leaders such as Fallbrook Community Planning Group Chair

Jim Russell and Pala Tribal Chair Robert Smith, those names were unknown in most of the county. The executive director of the Sierra Club signed the argument against Proposition C, and many residents who were unfamiliar with the area dismissed the opposition as environmental extremism. Proposition C passed, although Gregory Canyon was never able to obtain all the needed permits for the landfill. Pala opened a casino in 2001 and eventually obtained the money to buy the property, so the Gregory Canyon Landfill will never be built. That does not negate the lesson that a ballot initiative can override constraints of the county process. The last successful land use initiative to limit development was the Forest Conservation Initiative on the November 1993 ballot. The density restrictions prevented any general plan amendment until the December 2010 expiration date. When county staff reviewed those lands after the expiration date, most of the density was unchanged. The primary exception was near the Viejas Indian Reservation. County planners and community leaders have learned that limiting development doesn’t necessarily mean a sale of the land to a wildlife conservancy. Indian reservations have acquired land which becomes no longer subject to county land use policy and also not subject to property tax. There is also the anecdote of the developer spiting the county by donating his property to the Navy for military housing, which made that land not subject to county policies. The public vote requirement does not apply to land use changes on Indian land. Landowners who find improvements too onerous may turn to the tribes to salvage the property investment, and this choice would not reduce activity in the backcountry. Most land covered by the latest initiative is not near an Indian reservation, but what happened with Gregory Canyon and what nearly happened with Lilac Hills Ranch are more than possible. Requiring a public vote could lead to more large development projects in the backcountry.

Podcast offers latest info



Supervisor Jim Desmond
5th District

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Brian Jones leads Senate reps in defeating SB 50 again

SACRAMENTO – California Caucus Chair Brian Jones, R-Santee, rallied the majority of his caucus to withhold support for Senate Bill 50 on the Senate Floor, Jan. 31. It was the second vote in two days that the Senate took on SB 50. The measure failed by identical 18-15 votes on consecutive days, with 14 of the 29 Senate Democrats also unwilling to support SB 50. “Rather than the stale strategy of forcing state mandates onto local governments and California homeowners, perhaps the governor and legislative Democrat leaders will join us in supporting new ideas,” Jones said. “Let’s get rid of the \$10,000 forced solar power mandate on every new home; let’s reduce the home buying and home building fees they keep raising; and let’s lessen the litany of regulations, such as CEQA, that keeps construction costs climbing.” SB 50, one of the most hotly-contested measures of the session, is written by Sen. Scott Weiner, D-San Francisco, and was an attempt to generate new housing construction throughout California. SB 50 would “encourage” more housing by basically usurping local control and forcing new housing over the objections of cities, communities and neighborhoods. Jones and his fellow Senate Republicans remain committed to working with the all senators to address the state’s housing crisis.

Submitted by Sen. Brian Jones’ office.

podcast store and search, “Around the County with Supervisor Jim Desmond.” You’ll be able to get each episode directly to your phone or computer. If you don’t have an iPhone, go to our website, www.SupervisorJimDesmond.com, and you’ll see all our previous episodes. This week, we sat down with Registrar Michael Vu, ahead of the election in March and spoke about all the things that go into the big day. If there’s someone you want to hear from, let us know and we will get them on.

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Re: “Real Estate Round-Up: SOS — Vote wisely [Village News, Kim Murphy column, 12/19/19]

While Ms. Murphy is entitled to her opinions, there are many factual ‘escapes’ in her article. Yes, I’m being polite. Ms. Murphy makes this statement early on: The current language approved by the county counsel stated: “Shall this initiative be adopted for the purpose of amending the county general plan to require voter approval through 2038 of any general plan amendments which increase residential density in all areas designated rural and semi-rural, subject to very limited exceptions, permanently prohibit density transfer from higher density parcels to lower density parcels and prohibit the designation of new Specific Plan Areas through 2038?” This statement and many more are factually incorrect. The language approved by County

Counsel Oct. 9, 2018, as balanced and impartial is: “Shall this initiative be adopted for the purpose of amending the San Diego County General Plan to require voter approval for General Plan amendments that increase residential density for property designated by the General Plan as Semi-Rural or Rural?” And that’s what’s on the Ballot - Page 20 of 52 in the Sample Ballot. Please independently verify this statement. Look at the Registrar of Voters Sample ballot at page 20 of 52 at the official County Registrar of Voters website: <https://www2.sdcounty.ca.gov/rov/SampleBallots/Eng/SB-PR-ENG-105.pdf> For additional information on Yes on Measure A please go to: <https://saveoursdcountyside.org/> Let’s all be polite. Review the facts and make your own opinion. Mark Jackson

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Hear from 75th Assembly District candidates

Will Fritz
Staff Writer

The 75th Assembly District spans from Escondido to Temecula. Assembly member Marie Waldron, a Republican who has represented the district since 2012, is running for reelection. She is opposed by Democrats Kate Schwartz and Roger Garcia. Garcia did not respond to a request for an interview.

Kate Schwartz (D)

What makes you uniquely qualified to hold the office you are campaigning for?

As a licensed behavioral health care provider, I have 35 years’ experience in a successful career advocating for patients and families, and 20 of those years within our North County and Temecula communities. As such, I was elected to the Fallbrook Regional Healthcare District by a very wide margin. I have an in-depth understanding of our health care system, as well as the community services and resources available to assist our community members.

I have been active and engaged countywide with county leaders and administrators, discussing solutions to some of our quality of life issues impacting our district. After working within the community level, I am now prepared to effect change

regionally through policies that effectively and efficiently meet the needs of our region, in order to maintain and improve our quality of life.

I do not accept funding from corporations; thus, I am able to focus on meeting the needs of constituents, rather than big business donors. I have also been a small-business owner for 34 years and understand the concerns and contributions of our small-business communities and will support them. Rather than sitting on committees and receiving awards, I have been out in our communities doing the work. This provides me with a closer connection to our communities.

And I am one of you. I pay 50% of my income for my housing. As a widow, and thus a single parent, I always worked two jobs to support my family after my late husband died from cancer. I understand the deficits of our health care system both as a family member and a provider.

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

Enhancing our quality of life within our district encompasses a number of interrelated issues needing to be addressed. We need to solve traffic congestion and the air quality and climate problems long

commutes create, while reducing miles traveled for commuters to work, by both updating our transportation infrastructure and creating 21st century transportation systems, which will include transportation hubs offering a variety of transit options and encouraging, through subsidies, increased electric vehicle use and increased availability of EV charging stations throughout both San Diego and Riverside counties.

We need improved and updated mass transit options. We also need to create affordable housing closer to employment areas, with decreased development in outlying unincorporated and fire-prone areas. The development that should be taking place in our former suburbs should be locating large employers to the outlying areas where their workers currently live.

Homelessness is a tragic social and health crisis that needs to be solved. I am in a unique position to assist with statewide and regional solutions, as I have dedicated my career to health care and social service issues. I served on a startup team that created a crisis residential treatment center for young adults, ages 18 to 25 years, who were facing crises of homelessness and behavioral health conditions.

And our health care system is in crisis. Few of us can afford both our housing and our health care costs, which have continued their meteoric increases while our paychecks have remained stagnant. And although I too, like everyone in Sacramento, can review the statistics of high California housing and health care costs, I am able to connect the faces and the lives to the crises, because I speak with patients and families every day about these issues.

How do you intend to tackle/solve that issue?

I will work through enacting legislative policies, to direct the needed funding to our counties of San Diego and Riverside, to enable our county and local governments to create the needed changes to improve our quality of life. I will work with our San Diego County leaders, such as SANDAG, to create new and innovative solutions to our needed transportation upgrades, and I support the Big 5 Moves Plan.

I would work in a similar fashion with funding for transportation projects for Riverside County Transportation Commission, leveraging both federal and state funding for improvements and upgrades. I support increasing density and creation of affordable housing near transportation corridors and transit centers, as well as near employment centers throughout both counties.

We have a need to fund and create thousands of affordable housing units throughout our state, and in the areas where the jobs are – rather than far off out in the countryside where there is inadequate infrastructure, and increased commute hours for workers. All of these measures will also keep us on track with our greenhouse gas reductions regionally and align with our regional Climate Action Plan.

I want to tackle homelessness

with the “Housing First” model, an evidence-based strategy that is shown to be efficient and effective in permanently decreasing homelessness and providing the needed wrap around services to address behavioral health care and social service need. Thus, assisting our homeless neighbors to get back on the path to recovery and becoming contributing citizens to their communities.

And I intend to work on the Health Committee to create the affordable health care solutions we all need for our quality of life and peace of mind. It is time to have a health care professional sitting on our Assembly Health Committee representing AD 75, a professional with years of lived health care experience.

And quality of life also includes improving our per pupil expenditure for our public education, investing in our future generations. I would like to create legislative policies that will enable us to keep our families here in California.

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

I will immediately be requesting to serve on both the Health and Transportation Committees.

My objectives include improving our quality of life in Assembly District 75 through smart growth and development with the creation of affordable housing units, improved transportation infrastructure, utilizing the “Housing First” model to decrease the epidemic of homelessness in our communities, provide the needed wrap around services to improve mental health and self-sufficiency of our homeless neighbors, re-invest in our public education system and provide affordable health care to all Californians.

I plan to bring town halls back to our district, holding public meetings with constituents across the district, meeting with local community leaders, and establishing productive dialogue. I will be an Assembly member who will be present, visible and available to our district communities.

I will be eager to hear from constituents on identified needs within their communities, and discuss proposed solutions. I will be working hard to make progress on the issues that I’ve described here.

was North County Transit District Board representative. I served four years as honorary chairman of the California Business Advisory Council advocating on behalf of California’s small businesses to Congress.

A retail and manufacturing company business owner for 25 years, I’m a parent, a volunteer and continue to run the business.

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

Homelessness and its related problems of mental health and substance use disorder are a huge issue both in my district and across California. The state has enacted many programs to try to “deal” with the homelessness crisis. Many are simply throwing more money at the problem and are not acknowledging some core issues, including substance abuse and mental health co-occurring disorders, post-traumatic stress disorder, etc.

The state’s solutions have been to house the homeless without mandating they go into treatment. This strategy simply will not work. We have a severe workforce shortage of mental health and substance-use disorder treatment counselors and access to care for mental health and substance-use disorder is a major obstacle.

How do you intend to tackle/solve that issue?

I have written several bills in a bipartisan package to increase access to care by streamlining prior authorization process for treatment protocols, incentivizing more certified providers in Medication Assisted Treatment and working on parity for mental health care – as important as physical health care.

Locally, awesome work has been underway in North County to not only “deal” with homelessness but to solve it. That is why I support Solutions for Change, a nonprofit organization whose mission is to solve family homelessness – one family, one community at a time with a vision different in that it did not include more shelter beds, feeding programs or traditional human services, but rather an audacious plan to create access to permanent solutions using a hybrid model. All the parents being helped would work, pay rent, attend on-site workshops and classes and be engaged in a dynamic coaching system.

Due to my extensive work in health care, Universal Access to Care and mental health, I was selected as one of only two legislators to participate in the five-year Stanford Initiative on Mental Health and Opioid Addiction, bringing together leading scientists and policy makers to work on these two important issues.

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

My key objectives are to represent all people of my district regardless of party, working every day to make California a great place to live for all with a vibrant quality of life, affordable lifestyle and clean, healthy environment.

This goal includes working to help our homeless, working on affordable solutions to the housing crisis, attaining accessible and affordable health care, preventing public safety disasters like wildfires by creative solutions for prevention, funding for vegetation management and working on utility stabilization and reducing outages, fighting for transportation and water infrastructure improvements which are so much in need of expansion and of course, reducing costs for our hard working Californians who struggle every day to make ends meet; choosing between their health care premiums and their food budget or making a mortgage payment versus putting gas in the car.

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Ammar Campa-Najjar

Village News/Courtesy photo

NAJJAR

from page A-1

not taking Fallbrook for granted or Bonsall or anywhere else.

But to step back a bit, starting – I was born in East San Diego County, son of a single working-class mother. My father took off when I was about 9 years old ... my mother raised me on her own through being broke and brokenhearted. I'm sure many of us know that kind of story, you know, trying to figure out what bills to pay, raising two boys who were difficult children growing up. Opinionated, stubborn. Qualities that serve me well running for office now, but were tough for my mother and father.

I had a great education and went to Grossmont College, Southwestern College and San Diego State University, where I studied psychology and philosophy and political science, and my mother was like, 'What are you gonna do with those degrees?' Turns out, a couple of years later, I was running for Congress.

But my faith and my mother really inspired me to commit my life to service. When my mother was really struggling, at the age of 15 I took a job as a janitor at my local church and that job became a groundskeeper, then I became a pastor's assistant. I was giving sermons to youth groups, and that was amazing. And I got that feel of what it's like to serve people, and be part of a community. Be part of something bigger than yourself.

When you have that big, good-sized hole as a man and a young man without a father that sense of community really feeds you. It was Eastlake – it's Eastlake Community Church. It's down south. A lot of folks from Jamul and Chula Vista go there. And it's a great church, it's nondenominational.

But a lot of my values came from that experience of working with my mother and church work, and so I decided to devote my life to service, because it's not just this altruistic thing; it feeds your soul. So I became a community organizer, then I got to work in the White House, the U.S. Department of Labor, the U.S. Hispanic Chamber of Commerce and I decided to come back home

and give back.

And the reason I'm running is because you know, I think a lot of people are fed up with politicians, on both sides, not just Republicans. In the sense of, we feel like we're, the people that I've looked up to my whole life. Politicians look down at the people I've looked up to my whole life, working people. They make these promises to you, and they turn around and turn their backs on you. They mistrust the public sentiment, and they don't uphold the values of the people that they are meant to serve.

Hunter unfortunately is an example of that, but he's not the only one. So I got tired of that and I decided, you know, we need to live in a country where we reward work, not just wealth, in this country, where people who are closest to the pain aren't furthest from the power, that our voices matter and that every person in this district should live, work and retire with dignity. That's important to me, because I knew what it was like to struggle growing up.

And I looked around, and I said, I don't like anyone who's running for office, so I'm gonna throw my hat in the ring and just see what happens. And I can't believe it, but we almost won last time because we live with our values. I didn't come from money or any special pedigree; I didn't have an Ivy League education. I was just a child who was born on a dirt road who lived in Jamul and just believed enough in our community, and they believed in me and almost got me into office. So I can't turn my back on that, so I'm doing it again.

Comment about being "most conservative congressman in San Diego" in Union-Tribune interview.

So I said if I was elected I would be the most conservative congressman in San Diego County. And it's a little tongue-in-cheek, but at the same time, think about the people who are in Congress in the county now. They're all Democrats. So it's a low bar.

Living in Jamul and owning a gun already makes you more conservative than anybody else, right? It's a very low bar to be the most conservative anything in San

Diego these days. Because you have Mark Levin and Scott Peters and Juan Vargas and Susan Davis, they're all proud liberals.

So me owning a gun and saying that I believe I'm sane, trained, law-abiding gun ownership, that I believe in the Second Amendment, just saying that – that being part of my platform just puts me in a more conservative column than others.

And I think in the traditional sense, I'm conservative in the sense of – in the Nixonian sense when it comes to the environment, right, being a conservationist. The idea of being a Democrat or a Republican and what values those were back 30 years ago are different, right.

Bill Clinton was the guy who helped fund the wall we have in San Diego, and Ronald Reagan was the one talking about amnesty and now the parties are switched on a lot of things. So that's just a tongue-in-cheek thing, you could be the most conservative congressman in the county, but also the most progressive congressman in the district's history. Those two can be true, depending on what issue you look at; so yeah, people were kind of confused by that comment.

So what other areas do you consider yourself conservative?

Yeah, I think, look, I don't want to open up the border. I feel like it's sad that we have to even say that. But there are some who think that's a solution. A very vocal minority. But I don't believe in opening up the border.

I don't believe in racking up the national debt. I don't believe you could spend the same dollar twice. A lot of people want to spend money on programs that they don't even know where the money is gonna come from. Forty trillion dollars of whatever – you can't do that.

And I also believe California, we're the fifth biggest economy in the world – not the country, the world. And we're the biggest – we pay more in federal taxes than any other state in the union, and we don't get back what we put into the system. You know, we still have to shoulder the burden of raising our taxes for infrastructure and housing and health care when we're already spending a lot of money of our federal tax dollars going to the federal government every year.

What I want to do is bring home

our federal tax dollars and put them to work for us, for our roads for our homes, for education for our children and a whole host of issues that we can do.

I'll give you an example. So San Diego County is the fourth biggest homeless population in the country, and we're ranked second in terms of the homeless population among veterans.

And yet, with (U.S. Department of Housing and Urban Development) funding, we're 20th. So we're 20th in funding, and we're fourth in need. There's something wrong about that. And if you could change how much money we get as a county, for housing, affordable housing, mid level housing, without raising a single tax dollar – just fixing and modernizing the formula, taking us from 20th in spending, or investment, to fourth. And all of a sudden, the county would have a lot more money to fix the affordable housing issue, the homelessness issue and mid level housing, for those of us who are not rich enough to be able to afford a home and be OK or poor enough where we get subsidies for housing, those of us who are kind of in the middle, the middle-class folks – getting more funding back from our taxpayer dollars that we have already paid is a way to grow our economy here at home without raising taxes.

I guess, and in some sense, those things are conservative principles – not raising taxes, but just adjusting where we invest to create smart growth.

You did barely lose last time, but it was against a candidate who was literally under federal indictment. Your opponents this year don't have that problem. What are you doing differently this year?

I would say they also don't have the 40-year name in the district. They haven't ruled this district for half a century, one-sixth of our country's life span, so there's benefits and liabilities to not being the Hunters, right.

But I think for us, we learned that everywhere we went, we won. Every person I could talk to, we were talking. There were some conservatives who I've talked to who said I never thought in a million years I would vote for a Democrat, but you're a certain kind of candidate where you don't make me feel like it's a fight

between the left and the right, it's a fight between the insiders, the political class and the outsiders, the rest of us here.

So what I offer that's different from the other candidates or the leading candidates other than me, is I'm not a career politician. I'm not a lifelong politician. I haven't been a candidate for the better part of a decade trying to win one race after another that's not something that my phone's been claimed. I didn't leave the district to go run in a more convenient seat. I was born here. I live here. I can vote in this race – my opponents can't, they don't live in the district.

So I think that means something. It's the same thing as a handshake meaning something in this district. We're a certain kind of folks where your word is your bond, 'You say what you mean, you mean what you say' goes a long way.

And I'm not the kind of candidate who just tells people if you're a hardcore Democrat or a hardcore Republican, you're gonna be pissed off and impressed with what I have to say. You're not gonna be happy because I'm not here to appease either side.

And I think I'm right on the issues. I'm the only one talking about taking on big pharmaceutical companies to lower the cost of prescription drugs. No one's talking about that. I'm the only one talking about getting big money special interest money out of politics in a real way and not just nibbling around the edges like Carl DeMaio, but overturning Citizens United so that money doesn't equal speech and corporations aren't people.

I don't know about you, but Amazon's not a person. It doesn't breathe, it doesn't pay taxes. People pay taxes and people breathe. So I don't think that they should be able to give a bunch of money to campaigns and not have to pay taxes and still be regarded as people. That just doesn't make sense.

But I'm the only one talking about the cost of living in the real way, lowering the cost of health care education, housing, taking on the corporations. Protecting Medicare and Social Security is a big issue.

Julie Reeder can be reached by email at jreeder@reedermedia.com.

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

MEASURE

from page A-1

Measure A would also ban some types of density transfers and specific plans, a commonly used planning tool that has been used to create housing developments like 4S Ranch and Warner Springs Ranch, Catherine Ferguson, an Escondido land-use attorney, said in Voice of San Diego.

"This is a powerful planning tool in rural areas, as it allows for homes to be built while preserving the open space that draws people to the county," Ferguson said. "It allows developers to creatively place open spaces and parks within communities and for habitat corridors to be preserved. Under Measure A, the only transfers allowed would be from parcels with lower density to those with higher density. This severely limits the ability to use density transfers by narrowing the pool of eligible parcels to those with the highest density, rather than taking into account factors such as location, topography and the environment."

Supporters of Measure A argue that it will prevent the San Diego Board of Supervisors from allowing unwanted growth and sprawl development in outlying communities like Fallbrook.

"It's targeted. It's surgical. It's

(directed at) the ones, the real bad actors. And it's not gonna slow down production in San Diego County," Mark Jackson, a former member of the Valley Center planning commission, said at an anti-Measure A meeting Friday, Jan. 31. "There's plenty of opportunity to build homes in the right areas."

But opponents of Measure A said the plan would hinder production of new housing in San Diego County, saying that a similar measure passed in Ventura County in the 1990s led to a lack of adequate housing.

Both the Democratic and Republican parties of San Diego County oppose Measure A. Measure B is a referendum on the Newland Sierra project, a housing development approved by the board of supervisors in a 4-0 vote north of San Marcos and south of Bonsall. Opponents of that development, which would include more than 2,000 homes and almost 3 million square feet of commercial development, gathered signatures to have the project put before the voters after the board of supervisors' vote.

Some nearby mayors do support the project.

"I think it is a good compromise. We need workforce housing, we need low-income housing, we need a lot of housing in every

category," Escondido Mayor Paul McNamara said in December, according to KPBS.

Opponents, though, said the project would cause traffic congestion and allow homes in a high fire-danger area. The proposed projects sit in rugged terrain surrounded by open space and rural homes east of Interstate 15.

"Don't put homes where you have the highest fire danger," Jacqueline Arsivaud of San Diegans for Managed Growth said at the Jan. 31 pro-Measure A meeting in Fallbrook.

The referendum on Newland Sierra is similar to the 2016 referendum on Lilac Hills Ranch, which would have been built nearby, on the east side of I-15, if voters had approved it; instead, they rejected it, and that project was finally killed after years of attempts to get it through the board of supervisors.

The difference, though, is that Lilac Hills Ranch was rejected by the board in 2009 and likely would have been again if its developer hadn't decided to put it on the ballot instead. Newland Sierra was approved by county supervisors, but opponents are seeking to reverse that decision.

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

CALENDAR

Feb. 15 – 8:30-10:30 a.m. – The Keeping Fallbrook Litter Free Group Cleanup will be held at Santa Margarita River Hiking Trail and surrounding area. Directions: DeLuz Rd north to Sandia Creek Drive. Continue on Sandia Creek Drive to the Santa Margarita River and the trailhead is on the right. RSVP to Marta Donovan (760) 405-4054.

Feb. 28 – 12:15 p.m. – Regency Fallbrook offers a free seminar and complimentary lunch, 609 E. Elder Street. Learn about how to avoid being scammed and about resources that can help if one is targeted. RSVP is required to Michelle, (760) 728-8504 or

mway@regencyfallbrook.com.

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

March 28 – TBA – Fallbrook Chorale presents its Dinner Show – "Fallbrook Joe and the Magic Caboose," an original story featuring the Caboose in downtown Fallbrook and lots of fun songs, including some surfing music! Tickets will be available soon.

Apr 25 – 10 a.m. to 4 p.m. –

Fallbrook Garden Club's Flower Show & Plant Sale will be at SonRise Christian Fellowship, 463 S. Stage Coach Lane. Includes information booth with Master Gardeners, workshops on various topics and a wide variety of plants for sale. Free admission. Email questions to fallbrookgardenclub@gmail.com.

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



Every Body Deserves Massage Day

Thursday, February 6th


Laurel and I both love and value receiving bodywork. We love to give it. And we realize not everyone can afford skilled bodywork. To that end, we are devoting affordable bodywork to the Community, one day each quarter. We are calling this day "Every Body Deserves Massage." What we have found for ourselves and everyone we touch is that massage offers a range of healing and simple delight, opening up a remarkable opportunity for transformation and recalibration.

The concept is simple. Laurel and I will devote our day towards 1-hour sessions for anyone who needs it. It is up to each person to decide what they can afford. That is it! No explanation needed. Sessions are by appointment only. Since the availability of these sessions is limited, we ask is that once a session is booked you keep it or give us at least 48 hours' notice to cancel or reschedule. We are excited to share our gifts with anyone in need. We will also keep a waiting list when our schedule fills up in case of cancellations. Our first "Day" is Thursday, February 6th in celebration of Craig's 66th birthday!

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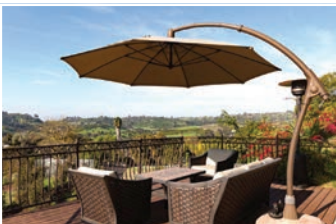
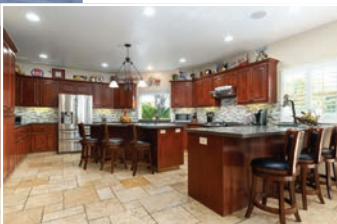
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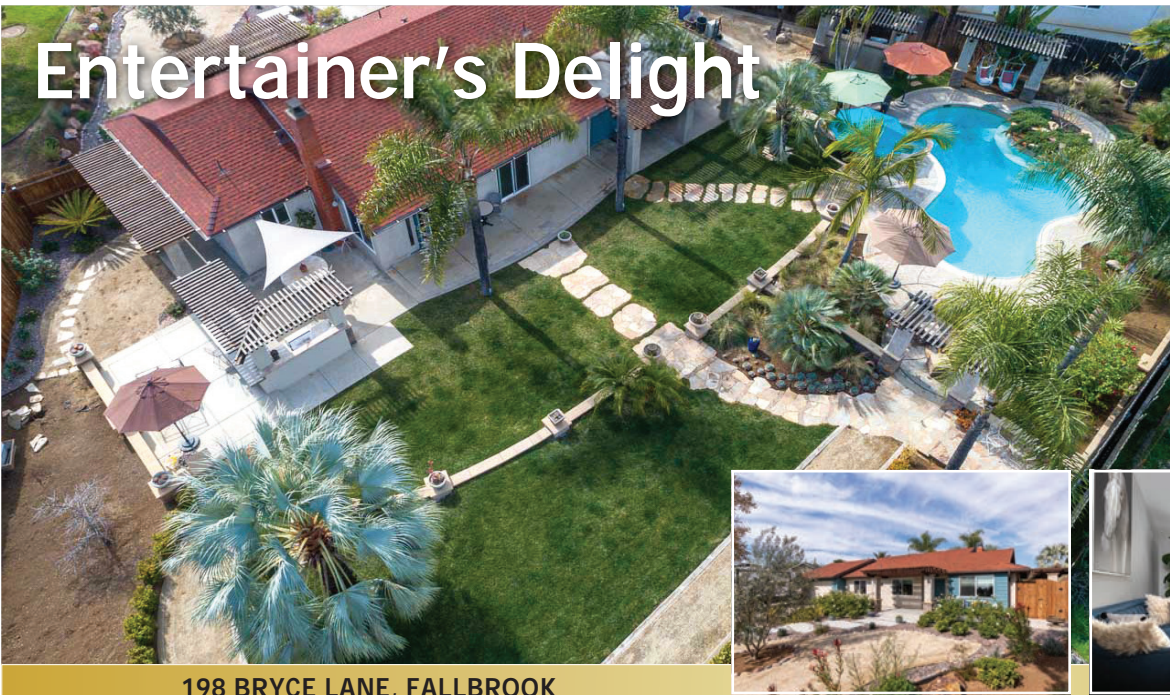
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Located on a beautiful hilltop, you will find this private and secure gated estate home with 360° views to all points on the compass. Enjoy brilliant sunrises and beautiful sunsets. This 3,578 sf home with 4BD and 4BA includes 2 car attached garage & a detached 3 car utility garage. Home boasts seller paid solar panels, agriculture well, and over-sized spa. Home is beautifully maintained and upgraded inside & out. The spacious cooks kitchen with joining family room and fireplace is where your spend countless hours entertaining your guest indoors. Outside you have a selection of decks, patios, balconies to take in the breath taking views. Gentleman farmer avocado grove and fruit orchard also has room to add grapes. Floor-plan is perfect for multi-generational households with 2 master suites.

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



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



Country Cutie



955 BUENA CAPRI, FALLBROOK

California Bungalow nicely sited on .29 acre cul-de-sac lot. Nicely maintained and upgraded over time, this 3 bedroom, 2 bath home with 2 car garage is that perfect little starter home or charming cottage, perfect for downsizing in those Golden years. An enclosed bonus room provides an all season enhancement to the home's living space. The spacious backyard has room for planting your fall/winter victory garden and your spring/summer vegetable garden. Great access to transportation, shopping and schools.

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



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2019 proved to be an amazing year for Murphy & Murphy and our clients. 2020 is starting off like a shot out of a cannon! We were fortunate to sell every property we had on the books, with strong closings through the entire year finishing strong in December and January. If 4th quarter 2019 is any indication of how 2020 will unfold, strap in, hold on and enjoy the ride! If you are serious about selling your home and want trusted concierge service, please give us an opportunity to show you how we will accomplish success for you and your family. Our homes sell on average in less than 30 days. Kim & Chris have been award winning Realtors in the community since 1997. Murphy & Murphy genuinely care about the well being of the community and our client's needs.

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Hear from candidates for the 50th Congressional District

Will Fritz
Staff Writer

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



Darrell Issa

Darrell Issa (R)

What makes you uniquely qualified to hold the office you are campaigning for?

Right now, radical socialists like Nancy Pelosi are doing everything they can to undermine President Donald Trump and overturn the will of the voters. Trump needs fighters on his side. I know how to fight the radical left because I’ve done it before. I’ve had the honor of serving in Congress for 18 years and served as chairman of the House Oversight and Government Reform Committee. I led investigations into the former President Barack Obama administration’s corruption and incompetence and held the administration accountable for scandals including Fast and Furious, Benghazi and the IRS targeting of conservative organizations.

As a veteran, I know firsthand the commitment required by our service members and the sacrifices our country asks of them. The 50th District has a large military presence and has been represented for decades by the Hunters, both military veterans who were strong supporters of the military community. I’m the only veteran in this race, and I am committed to making sure our military has the resources they need and our veterans get the care they deserve.

I’m a pro-Trump, pro-life conservative who will be ready to fight for our values on day one. I’m the only candidate who can say that. Carl DeMaio is a “Never Trump” liberal who’s never skipped an opportunity to attack Trump, the Republican Party, the Tea Party movement or social conservatives. Carl can’t support our president or our values

in Washington because he doesn’t share those values. I’m the true Trump conservative in this race, and the only person who can be trusted to support the “Make America Great Again” agenda.

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

We cannot defend our country if we do not secure our border. We need to build the border wall. For decades, both parties have failed to secure the border and enforce our immigration laws. I have been a longtime supporter of the border wall, border security and equipping our U.S. Border Patrol agents with the resources they need to do their jobs. The heroes who work on our southern border know we need a true Trump conservative in this seat, and I’m proud to have been endorsed by the National Border Control Council as a result.

How do you intend to tackle/ solve that issue?

I will fight alongside Trump to build the wall so our Border Patrol agents can protect their watch effectively. When I’ve visited the border, I’ve seen that a handful of agents can patrol a mile of fenced border, but hundreds of agents are needed to secure that same stretch of open border.

The wall is common sense. Is it the only thing we need? No, but it makes it possible to apprehend criminals like drug smugglers and human traffickers crossing the border. We need prosecutors who take illegal immigration seriously. When the U.S. attorney in San Diego refused to prosecute human smugglers, I asked former President George W. Bush to fire her, and he did.

Carl DeMaio supports amnesty for illegal immigrants. I have never supported amnesty. We need to enforce the laws of our country. We need to remove those who have overstayed visas or come under false pretenses. We have to restore the rule of law. And we have to end sanctuary cities. We cannot keep this country safe if we allow cities and states to refuse to comply with the law.

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

I will fight alongside President Trump to stop the Democrats’ impeachment boondoggle; build the wall and secure the border; end sanctuary cities; support our military and veterans and make sure they have the resources they need; protect the sanctity of life, defund Planned Parenthood, and pass laws that protect the unborn and protect the Second Amendment and stand up for the rights of law-abiding Americans

Helen Horvath (Independent)

What makes you uniquely qualified to hold the office you are campaigning for?

As I researched my doctoral dissertation at Alliant International University Fresno, my adviser, Dr. John Renner, said, “Helen you will never be invited to NFL Headquarters to discuss key issues...”

Being solution focused, I took this statement as a challenge to use my key negotiation and networking skills. A year later, I was invited to speak with NFL Headquarters’ Vice President Troy



Helen Horvath

Vincent.

After returning, Renner’s statement was “Never tell Helen can’t because she will do...”

It’s this demonstrated strength of purpose, integrity, and ability to navigate key issues using my education, experience, and community knowledge that’s the most critical skills to consider when voting for a candidate. As a resident of the 50th District, I’ll be there with the community every step of the way.

I researched and wrote a 340-page dissertation tied to brain injury, employment and career development and vocational challenges. I designed two models of career development and transition currently used by my business and government. I’m a public speaker, published professional journal and author. A subject matter expert in diagnosis and treatment of mental health disorders, psychopharmacology, traumatic brain injury, Alzheimer’s disease, behavior-based behaviors and family and organizational cultural dynamic behavioral problems.

An Army veteran, I have 28 years of military and federal civil service.

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

I actually have three key priorities in my campaign that are tied together through an “umbrella view” of the issues. These all are under “social and societal programs that are tied together through immigration, Social Security and women/family issues.”

How do you intend to tackle/ solve these issues?

In the www.IVoterguide.com, I wrote plans for each key issue. I said that Social Security is tied to immigration and women/family issues are tied to both Social Security, immigration, employment and expansion of equal rights for women and families. I support the Navy’s plan to innovate a solution to both military and civilian child care issues concerning cost, availability, etc. Social Security is tied to illegal use of actual citizens’ SSNs through illegal businesses producing fake SSNs and IDs that allow the undocumented immigrants to apply for benefits under your SSN. The women/family issues are tied to human trafficking of illegal immigrant women and children. By further developing the plan below; we will be able to stem

the tide of illegal immigration while supporting families in our communities. My parents were legal refugees sponsored into the United States.

For this response, I will focus upon the immigration issue tied to the overall umbrella social/legal issues.

For child care, I will fund and support (the) Navy’s plans to develop collaborative relationships with new and existing civilian child care providers in San Diego and Riverside County for higher quality and lower cost child care. This change is also a business opportunity for people who want to operate child care facilities.

I support equal rights for families and women. I am a firm supporter of the passage of the Equal Rights Amendment and laws to protect women and family economic growth. ERA, as written, is for both men and women, is not an abortion law and simply levels the economic playing field.

Immigration. Many individuals attempting to enter the United States illegally use criminal enterprises such as cartels. The illegal immigrants entering our country require identifications, Social Security numbers, birth certificates and such to be able to work. These identification documents are created by criminal enterprises creating identity theft issues that may go undetected. I would support the Department of Justice and Homeland Security in the investigation and funding of these agencies to crack down on illegal criminal enterprises. This support would extend to enforcement of current immigration laws while working to change the immigration migration laws to do the following:

Concerning employment-based migration versus chain migration – based upon economic need (e.g., current shortfall of trades in our economy that increases the cost of services and goods sold) – I support using my skills, education and experience to prioritize immigration into our nation while taking away a per country quota system. Will help build the economy instead of costing taxpayers’ money.

I will create methods for immigrants to transfer their skills and licenses into the United States. For example, a nurse who was educated and employed in Japan could transfer their education and work experience into this country to obtain a license-the same with a plumber or electrician. It would create unified standards that would provide the shortfall skilled labor and other labor categories faster positively impacting the economy. The government already background checks immigrants.

I would work to stop entry into the U.S. based upon family members who have legally entered the United States, such as aunts, uncles or cousins.

I would expand the H-1B high skilled visa program while eliminating the per-country cap and overhaul the H-2A and H-2B temporary visa worker programs.

I would work to provide expanded refugee services based upon the United Nations International agreements tied to a modified immigration reform law and passing criminal background

checks, and ensure that Homeland Security and Immigration and Customs Enforcement are fully funded to ensure internal and border security.

Last, I would resolve the “Dreamer” illegal immigration issue through appropriate legislation.

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

I would fully fund Department of Defense operations by creating a two-year budget for Defense to alleviate continuing resolutions, sequestration and furloughs. The objectives include safe housing for military members and support of military infrastructure to resolve environmental issues on military installations and improve on base housing.

I would support small businesses and business through federal government contracting opportunities, including potential revisions to laws and regulations to stop fraud, waste and abuse.

I support military spouse employment opportunities that will require examination of current Status of Forces Agreements (international treaties) to create continuity of careers for military spouses, including issues surrounding transfer of professional licenses between states and countries and social services such as child care.

I would revise the federal budget requirement to “use it or lose it.” Instead of reducing the agency’s budget for the next fiscal year; I would support the budget as written and reduce expenditures as available. It will save money for the government overall when the end of year spending purchases unnecessary products or services.

I would continue to work toward equal rights in pay, benefits and family rights with the Equal Rights Amendment. Within this support is a need to improve upon enforcement of the Pregnancy Protection Act of 1978, passage of equal pay for equal work law (currently in Congress) and a sick leave for all law (currently in Congress). Ongoing advocacy for tribes, military, women and family issues in Congress is important too.

Last, I would support modifications to the Social Security program. Thirty years ago, Congress funded a report with recommendations to change Social Security retirement benefits. Currently, the Social Security board of trustees project program costs increase by 2035. Meaning that taxes won’t be enough to cover benefits; creating further federal debt that’ll push our current debt ceiling. The goal is to work with actuaries and pension specialists to devise laws and regulations to stop reduction of benefits for all. I’ve worked at the Social Security Administration and the Pension Benefit Guaranty Corporation – a federal pension takeover firm. The goal is to create laws, regulations and methods to have a smaller, more efficient government that doesn’t issue government securities to fund programs at the expense of Social Security benefits.

Will Fritz can be reached by email at wfrit@reedemedia.com.

Foundation for Senior Care launches Giving Heart Effort

FALLBROOK – “Our goal is to help seniors live and age independently at home; and throughout February representatives from the Foundation for Senior Care will take that message to the community,” Dr. Robert Pace, noted orthopedist and president of the Fallbrook-based organization, said.

He said that more than 20% of those living in Fallbrook and Bonsall are over 65, one of the highest concentration of seniors in San Diego County. Pace also reported that the community has the fourth highest Alzheimer’s rate

in the county, according to San Diego County, Health and Human Service Agency.

Keith Birkfeld, executive director of the nonprofit headquartered on South Mission Road, said that beginning Wednesday, Feb. 5, and each succeeding Wednesday, staff members and volunteers who support the Foundation for Senior Care will be on hand at the two markets in Fallbrook to explain various programs available that help seniors live independently.

Birkfeld said, “We are labeling the February-effort Giving Heart Month and at each of the markets we will explain how the

Foundation for Senior Care uses donated vans, special education sessions and a host of community services designed to improve the lives of our growing senior population. More importantly, we also want to acquaint family members and senior advocates in the area how to help make the environment around these people safer and more secure.”

Among the services provided by the Foundation for Senior Care are an adult day care center at Alvarado Street and South Mission Roads, local transportation to and from medical facilities and a staff of care advocates who counsel

seniors and members of their families on ways to improve the lives of the growing senior population in the region.

Those on hand at the two markets will accept donations, explain the menu of free and subscription services by the Foundation for Senior Care and sign up volunteers willing to help with senior care programs in the community. According to Birkfeld, Major Market is also helping by collecting donations at the Fallbrook store’s registers.

The effort kicks off at Major Market from 9 a.m. through 3 p.m., Wednesday, Feb. 5, and

again Feb. 19. Similar times occur outside Albertson’s Feb. 12 and 28.

Those interested in making anonymous donations can do so by stopping by the Foundation for Senior Care office or going to www.GivingHeartsCare.org where there is the option for a one-time or monthly contribution.

The Foundation for Senior Care is a nonprofit organization located at 135 South Mission Road and can be reached at (760) 723-7570.

Submitted by Foundation for Senior Care.

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the village beat

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Fallbrook Chamber of Commerce

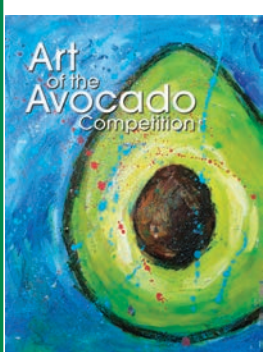
Supporting Business and Building a Better Community
www.fallbrookchamberofcommerce.org

Do you want to be a vendor or exhibitor at the 2020 Fallbrook Avocado Festival? Sign up before it's too late!

Many don't realize that our annual downtown Avocado Festival is largely booked up by December. If you would like to sign on as a vendor or exhibitor, now is the time, before it's too late!

Kennedy and Associates, manage the booth exhibitor bookings, and it's easy to download the application from their website: www.kennedyfares.com

For more information on participating as a vendor or exhibitor at the 34th Annual Avocado Festival, please call Kennedy & Associates at 760-945-9288.



Art of the Avocado Competition Begins

Now in its fifteenth year, the Art of the Avocado Competition, an extension of the Avocado Festival, is now officially underway. All entries will be on display during the entire month of April. Entries will be accepted in three categories this year:

2-Dimensional, 3-Dimensional and Photography. Judging will take place at a private reception at Brandon Gallery by a panel of judges selected from the community. Awards will be announced at that time, and presented at the Avocado Festival on April 19 at 4 pm. For more information on the competition, contact Anita Kimzey at 760-731-0277 or via e-mail at: register@fallbrookchamberofcommerce.org.

Business Expo Booth Winners



Coffee, Corks & Cuisine



Fallbrook Adult Transition Program/FUHS



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2020 Fallbrook Avocado Festival

April 19, 2020

Before you know it, Main Street will be transformed into the 34th Annual Avocado Festival. Planning has now begun for the community's largest event, which will take place on Sunday, April 19, from 9 am to 5 pm.

This year's festival image was designed by local artist Debbie Forbes, whose creation was chosen during last year's Art of the Avocado competition by the Chamber staff as this year's

inspiration for the 2020 image.

Mark your calendars and plan to visit early in the day for the best bargains. Keep an eye on our website as the event draws closer for more information. Just click the Avocado Festival button on the home page to check out all the fun activities taking place that day! Sponsorship opportunities are also available.

This Month's SunUpper

This Month's SunDowner

Thursday, February 13
8:00 - 9:00 am
Hosted by:
Innovative Healthcare Consultants
746 S. Main Avenue, Suite B
Fallbrook

Wednesday, February 19
5:30 - 7:00 pm
Hosted by:
Fallbrook Village Rotary
Location: George Plumbing
1175 E. Mission Road
Fallbrook

Dinner MOB

Hi's

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125 S. Main Avenue • Fallbrook

Thursday, February 27 ~ 5 pm

Reservations are requested ~ Call to RSVP!

MEMBER SPOTLIGHT

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Fallbrook Features

Don't forget about this advertising opportunity! It's an inexpensive and easy way to "get the word out" about your event!

Fallbrook Features is our monthly e-newsletter to promote events, and is sent to all Chamber subscribers on the 10th of each month - that reaches over 1,500 people. The cost is \$5 per month

for members (\$10 for nonmembers), with a \$10 minimum charge (for two months). Ads do not have to be run in back-to-back months.

Ads must be submitted in single-page flyer format (already created), and payment must be received prior to the run. Call for more information!

Thank You

PALA MESA

RESORT

Pala Mesa Resort,
the gracious host for the Chamber Business Expo on January 15, as well as all Exhibitors and Attendees.
You made this event a tremendous success!

New Members

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

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Got Membership?

Want to join? Stop in for a membership packet!



The Fallbrook Chamber of Commerce will be closed on Monday, February 17, in observance of the Presidents' Day holiday.



Information on this page is provided by the Fallbrook Chamber of Commerce.

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www.fallbrookchamberofcommerce.org



paid advertisement

Playing mahjong with friends raises funds



The Fallbrook Woman's Club hosts its Mahjong with Friends fundraiser, Jan. 31 **Village News/Shane Gibson photo**
The Chinese game uses tiles with Chinese symbols that can have one's choice of patterns and colors on the back.



From left, Mary Alice Kranenberg, Becky Hendricks, Jeri Dinnel and Linda Lovett play a round of mahjong during the Fallbrook Woman's Club event.



Mahjong tiles are placed and played on a gameboard by four people to a table during the Fallbrook Woman's Club Mahjong with Friends event.



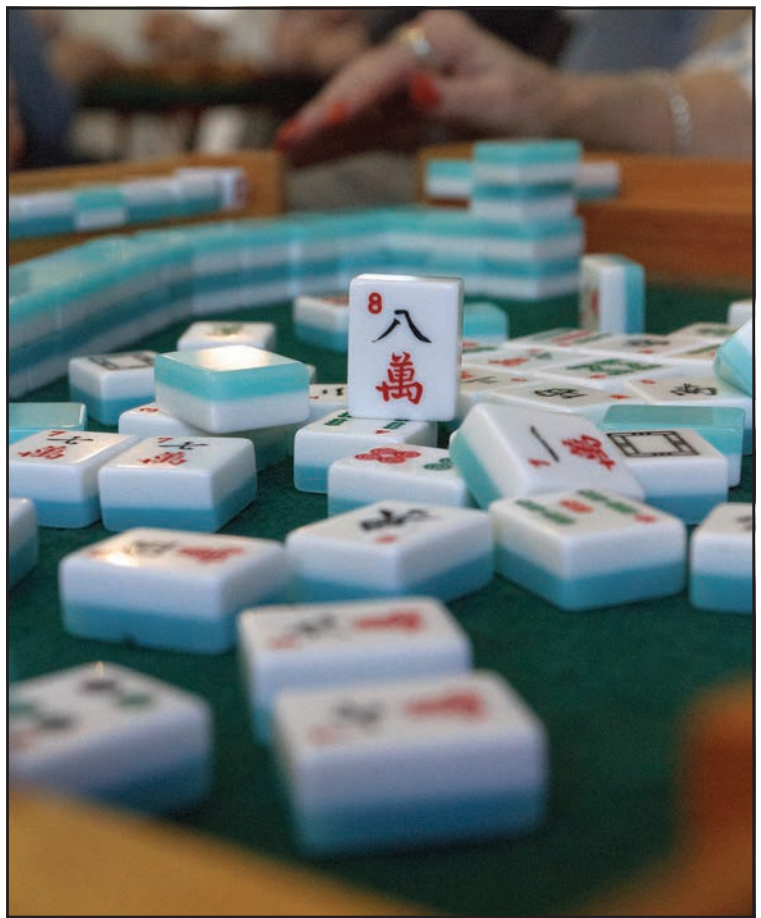
Players take turns picking up and discarding tiles during the Fallbrook Woman's Club's Mahjong with Friends fundraiser.



Nancy Downs plays a mahjong game with her group at the Fallbrook Woman's Club clubhouse.



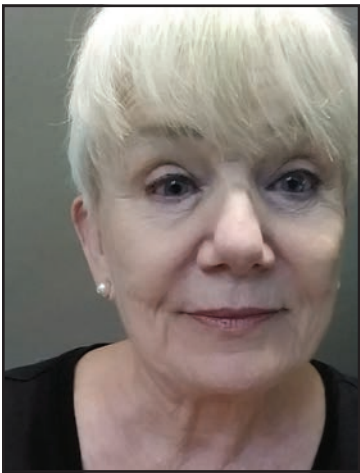
Bob Swartz plays a round of mahjong during the Fallbrook Woman's Club Mahjong with Friends event.



Mahjong tiles include Chinese symbols such as bamboo, dots, characters and flowers.

HEALTH & BEAUTY

Kicking it XIV



Elizabeth Youngman-Westphal
Special to Village News

There are a few phrases guaranteed to win a woman’s heart. Words like “You look nice today” or “Will you marry me?” Then, of course, the “I love you” still remains at the top of the list for securing a woman’s admiration.

Keeping that in mind, I wish to add just one more phrase to the list. My current all-time favorite is “Hey skinny!” I know. I didn’t even see that one coming. We need to add it to the list of winning phrases for sure.

Thursday, Jan. 23, was a banner day. Two wonderful experiences occurred within three hours of each other.

First, trying to be on time for my mammogram appointment, it seemed the most expeditious thing to do was to jump back into yesterday’s jeans. I zipped up and took off.

While using the automatic appointment self-check-in at the doctor’s office, I happened to look down to see I had grabbed the wrong pair. To my surprise, I had put on my skinny jeans. And they fit.

And then – just two hours later, I heard my new fourth-Monday bridge partner say, “Hey skinny.” I turned to see who was behind me, but he was talking to me.

Apparently, I have the fat mirror in my house. Therefore, I do not see that skinny person he referenced. The idea behind the “getting fit” issue really has to do with me getting a new mirror. And so, I wonder why if I can’t see that skinny woman, how can others? Furthermore, I wonder if other women have that same fat mirror?

Let me enlighten you. I finally have the answer. The truth of the matter is the biggest obstacle between me and the gym is getting from the couch to the car. That’s it.

Sure enough, that is the biggest obstacle. Silly isn’t it? What I know is if I can get to the car, I never fail to get to the gym. What kind of crazy thing is that?

Keeping me accountable is my-go-to-guy Kellen, my personal trainer. He’s just the right person for me. He pushes without being pushy. I doubt my results would be anywhere near this without him. Our standard appointment is 7 a.m., Friday morning. We knock around while

he tweaks my routines, adding or subtracting even replacing exercises depending on what little aches have come upon me over the past week.

While I haven’t started packing, I do have the suitcases out. Two small rollers. With only 43 days left before heading to my big European vacation, it seems the past six months flew by.

My itinerary: I leave San Diego Friday, March 20, at 6:30 a.m., flying into Newark airport. Departing there at 7:15 p.m. it’s an all-nighter, landing at Heathrow Airport in the morning and to clear customs. Around noon, I am off to Paris via Charles De Gaulle airport Saturday, March 21.

It is in Paris I meet up with my 27-year-old granddaughter for a three-night, four-day tour of the city cruising the river Seine.

We depart Paris, March 24, flying into Marco Polo airport in Venice. Our two-bedroom apartment is a boat ride from the airport. Besides being close and

convenient it also has a washer-dryer.

Next morning, March 25, we have a reserved entry through the Doge’s Palace in San Marco’s Square. Our ticket is also good at the other 10 museums managed by the Fondazione Musei Civici di Venezia.

I haven’t found a cooking class yet, so I must continue that search. The rest of our time will be free to scout about.

On Friday, March 27, my grandchild takes the train to Rome to meet up with her Contiki tour group, and I move to The Cipriani Hotel to luxuriate and toast the big 75. By the by, this grand hotel is owned by the Belmond Group too amongst its many holdings – the train known as the Orient Express as well as other trains.

I promise to finish my tour in my next column.

Elizabeth Youngman-Westphal can be reached via eyounman@reedermedia.com

Smoking cessation treatment works and is critical

Megan Arendt
Action on Smoking and Health

The U.S. Surgeon General released “Smoking Cessation: A Report of the Surgeon General,” Thursday, Jan. 23. Action on Smoking and Health applauded the Surgeon General for once again leading the fight against tobacco addiction, disease and death. In particular, Dr. Jerome Adams and his staff should be commended for making it clear that access to treatment greatly improves success in quitting and that providing access is a critical component in the fight to end the tobacco epidemic.

For too long, cessation has been the ugly stepchild of the tobacco control movement and the nation’s public health priorities. There are several reasons for this: confidence that the epidemic can be ended by preventing youth uptake, a misunderstanding that cessation treatment is costly and a thinly veiled belief that adult smokers brought it upon themselves.

The nation has made great strides in reducing youth tobacco use, although the vaping crisis threatens to undermine that success. But victory over big

tobacco requires fighting on all fronts, as outlined in the World Health Organization Framework Convention on Tobacco Control. It cannot expect to win without large numbers of adult smokers quitting, and many can’t quit without therapy.

Even where access to cessation is available, it is inexplicably limited. Many health plans that cover nicotine replacement therapy impose strict time limits, even though it is in their own financial interest to help smokers quit. Most smokers want to quit, but many are highly addicted to the nicotine and can’t do so cold turkey or on their first try. As the Report highlights, several quit attempts are often required.

While the benefit of cessation for smokers is obvious, society as a whole profits from smokers becoming nonsmokers. Smoking costs the country over \$300 billion annually, and much of that cost is borne by governments, meaning taxpayers. As Adams shared Jan. 23, every American pays roughly \$1,000 every year to cover the national cost of smoking.

It is imperative to stop seeing smokers as the perpetrators of the tobacco epidemic. As the

Report notes, nearly all started in adolescence, and became hooked on a product that was engineered to be as addictive as possible. Children cannot sign contracts, vote or rent a car; legal authority comes at the age of 18 for a reason. Certainly, a middle schooler cannot consent to become a nicotine addict.

The blame for the tobacco epidemic rests squarely on the tobacco industry, but governments bear some responsibility for allowing a product that is addictive and kills when used as intended to be sold in nearly every corner store.

The human right to health – which is well recognized in international law – says that every human has the right to the highest attainable standard of health. In a rich society like the U.S., access to smoking cessation treatment is certainly attainable.

People also have a duty under human rights to seek equity in human development, especially for vulnerable populations. Racial minorities and the LGBT community have been particularly targeted by tobacco industry marketing, and consequently suffer disproportionately from the tobacco epidemic.

Thinking About Health: Low-value medical tests are costly, can lead to harm

Trudy Lieberman
Community Health News Service

People know too well the cost of American health care keeps rising as far as the eye can see. In 1995 health care accounted for 13.4% of gross domestic product; in 2018, it consumed 17.7%. It is projected to rise even more.

Despite all the talk about how they should become wise consumers of medical care, patients can’t really do much to stop the big hospital systems, the big physician groups or the powerful drug companies from charging the prices they do. In our system, those groups pretty much control what medical care costs.

There is, however, one thing patients can do that would contribute to eliminating some wasteful health care spending and at the same time get better care for themselves. They can try to avoid what health researchers call “low-value” care.

Low-value care generally means any test or procedure that at best has minimal value in a clinical situation. Some examples include chest X-rays or EKGs given before cataract surgery; routine vitamin D testing; MRIs and other imaging for run-of-the-mill lower back pain and antibiotics for viral upper respiratory infections like the common cold.

Health researchers estimate that low-value medical services add up to about \$100 billion in health care spending each year. That’s wasteful spending that pushes up insurance premiums, deductibles and other cost sharing we all have to pay.

But perhaps even more important is that low-value tests can lead to what medical researchers call “cascades,” a series of tests and treatments that follow from an initial test.

“They are incredibly common,” Dr. Ishani Ganguli, primary care doctor and health policy researcher who is also an assistant professor at the Harvard Medical School, said.

They occur when an unexpected finding leads to new tests, phone calls, emergency room visits, invasive procedures or hospitalizations.

“We’ve observed most cascades lead to nothing,” Ganguli said.

Ganguli and colleagues looked at Medicare bills for cataract surgery, one of the most common and low-risk procedures for older adults.

“Pre-operative testing doesn’t change outcomes or reduce your risk of complications from surgery,” she said.

Every group of 100 people who got an electrocardiogram for

cataract surgery also got up to 11 extra tests, office visits, treatments, new diagnoses or hospitalizations in the following three months. Researchers estimated the cost of those additional tests amounted to an extra \$35 million in one year, 10 times more than the total cost for all the initial EKGs.

“On average those extra treatments offered no benefits,” Ganguli said.

Given those outcomes, why are eye surgeons still ordering the test? Some erroneously believe Medicare requires the test. Others do it out of habit or because their colleagues still order the tests. Some have experienced malpractice claims or are worried about being sued if something is missed.

Another study of some 400 physicians found more proof that cascades can cause further harm. All but two doctors surveyed had experienced cascades for their patients, and also either they or their family members had experienced them. The doctors reported that such cascades harm patients psychologically, physically and financially.

That study also found that doctors in rural areas were more likely to say such cascades harmed patients. Such tests left many of the rural doctors feeling anxious and frustrated, and many believed they had wasted a lot of time and effort dealing with the additional tests and treatments. Ganguli said some may be frustrated by the lack of resources in rural areas and the additional burden placed on patients who may have to travel miles for some test that might be unnecessary in the first place.

So what should patients do?

If they have a medical abnormality that is in the gray area, it’s hard to leave it alone. Anxiety often drives the cascade. Still, patients in that situation need to ask a lot of questions about why further testing or medical procedures are necessary and whether more information would tell a doctor something new. Patients need to understand up front what the consequences might be.

A few years ago, the American Board of Internal Medicine and other partners launched the Choosing Wisely project, which aims to help patients select tests and treatments that are evidence-based, non-duplicative of other tests, and are truly necessary. Check its website www.choosingwisely.org to learn about low-value tests.

Have you experienced a cascade of tests? Write to Trudy at trudy.lieberman@gmail.com.

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VillageNews 760723-7319

Brain fitness can help fight memory loss

The American Counseling Association

It’s a common problem many people encounter as they age – they forget more things and it seems to happen more frequently. It can be a frustrating experience, and even a frightening one as they worry that serious issues of dementia are just around the corner.

While researchers are only beginning to understand exactly why the brain seems to be more prone to memory issues as people get older, researchers have, however, begun to make real progress in finding ways to help fight memory problems as people age. And the latest advice is that everyone ought to begin proactively working to keep maximum brain function at a much earlier age.

Many older folks try to keep mentally active through activities like crossword or Sudoku puzzles, and that’s a good thing. But more recent research is finding that such activities simply may not be providing the level of stimulation needed for real “brain fitness.”

Brain fitness starts with mental activities that truly engage their mental powers. They can take a variety of forms. Critical thinking, for example, requires people to think about a topic that they understand and agree with and to look at that same subject from the opposite point of view. Can they evaluate the strengths and

weaknesses of that subject from a totally different side than the one they are normally on?

They want to stimulate their brain in ways that require it to really think about finding new solutions. Locating new recipes and working out ways to improve them is such an activity. Learning and using new vocabulary words, tackling a foreign language or taking up a new hobby like art or music are all ways to maximize brain effort and increase brain stimulation.

Brain fitness also requires recognizing that the brain is a part of the body and is affected by a person’s fitness. It requires exercising more, eating healthier and staying fit overall. It means staying on top of potential health risks, like blood pressure and cholesterol levels.

Doing a daily crossword puzzle may be fun and provide some brain stimulation, but really working for brain fitness means doing things to improve reasoning, problem-solving and memory abilities, activities that are a real mental stretch. At the same time, staying fit and managing health risks are the keys that can all add up to better mental health and long, positive brain function.

Counseling Corner is provided by the American Counseling Association. Send comments and questions to ACACorner@counseling.org or visit www.counseling.org.

Eating for better mental health

The American Counseling Association
Special to Village News

There is a growing body of research showing that the dietary choices people make each day affect not only their physical bodies – yes, that beer belly didn’t just happen by itself – but can also play an important role in their mental health.

Most parents have probably observed what foods high in sugar sometimes do to their children. And while studies have failed to find a definitive link between sugar and hyperactivity, most mothers will tell you that their child seems more excited and active after eating a sugary snack.

The reason for that higher activity level may not be as much physiological as psychological. Eating foods people like makes them feel better, and most people are genetically programmed to like sweet-tasting foods. This programming goes back to their ancient ancestors who learned that when veggies and fruits were sweet tasting, they were ripe and safe to eat. Feeding children treats that are high in sugar makes them feel good and happy and usually also more active.

Importantly, recent studies have found links between food choices and mental health for both children and adults. One large-scale study found that following a diet high in processed and sugary foods appeared to increase the risk for

depression. When participants followed a Mediterranean-style diet high in fruits, vegetables and high fiber, low-fat foods, there was a 25% to 35% reduction in the risk of depression.

Nutritionists advised paying attention to how various foods affect each person specifically. If certain traditional meals leave them bloated and unhappy, they’ve probably made some poor dietary choices. Experts suggested making small dietary changes toward an overall diet that is now widely recognized as being healthier.

If they aren’t already eating at least five servings of fruits and vegetables each day, people should try adding one or two servings of these healthy foods to their daily diet. It can be especially effective and even easy if they start by replacing one or two high fat or heavily processed foods. Fruits, vegetables, whole grains, nuts and legumes are just some of the foods that can leave them feeling and being physically healthier, while also contributing to good mental health.

There’s no magic diet that can insure good mental health, but a healthy diet is a good start to improving physical health while also contributing to better mental and emotional health.

Counseling Corner is provided by the American Counseling Association. Send comments and questions to ACACorner@counseling.org or visit www.counseling.org.

Managing persistent fears, anxieties and stresses

Stanley Popovich
Special to Village News

Everybody deals with anxiety and depression; however, some people have a difficult time managing it. As a result, here is a brief list of techniques that a person can use to help manage their most persistent fears and every day anxieties.

When facing a current or upcoming task that overwhelms you with a lot of anxiety, the first thing you can do is to divide the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Sometimes people get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off the problem.

A person could get some fresh air, listen to some music or do an activity that will give them a fresh perspective on things.

Another technique that is helpful is to have a small notebook of positive statements that makes

them feel good. Whenever they come across an affirmation that makes them feel good, write it down in a small notebook that they can carry around with them in their pocket.

Whenever a person feels depressed or frustrated, they can open up their small notebook and read those statements. It will help to manage their negative thinking.

Take advantage of the help that is available. If possible, talk to a professional who can help them manage their depression and anxieties. The therapist will be able to provide them with additional advice and insights on how to deal with their current problem.

By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Stan Popovich is the author of “A Layman’s Guide to Managing Fear Using Psychology, Christianity and Nonresistant Methods.” For more information, visit www.managingfear.com.

A guide to Earth medicine



This stone mandala made by the author.

Village News/Wendy Hammarstrom photos

Wendy Hammarstrom
Special to Village News

“Man did not weave the web of life, he is merely a strand in it, such that whatever he does to the web, he does to himself,” according to Chief Seattle, Duwamish.

Growing up in Lehigh Valley, Pennsylvania, I was surrounded by the not too distant past of the original inhabitants of our countryside. My friends and I held great respect for the previous keepers of the land, the peaceful Lenapes, as we explored the local hillsides, streams and jasper quarry.

After several years in Southern California, I began to connect to the Native American presence near the Santa Rosa Plateau in Murrieta. In Escondido I embraced the presence of the Kumeyaay Indians in San Pasqual Valley, and in Fallbrook I have had fleeting feelings of the Luiseño presence around the Santa Margarita River, San Luis Rey River and even right down the street from me where there are acorn grinding holes in the boulders in the creek.

The Luiseño Indians originally lived and thrived in the coastal areas from northern San Diego County to southern Los Angeles County. The original tribal name was Payomkowiichum. They were thought at one time to have been called “The Westerners” by other tribes, or Ata axum, “The People.”

It is somewhat difficult to learn of the original inhabitants of the Fallbrook area, partly because the Spanish missions forced out Indian traditions. Many indigenous people were enslaved or even murdered. Sadly, our area has a dark history in this respect.

But I have always wondered, how did the people before us heal themselves and each other? There were almost one thousand tribes in North America that viewed health as more than just a physical state; health also depended on a person’s inner harmony with the powers of nature.

Health

A large part of the indigenous people’s health was due to their diet, rich in heart healthy and colon friendly fiber and antioxidants. In fact, 70% of their diet came from plant food.

Another component of their well-being was their reliance on hot springs, saunas and sweat lodges. When I lived by Murrieta Hot Springs, I learned that the hot springs were considered neutral territory by warring tribes, a place for all to heal.

Today, many people visit hot springs, but the European invaders were initially shocked by the cleanliness of indigenous people. Native Americans were clean and relatively disease-free due to their reverence for water, heat and healing herbs and creating sacred spaces

In addition, seeing yourself well or visualization, vision quests, spending time in sacred spaces, fasting and personal attention from medicine people all played their part. Drumming, singing and dance summoned help from the spirit world for patient and healer alike. The sound waves of drumming addressed the diseased organs by restoring normal vibrations.

A wellness practitioner from Pala told me when she is in nature, especially if harvesting herbs that she leaves a gift for the spirits, perhaps a plate of food, tobacco, coffee or water. She said she asks for permission before taking a plant and always leaves with a prayer of thanks.

Plants

“All plants are our brothers and sisters. They talk to us and we listen. We can hear them,” according to an Arapho proverb.

The Native American pharmacy

consists of more than 500 herbs. The indigenous people believe plants heal by enabling them to become one with Mother Nature. The life force that moves through the roots of a dandelion is thought to be the same life force that moves through us.

According to Dr. Lewis Mehl-Madrona, medical director of the Center for Complementary Medicine at the University of Pittsburgh Medical Center and author of “Coyote Medicine,” “When we are in harmony with the earth and the people around us, our cells are in harmony within us. It’s disharmony that creates cellular degeneration and disease.”

Common remedies like black and white sage leaves relieve asthma, congestion, allergies and colds. Dried sage leaves are burned for spiritual cleansing. Smudging with sage or dried cedar or bearberry is supposed to purify, banish trouble and bad spirits.

When I first experienced being smudged by another, I felt as if a layer of tension and darkness was being removed from around my body. Sweetgrass welcomes good spirits and energies back into an area.

Both sage and sweetgrass show the ways in which herbs not only increase physical health but also enhance emotional well-being.

In fact, plants can be adaptogenic, analgesic, antibiotic, antiseptic, astringent, nervine, antidiabetic, antispasmodic, expectorant, sedative, antidepressant, stimulant and much more.

Tea from yerba mansa roots is used to treat kidney problems and are applied to the skin to cure fungal infections. Cholla heals burns, reduces scarring and promotes rapid healing. Yerba santa leaves can be boiled to make tea used in treatment of colds and other respiratory infections.

The Native American pharmacy also includes aloe which treats skin disorders of all types. Dandelion is a known diuretic and liver tonic, as well as a digestive aid and topical antiseptic. Hawthorn is a heart tonic, assists tissue repair and reduces high blood pressure.

Hops has a sedative influence on nervous stomachs and spastic colons. Horsetail is used for compresses. Milkweed and mullein are anti-inflammatory and wormwood is an anti-parasitic.

For healing wounds, the Kumeyaay Indians used wild onion and cooked and crushed tule, or marsh plant, as well as cattails. Arnica is also great for wound healing and bruises. American mistletoe, yarrow, prickly pear cactus, wild strawberries, sumac, sweetgrass and yucca are also used throughout the southwest as well as bark scrapings, pitch and leaves of aspen, oak and pine.

Today herbal remedies come in many forms including bach flower remedies, Bach rescue remedies, herbal tisanes, infusions, decoctions, essential oils, tinctures and tonics.

Homeopathy uses plants in their most minimal doses to affect

change. There are also compresses, poultices, plasters, salves, creams, lotions, ointments and powdered herbs, as well as mists and diffusers.

Not all oils or plants are good for everyone, so it is best to work with an herbalist, naturopath, homeopath or a qualified aromatherapist.

Stones

“The Medicine Wheel Circle is the Universe. It is change, life, death, birth and learning. This Great Circle is the lodge of our bodies, our mind and our hearts. It is the cycle of all things that exist,” according to Hyemeyohsts Storm in ‘Seven Arrows’ in 1972.

Stones also play their part in earth medicine. Some indigenous people believe that rocks and stones have a spirit that can tell us certain things. Lakota author Ed MaGaa Eagle Man teaches about finding your own stone or wotai. “Sicun wotawe wotai” is a special stone whose spirit is obvious and comes to the bearer in a special way that can be a healer or protector.

Several years ago, when I was traveling around Riverside County seeing massage clients, I began or ended each session by walking in the area fields and hillsides. I collected stones and, after thanking the earth, brought them to Murrieta to create a stone mandala based on the color and the order of the chakras.

The red jasper was in the center for grounding and re-energizing the body followed by orange carnelian and quartz, yellow and green stones and turquoise. The outer circle consisted of amethyst and clear quartz, known as the master healer for balancing and revitalizing the physical, mental, emotional and spiritual planes.

I created the mandala with the help of friends who were lifelong rock hounds, and when it was finished, we walked in silence circling around each color of stone and individually ending up in the center. As I stood there, and asked for healing for all who have been wounded, I felt an energy vortex spinning around me.

Crystals can also be placed directly on the body at the chakra areas or at other sites needing their attention. Stones can be worn, placed in a living space or on a medicine wheel. Even tinctures of gems, or gemstone remedies are available from certain holistic health practitioners.

“Healthy feet can hear the very heart of holy Earth,” according to Chief Sitting Bull.

Earth medicine has always been here to help us enhance our health on many levels, at all stages of our lives. Be it with plants, rocks or healing waters, health is in our hands.

Wendy Hammarstrom has been practicing, teaching and writing about bodywork since 1976. Her book, “Circles of Healing, The Complete Guide to Healing with Massage and Yoga for Practitioners, Caregivers, Students and Clients” is available on Amazon or her website at www.circlesofhealingbook1.com.

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ENTERTAINMENT

Art of the Avocado competition calls for entries

FALLBROOK – The Art of the Avocado Competition, part of Fallbrook’s annual Avocado Festival, is now calling for entries thanks to the continuing generous sponsorship of Fallbrook Propane Gas Company. This year is its 15th anniversary.

Any artistic medium may be submitted – the only restriction is that an “avocado” must be easily identifiable in all pieces.

Three categories: two-dimensional and three-dimensional cash prizes awarded in each: first place – \$300, second place – \$200, and third place – \$100. The photography category is limited to the first 10 registered entries – one entry per artist, cash prize - \$100.

Fallbrook Chamber of Commerce will award a prize for their “Chamber Pick,” and the winner of this award will be invited to design a piece of artwork that will be used in the 2021 Avocado Festival logo.

Additional cash prize awards are Honorary Mayor Award, Avocado Chairman Award, Holy Guaca-Moly Award, Merrill Everett Memorial Award and the George Bamber Memorial Award. Awards will be presented at a private reception.

Entries should be delivered to Fallbrook Chamber of Commerce office Friday, March 27 Saturday, March 28. Artists may enter any previous piece of artwork, as long as it did not win an award. No entries will be accepted after March 28.

The entries in the competition will be on display at the Fallbrook Chamber of Commerce office, 111 S. Main Ave., from April 1-24, including the day of the Avocado Festival, April 19.

The People’s Choice Award is sponsored by Manny from Tekila Cocina Mexicana Restaurant in Bonsall, and can be voted on during April at the Chamber office as well as the day of the Avocado Festival until 4 p.m. The winner of the award will be notified that evening.

To register, contact Anita Kimzey (714) 222-2462 (cell), (760) 731-0277 (home) or email register@fallbrookchamberofcommerce.org

Rules and entry form can be picked up at Fallbrook Propane Gas Company, Fallbrook Chamber of Commerce office, Tekila Cocina Mexicana in Bonsall, the Green Art House at Pala Mesa Resort or can also be downloaded from www.fallbrookchamberofcommerce.org.

Submitted by event coordinator Anita Kimzey.

“Linda Vista” by Noel Glaser of Fallbrook is the 2019 Merrill Everett Memorial Award winner.

Village News/Courtesy photo



FAA to have product demo

FALLBROOK – The Fallbrook Art Association announced that Nancy Seiler, a representative of Golden Products, will be the guest artist for the Feb. 15 meeting at the Fallbrook Woman’s Club, 238 W. Mission Road, in Fallbrook.

Si Osgrove will do the critique session starting at 9:15 a.m. for one piece for each attendee, followed by a short business meeting. Seiler has a two-hour presentation during which she will talk about and demonstrate some unique properties of various Golden Products, fluids, heavy body, open and high flow acrylics.

She will also talk about gels, medium and QoR watercolors. Since there will not be a workshop following the meeting, A still life will be set up for a paint-in. Those interested are asked to let Carol Reardon know if they will be attending, call (760) 731-6677.

Born in Akron, Ohio, Seiler received her visual communications degree from The Art Institute of Pittsburgh in 1981. She is a Golden Working Artist for Golden Artist Colors presenting lectures, demonstrations and workshops in acrylics, watercolors and oils in Southern California and Montana.

She has taught classical botanical illustration and nature journaling since 2003. Seiler has exhibited her acrylic paintings and illustrations since 2002. Her work is represented by Frame of Reference Fine Art in Whitefish, Montana, and the 709 Gallery in Missoula, Montana.

Submitted by Fallbrook Art Association.

Village News/Courtesy photo



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‘Murder for Two’ is amazingly fun



Tony Houck, left, and JD Dumas are the only two actors in “Murder for Two,” playing 13 different characters.



Tony Houck, on the piano, and JD Dumas perform a fast-paced whodunit at New Village Arts Theatre in Carlsbad.

Daren Scott photos

Elizabeth Youngman Westphal
Special to The Village News

Opening night at New Village Arts Theatre in Carlsbad ended in a roar. The musical, “Murder for Two,” is a fast-paced whodunit performed by a versatile, wacky duo playing 13 different characters. In 90 minutes of rapid-fire changes, co-stars JD Dumas and Tony Houck deliver snappy tunes both at and around the piano. They never miss a beat either singing or sharing the 88.

The song “Protocol Says” outlines how to conduct a murder investigation for officer Marcus Moscovicz played by JD Dumas. As Moscovicz follows procedures conducting interviews, it is Houck who transitions fluidly into all of the suspects. It’s a nonstop romp, beginning with audience instructions on how to yell “surprise” when the lights come back on as the birthday honoree, Arthur Whitney, the great American novelist arrives. Regrettably, he arrives dead. Houck takes an “oh, dear”

moment as the new widow Dahlia before sliding in as prima ballerina Barrette Lewis, who then brings forward Dr. Griff, a famous psychiatrist, followed by the two murder victims and three children – all – without leaving the stage. Whew. A well-deserved standing ovation was delivered by the crowd for duel piano co-stars Dumas and Houck. They were so absorbed in their performances – Houck looked out at the audience and whispered to Dumas, “They’re still standing.”

This wacky two-man show was developed for the Chicago Shakespeare Theater in 2011 by Kellen Blair and Joe Kinosian. I know. It sounds more like a Second City sketch. It is really silly. The only missing ingredient to the nonsense was a walk-on by Monty Python. Directed by AJ Knox, the silliness never falters. Working alongside is the NVA creative ensemble with Jenna Ingrassia-Knox designing the choreography, Paul Canaletti Jr. as the lighting designer, Violet Ceja as the sound

designer and Doug Cumming the set designer. Keira McGee gets the credit as costume designer. The madcap musical “Murder for Two” plays at New Village Arts, 2787 State Street, in Carlsbad until March 1. Box Office (760) 433-3245 or visit www.newvillagearts.org. The Carlsbad theater is just in front of the Amtrak Coaster station with plenty of free parking. This show is rated 9 out of 10. Elizabeth Youngman-Westphal can be reached by email at eyoungman@reedermedia.com.

Library has activities for all ages

FALLBROOK – The Fallbrook Library will host many free events in February including concerts and book discussions as well as teen and tween events. **Saturdays, Feb. 8, 15, 22** and **29**, at 3 p.m. – Tween Takeover: **Feb. 8** – Marbled Valentine’s Day cards; **Feb. 15** – Art DIY “The Scream;” **Feb. 22** – Just Dance; **Feb. 29** – Glass Etching. For ages 9 to 14. Tweens can sign up at the library’s front desk.

Monday, Feb. 10, from 1-2:30 p.m. – The Insight Book Club will meet to discuss “On Fire: the (burning) case for a green new deal” by Naomi Klein. Sponsored by the Friends of the Fallbrook Library. **Monday, Feb. 10**, at 4 p.m. – STEAM: The children’s afternoon STEAM program will meet to have fun with a science project. **Tuesdays, Feb. 11, 18 and 25**, at 4 p.m. – Teen Time: Teens

ages 12 to 17 are invited to come for fun activities. **Feb. 11** – Anti-Valentine’s Day Cookie Decorating; **Feb. 18** – Sidewalk CPR; **Feb. 25** – Quad Free Paint. **Thursday, Feb. 13**, from 3-5 p.m. – Celebrate Valentine’s Day in the community room. All ages are welcome for this family event. Events include cookie decorating, face painting, a photo booth, balloon art, card craft and games. Sponsored by the Friends of the

Fallbrook Library. **Thursday, Feb. 13**, at 6 p.m. – Lecture: Linda Canada will talk about the history of Japanese Americans in San Diego County and their experiences following FDR’s signing of the document that called for their removal from the West Coast. Sponsored by the Friends of the Fallbrook Library. **Saturday, Feb. 15**, from 1-3 p.m. – Social Workers at the Library: Social workers will

be on-site to help community members find local resources with mental health, housing and other community needs. **Monday, Feb. 17** – The library will be closed for Presidents Day. **Thursday, Feb. 20**, at 6 p.m. – Page Turners: The adult fiction book club will discuss “Still Life” by Louise Penny. Copies of the book are available for check out.

see **LIBRARY**, page B-8

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LEGALS

Abandonment Name

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

File Number: 2020-9000863
Fictitious Business Names To Be Abandoned:
OCEANA RESALES & RENTALS
531-B Vista Bella, Oceanside, CA 92057
County: San Diego
The fictitious business name referred to above was filed in San Diego County on 03/29/2019 and assigned File No. 2019- 9008231
The fictitious business name is being abandoned by:
Mary C. Stiger, 404 Alyssum Way, Oceanside, CA 92057
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 10, 2020

LEGAL: 5191
PUBLISHED: January 16, 23, 30,
February 6, 2020

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000246
Name of Business
LIVE OAK PARK COALITION
2476 Reche Rd, Fallbrook, CA 92028
Mailing address: P.O. Box 2974, Fallbrook, CA 92088
County: San Diego
This business is registered by the following:
Live Oak Park Coalition, 2476 Reche Rd, Fallbrook, CA 92028
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first commenced to transact business under the above names as of 09/25/95
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 06, 2020

LEGAL: 5192
PUBLISHED: January 23, 30,
February 6, 13, 2020

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9001915
Name of Business
LACOUR'S LION'S DEN BARBERSHOP
573 West Vista Way, Ste D, Vista, CA 92083
Mailing address: 5345 Gooseberry Way, Oceanside, CA 92057
County: San Diego
This business is registered by the following:
Coby Brazil LaCour, 5345 Gooseberry Way, Oceanside, CA 92057
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 23, 2020

LEGAL: 5194
PUBLISHED: January 30,
February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000742
Name of Business
ADVANCED CLINICAL RESEARCH INSTITUTE
2041 E. Mission Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Majd Oteibi, 2041 E. Mission Rd, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above names as of 10/01/2014
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 09, 2020

LEGAL: 5195
PUBLISHED: January 30,
February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9001638
Name of Business
BELLALENTE STUDIOS
307 Palm Canyon Drive, Vista, CA 92083
County: San Diego
This business is registered by the following:
Sound and Code Creations LLC, 307 Palm Canyon Drive, Vista, CA 92083
This business is conducted by a Limited Liability Company
This LLC is registered in the state of California
Registrant first commenced to transact business under the above names as of 08/14/2012
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 21, 2020

LEGAL: 5196
PUBLISHED: January 30,
February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9001639
Name of Business
PENNYLANE MARKETPLACE
1810 Oceanside Boulevard, Oceanside, CA 92054
County: San Diego
This business is registered by the following:
Sound and Code Creations LLC, 307 Palm Canyon Drive, Vista, CA 92083
This business is conducted by a Limited Liability Company
This LLC is registered in the state of California
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 21, 2020

LEGAL: 5197
PUBLISHED: January 30,
February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9002089
Name of Business
CLEAN MADE
195 Avenida Descanso Unit 216, Oceanside, CA 92057
County: San Diego
This business is registered by the following:
Jerrad Bausch, 195 Avenida Descanso Unit 216, Oceanside, CA 92057
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 24, 2020

LEGAL: 5198
PUBLISHED: January 30,
February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9002051
Name of Business
FALLBROOK HONEY COMPANY
3915 Sleeping Indian Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
a. William L. Mathewson, 3915 Sleeping Indian Rd, Fallbrook, CA 92028
b. Mary Louise Mathewson, 3915 Sleeping Indian Rd, Fallbrook, CA 92028
c. Christopher Mathewson, 2029 Pheasant Run, Fallbrook, CA 92028
This business is conducted by a Joint Venture
Registrant first commenced to transact business under the above names as of 4/13/91
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 24, 2020

LEGAL: 5199
PUBLISHED: January 30,
February 6, 13, 20, 2020

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000523
Name of Business
VITALITY SKIN CARE
3876 Pala Mesa Dr., Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Monica Jean Beaudoin, 3876 Pala Mesa Dr., Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 08, 2020

LEGAL: 5184
PUBLISHED: January 16, 23, 30,
February 6, 2020

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000627
Name of Business
WHAPLES REALTY
3355 Corte Del Cruce, Carlsbad, CA 92009
County: San Diego
This business is registered by the following:
Todd Andrew Whaples, 3355 Corte Del Cruce, Carlsbad, CA 92009
This business is conducted by an Individual
Registrant first commenced to transact business under the above names as of 01/08/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 08, 2020

LEGAL: 5185
PUBLISHED: January 16, 23, 30,
February 6, 2020

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000486
Name of Business
ROMIGLIO RIDGE WINERY
1651 Scooter Lane, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Romiglio Ridge, LLC., 1651 Scooter Lane, Fallbrook, CA 92028
This business is conducted by a Limited Liability Company
This LLC is registered in the state of California
Registrant first commenced to transact business under the above names as of 01/06/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 07, 2020

LEGAL: 5186
PUBLISHED: January 16, 23, 30,
February 6, 2020

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000723
Name of Business
DIVISION ENGINEERING
420 S. Orange Ave, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Emiliano Vargas, 420 S. Orange Ave, Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan, 09, 2020

LEGAL: 5187
PUBLISHED: January 16, 23, 30,
February 6, 2020

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000630
Name of Business
IRON MEDITATION
114 E. Mission Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Max Alonso Zeledon, 31743 Via Sallio, Temecula, CA 92592
This business is conducted by an Individual
Registrant first commenced to transact business under the above names as of 01/03/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 08, 2020

LEGAL: 5188
PUBLISHED: January 16, 23, 30,
February 6, 2020

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2019-9030279
Name of Business
POOL WIZARD POOL & SPA SVC
30463 Bogart Pl, Temecula, CA 92591
County: Riverside
This business is registered by the following:
Jose Cazarez, 30463 Bogart Pl, Temecula, CA 92591
This business is conducted by an Individual
Registrant first commenced to transact business under the above names as of 12/23/19
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec. 23, 2019

LEGAL: 5189
PUBLISHED: January 16, 23, 30,
February 6, 2020

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9000864
Name of Business
OCEANA RESALES AND RENTALS
2544 Los Alisos S., Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Kirk Allen Johnson, 2544 Los Alisos S., Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above names as of 1/9/20
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 10, 2020

LEGAL: 5190
PUBLISHED: January 16, 23, 30,
February 6, 2020

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9002169
Name of Business
RED CLIPPER BARBER SHOP
1979 Oceanside Blvd, Oceanside, CA 92054
County: San Diego
This business is registered by the following:
Noemi C. Dickerhoff, 4038 Pala Rd, Oceanside, CA 92057
This business is conducted by an Individual
Registrant first commenced to transact business under the above names as of 5/10/18
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 27, 2020

LEGAL: 5200
PUBLISHED: January 30,
February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2020-9001079
Name of Business
LIVING ZEN BY CARRIE ANN
2449 Summerhill Lane, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Carrie Ann Harris, 2449 Summerhill Lane, Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 14, 2020

LEGAL: 5201
PUBLISHED: January 30,
February 6, 13, 20, 2020

T.S. No.: 9948-5524 TSG Order No.: DS7300-19005641 A.P.N.: 171-040-46-00 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 04/08/2002. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Affinia Default Services, LLC, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded 04/18/2002 as Document No.: 2002-0328241, of Official Records in the office of the Recorder of San Diego County, California, executed by: HOLLY J. SHEPHERD, A MARRIED WOMAN, AS HER SOLE AND SEPARATE PROPERTY, as Trustor, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable in full at time of sale by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and state, and as more fully described in the above referenced Deed of Trust. Sale Date & Time: 02/28/2020 at 09:00 AM Sale Location: East County Regional Center, 250 E. Main Street, El Cajon, CA 92020 The street address and other common designation, if any, of the real property described above is purported to be: 2242 THUMBKIN LANE (Unincorporated Area), VISTA, CA 92084 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made in an "AS IS" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$138,543.37 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call, 1-800-280-2832 for information regarding the trustee's sale or visit this Internet Web site, www.auction.com, for information regarding the sale of this property, using the file number assigned to this case, T.S.# 9948-5524. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Affinia Default Services, LLC 301 E. Ocean Blvd. Suite 1720 Long Beach, CA 90802 833-290-7452 For Trustee Sale Information Log On To: www.auction.com or Call: 1-800-280-2832. Affinia Default Services, LLC, Omar Solorzano, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge of the debt referenced herein in a bankruptcy proceeding, this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. NPP0366517 To: VILLAGE NEWS INC 01/30/2020, 02/06/2020, 02/13/2020

T.S. No. 19-0726-11 NOTICE OF TRUSTEE'S SALE NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED 注：本文件包含一个信息摘要 참고사항: 본 첨부 문서에 정보 요약서가 있습니다 NOTA: SEADJUNTA UN RESUMEN DE LA INFORMACIÓN DE ESTE DOCUMENTO TALA: MAYROONG BUOD NG IMPORMASYON SA DOKUMENTONG ITO NA NAKALAKIP LUFG Y: KEM THEO ĐẦY LÀ BÀN TRÌNH BÀY TQM LƯỢC VÉ THÔNG TIN TRONG TÀI LIỆU NÀY PLEASE NOTE THAT PURSUANT TO CIVIL CODE § 2923.3(d)(1) THE ABOVE STATEMENT IS REQUIRED TO APPEAR ON THIS DOCUMENT BUT PURSUANT TO CIVIL CODE § 2923.3(a) THE SUMMARY OF INFORMATION IS NOT REQUIRED TO BE RECORDED OR PUBLISHED AND THE SUMMARY OF INFORMATION NEEDED ONLY BE MAILED TO THE MORTGAGOR OR TRUSTOR. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5/9/2017. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: GREGORY L. MARCUM AND STACEY L. MARCUM, HUSBAND AND WIFE AS COMMUNITY PROPERTY, WITH RIGHT OF SURVIVORSHIP. Duly Appointed Trustee: The Wolf Firm, A Law Corporation Recorded 5/12/2017 as Instrument No. 2017-0215460 of Official Records in the office of the Recorder of San Diego County, California, Street Address or other common designation of real property: 3661 ALTA VISTA DR FALLBROOK, CA 92028 A.P.N.: 123-252-21-00 Date of Sale: 3/13/2020 at 10:00 AM Place of Sale: At the entrance to the East County Regional Center by the statue, 250 E. Main Street, El Cajon, CA 92020 Amount of unpaid balance and other charges: \$598,738.14, estimated The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 1-800-758-8052 or visit this Internet Web site www.Xome.com, using the file number assigned to this case 19-0726-11. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 1/9/2020 The Wolf Firm, A Law Corporation 2955 Main Street, 2nd Floor Irvine, California 92614 Foreclosure Department (949) 720-9200 Sale Information Only: 1-800-758-8052 www.Xome.com Sindy Clements, Foreclosure Officer PLEASE BE ADVISED THAT THE WOLF FIRM MAY BE ACTING AS A DEBT COLLECTOR, ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION YOU PROVIDE MAY BE USED FOR THAT PURPOSE. NPP0366148 To: VILLAGE NEWS INC 01/23/2020, 01/30/2020, 02/06/2020

TSG No.: 170072988 TS No.: CA1700278253 APN: 157-841-26-00 Property Address: 5727 DARTMOOR CIRCLE OCEANSIDE, CA 92057-5650 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 12/13/2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 03/04/2020 at 10:00 A.M., First American Title Insurance Company, as duly appointed Trustee under and pursuant to Deed of Trust recorded 12/22/2004, as Instrument No. 2004-1201852, in book , page , of Official Records in the office of the County Recorder of SAN DIEGO County, State of California. Executed by: JOSEPH CAPOZZOLI AND KRISTIE J. CAPOZZOLI, HUSBAND AND WIFE AS JOINT TENANTS, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2924h(b), (Payable at time of sale in lawful money of the United States) At the entrance to the East County Regional Center by the statue, 250 E. Main St., El Cajon, CA 92020 All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: AS MORE FULLY DESCRIBED IN THE ABOVE MENTIONED DEED OF TRUST APN# 157-841-26-00 The street address and other common designation, if any, of the real property described above is purported to be: 5727 DARTMOOR CIRCLE, OCEANSIDE, CA 92057-5650 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$ 620,284.32. The beneficiary under said Deed of Trust has deposited all documents evidencing the obligations secured by the Deed of Trust and has declared all sums secured thereby immediately due and payable, and has caused a written Notice of Default and Election to Sell to be executed. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (916)939-0772 or visit this Internet Web <http://search.nationwideposting.com/propertySearchTerms.aspx>, using the file number assigned to this case CA1700278253 Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. Date: First American Title Insurance Company 4795 Regent Blvd, Mail Code 1011-F Irving, TX 75063 First American Title Insurance Company MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE FOR TRUSTEES SALE INFORMATION PLEASE CALL (916)939-0772NPP0366399 To: VILLAGE NEWS INC 01/30/2020, 02/06/2020, 02/13/2020

T.S. No. 19-58962 APN: 176-081-06-00
NOTICE OF TRUSTEE'S SALE
YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 9/15/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.
A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale.

Trustor: **LYNN SULLIVAN, A MARRIED WOMAN AS HER SOLE AND SEPARATE PROPERTY**
Duly Appointed Trustee: ZBS Law, LLP Deed of Trust recorded 9/22/2005, as Instrument No. 2005-0820141, of Official Records in the office of the Recorder of San Diego County, California,
Date of Sale: **2/28/2020** at 9:00 AM
Place of Sale: Entrance of the East County Regional Center, East County Regional Center, 250 E. Main Street, El Cajon, CA 92020

Estimated amount of unpaid balance and other charges: **\$390,909.55**
Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt owed.

Street Address or other common designation of real property: **980 HEATHER DRIVE VISTA, California 92084**
Described as follows:
As more fully described on said Deed of Trust

A.P.N #: **176-081-06-00**
The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale.

NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property.

NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (800) 280-2832 or visit this Internet Web site www.auction.com, using the file number assigned to this case 19-58962. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale.

Dated: 1/27/2020 ZBS Law, LLP, as Trustee
30 Corporate Park, Suite 450
Irvine, CA 92606
For Non-Automated Sale Information, call: (714) 848-7920
For Sale Information: (800) 280-2832 www.auction.com

Michael Busby, Trustee Sale Officer

This office is enforcing a security interest of your creditor. To the extent that your obligation has been discharged by a bankruptcy court or is subject to an automatic stay of bankruptcy, this notice is for informational purposes only and does not constitute a demand for payment or any attempt to collect such obligation. EPP 31015 Pub Dates 02/06, 02/13, 02/20/2020

NATIONAL

Clock is ticking for companies that depend on China imports

Paul Wiseman and Annie D’Innocenzio
AP Business Writers

For companies bracing for losses from China’s viral outbreak, the damage has so far been delayed, thanks to a stroke of timing: The outbreak hit just when Chinese factories and many businesses were closed anyway to let workers travel home for the weeklong Lunar New Year holiday.

But the respite won’t last. If much of industrial China remains on lockdown for the next few weeks, a very real possibility, Western retailers, auto companies and manufacturers that depend on Chinese imports will start to run out of the goods they depend on.

In order to meet deadlines for summer goods, retail experts said that Chinese factories would need to start ramping up production by March 15. If Chinese factories were instead to remain idle through May 1, it would likely cripple retailers’ crucial back-to-school and fall seasons.

“There’s complete uncertainty,” Steve Pasierb, CEO of the Toy Industry Association, said. “This could be huge if it goes on for months.”

Wuhan, the Chinese city where the outbreak hit hardest, is a center of automotive production. It’s been closed off, along with neighboring cities, isolating

research group IHS Markit. The city has five factories making liquid crystal displays, known as LCDs, and organic light-emitting diodes, known as OLEDs, both of which are used for television and laptop monitors. China accounts for more than half of the global production of these display panels.

David Hsieh, an analyst at IHS Markit, said in a report that “these factories are facing shortages of both labor and key components as a result of mandates designed to limit the contagion’s spread,” leading suppliers to raise panel prices more aggressively.

Phone-maker Motorola, which has a facility in Wuhan, said that so far, it expects little impact because it has a flexible global supply chain and multiple factories around the world. Its priority has been the welfare of local employees, Motorola, which is owned by the Chinese electronics giant Lenovo, said in a statement.

Apple CEO Tim Cook told analysts last week that the company’s contractors in China had been forced to delay reopening factories that closed for the Lunar New Year holiday. Cook said the company is seeking ways to minimize supply disruptions. Some of its suppliers are in Hubei, the Chinese province at the center of the outbreak. Most of Apple’s iPhones and other devices are made in China.



A volunteer stands in front of a Communist Party flag as he takes the temperature of a scooter driver at a roadside checkpoint in Hangzhou in eastern China's Zhejiang Province, Monday, Feb. 3, 2020. China sent medical workers and equipment to a newly built hospital, infused cash into financial markets and further restricted people's movement in sweeping new steps Monday to contain a rapidly spreading virus and its escalating impact.

Courtesy photo/Chinatopix via AP

long the outbreak will last, how much damage it will cause or how policymakers will respond to the threat.

“We’re grasping for precedents,” Phil Levy, chief economist at the freight company Flexport who was an economic adviser in the administration of former President George W. Bush, said.

Some look back to the SARS outbreak, which paralyzed the Chinese economy for the first few months of 2003. But the damage from SARS faded quickly: China was booming again by year’s end. And the world economy emerged mostly unscathed.

But times have changed in ways that are not favorable to containing the economic damage. Back then, China was the world’s workshop for cheap goods – toys and sneakers, for instance. Now, China has moved up to sophisticated machine parts and electronics like LCDs. And it accounts for about 16% of global economic output, up significantly from just 4% in 2003.

Levy said he was struck by how U.S. airlines reacted to the coronavirus: They suspended flights between the United States and mainland China for weeks – American Airlines through March 27, United through March 28 and Delta until April 30.

The move doesn’t just affect tourists, students and business travelers. Passenger planes also carry a lot of freight.

“When you see them loading those big 747s, that’s not just your luggage,” Levy said. “That can be pallets full of electronics and other things.”

The health crisis coincides with an especially difficult time for China’s factories. A 19-month trade war with the United States – in which the Trump administration imposed tariffs on \$360 billion of Chinese imports – has already led U.S.-based multinational corporations to look for alternatives to Chinese suppliers. Many are moving to Vietnam or other low-wage countries to dodge President Donald Trump’s taxes on Chinese-made goods.

The coronavirus, along with fears that U.S.-China tensions over trade and geopolitics will persist, gives them one more reason to reduce their reliance on China. Among multinational firms, there is “increasing unease that China is starting to become quite risky,” Johan Gott, an independent consultant who specializes in political risks for businesses, said.

But it isn’t easy to completely abandon China, where specialized suppliers cluster in manufacturing centers and make it convenient for factories to obtain parts when they

need them.

Basic Fun, a toy company based in Boca Raton, Florida, has sought suppliers in Vietnam and India with no luck yet. Its CEO, Jay Foreman, said he is hoping that the factories in China will resume production by early April, which he considers the best-case scenario. But he fears that any more delays could mean that the factories don’t start to ramp up production until after May 1.

The stakes are high. Basic Fun gets about 90% of its toys from China. And Foreman has been contending with the trade war and disruptive protests in Hong Kong.

The coronavirus, he said, is “just a continuation of sitting on the knife’s edge ... sleeping on the bed of nails from tariffs to the riots in Hong Kong and the virus. We just can’t get a break.”

D’Innocenzio reported from New York. AP Business Writers Tom Krisher in Detroit and Matt O’Brien in Providence, Rhode Island, contributed to this report.

Did you know?

Deaths from natural disasters are down by 80% over a 30-year average

MUNICH – “Globally, in 2019, about 9,000 people lost their lives in natural catastrophes compared with 15,000 in 2018. This confirms the overall trend toward lower numbers of victims thanks to better prevention measures. On average over the past 30 years, about 52,000 people per year have lost their lives in natural catastrophes,” according to a Munich Re press release.

For more information, visit www.munichre.com/en/company/media-relations/media-information-and-corporate-news/media-information/2020/causing-billions-in-losses-dominate-nat-cat-picture-2019.html.

Munich Re covers the entire value chain of reinsurance, primary insurance and insurance-related risk solutions.

more than 50 million people and bringing factories to a standstill.

So far, U.S. automakers haven’t had to curb production for want of Chinese parts. But David Closs, Professor Emeritus at Michigan State University’s Department of Supply Chain Management, said the clock is ticking.

“I would say it’s weeks at the most,” Closs said. “One to two to three weeks.”

The partial shutdown of Wuhan has already harmed the production of TV display panels and raised prices, according to a report by

In the meantime, economists are sharply downgrading the outlook for China’s economy, the world’s second-biggest. Tommy Wu and Louis Kuijs of Oxford Economics have slashed their forecast for Chinese economic growth this year from 6% to 5.4%. They expect most of the damage to be inflicted in the first three months of 2020.

“But a more serious and long-lasting impact cannot be ruled out,” they said Monday, Feb. 3.

Forecasters are contending with unknowns. No one knows how



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Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

Case Number: 37-2020-00002414-CU-PT-NC TO ALL INTERESTED PERSONS

Petitioner:

JARROD PAUL JOHNSON and ALICIA CLAIRE EDINGTON

Present Name:

a. JARROD PAUL JOHNSON
b. ALICIA CLAIRE EDINGTON

Proposed Name:

a. JARROD PAUL JUBEL
b. ALICIA CLAIRE JUBEL

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING

Date: March 3, 2020 Time: 8:30 AM Dept: 23
The address of the court is 325 South Melrose Drive, Vista, California 92081

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News

Date: JAN 15 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.

LEGAL: 5202

PUBLISHED: January 30,
February 6, 13, 20, 2020

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

Case Number: 37-2020-00001370-CU-PT-NC TO ALL INTERESTED PERSONS

Petitioner:

JOSE LUIS MONTEJO ANDRES

Present Name:

JOSE LUIS ANTONIO ANDRES

Proposed Name:

JOSE LUIS MONTEJO ANDRES

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING

Date: March 3 2020 Time: 8:30 AM Dept: 23
The address of the court is 325 South Melrose Drive, Vista, California 92081

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News

Date: JAN 09 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.

LEGAL: 5193

PUBLISHED: January 23, 30,
February 6, 13, 2020

Summons

SUMMONS
FILED 08/21/2019

CASE NUMBER: 37-2019-00042542-CU-BC-CTL

NOTICE TO DEFENDANT:

TO TRANSPORT CORPORATION, STAR RAIN LLC, JUSTO P. FELIX and JANE DOE FELIX, husband and wife,

YOU ARE BEING SUED BY PLAINTIFF:

MOUNTAIN WEST TOWING, INC. dba COUNTRYWIDE TOWING, a California Corporation

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below.

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court from that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal service program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien; must be paid before the court will dismiss the case.

The name and address of the court:
SAN DIEGO COUNTY SUPERIOR COURT
CIVIL DIVISION

330 W. BROADWAY, SAN DIEGO, CA 92102

The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is:

TIMOTHY D. DUCAR, 7430 E. BUTHERUS DRIVE, SUITE E, AZ 85260, (480) 502-2119

DATE: 08/21/2019

CLERK, BY: M. REYES, DEPUTY
Legal #: 5203

Published: January 30,
February 6, 13, 20, 2020

EDUCATION

Ticktockers care for local trees



FALLBROOK – National Charity League Ticktocker daughters are caring for Fallbrook’s downtown Community Forest.

The Perko family is giving up their year of commitment as both girls, Gabriella and Leila Perko, are moving on to their future, broadening their education.

Gabriella Perko is a graduating senior and is awaiting responses from her university applications. She has earned 1,710 community

National Charity League community service volunteers, from left, Ticktocker daughter Gabriella Perko, Patroness mother Erica Perko and Ticktocker Leila Perko have enjoyed time together by adopting three trees on Main Avenue in downtown Fallbrook for the past year.

Smith named to Emerson College dean’s list

BOSTON – Amanda Smith, a native of Fallbrook, has been named to the Emerson College dean’s list for the fall 2019 semester.

Smith is studying writing, literature and publishing and is a member of the class of 2022. The requirement to make Emerson’s dean’s list is a GPA of 3.7 or higher.

The college has 3,780 undergraduates and 670 graduate students from across the United States and 50 countries. Emerson is known for its experiential learning programs in Los Angeles, Washington, the Netherlands, London, China and the Czech Republic.

Submitted by Emerson College.

Johnson named to dean’s list

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

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

most selective, highly ranked private research universities.

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

Submitted by Lehigh University.

Firooz named to dean’s list

HEMPSTEAD, N.Y. – Donia Firooz of Fallbrook excelled during the fall 2019 semester, achieving a GPA of at least 3.5 to earn recognition on Hofstra University’s dean’s list.

Hofstra University is a nationally ranked and recognized private university in Hempstead, New York, that is the only school

to ever host three consecutive presidential debates in 2008, 2012 and 2016. Students can choose from more than 160 undergraduate program options and 165 graduate program options in the liberal arts and sciences, education, health professions and human services.

Submitted by Hofstra University.

Is your teen able to handle peer pressure?

American Counseling Association

As parents we may often ignore what is probably the most important influence in our teenager’s life -- peer pressure. While parental opinions may be given some consideration, if only because of the consequences of ignoring them, it’s more often the comments and actions of peers that help many teens decide virtually everything from hairstyles to clothing choices to academic efforts.

Peer pressure can be a good thing, encouraging participation in sports, religious activities and working for good grades.

But peer pressure can also be a negative, especially for a teen lacking in self-confidence and self-esteem yet anxious to be accepted by others. Negative peer pressure can result in trying to be part of a group rebelling against those things (such as school) about which the teen feels less confident. Parents, however, can help a

child overcome such negative peer pressure. The first step is to help build the teen’s self-confidence and positive self-image. Your goal is to criticize less while looking for positive accomplishments and chances to praise jobs well done.

It’s also important to be genuinely interested in your teen’s life. Go beyond the common “who, what, where” questions to find out what your teenager really is experiencing and feeling. Learn to respect what your teen is thinking even if you strongly disagree.

And yes, getting most teens to open up can be difficult but if you’re persistent, and show appreciation when things are shared, your teen will eventually become more comfortable talking.

Confronting problems as they arise can also help combat negative peer pressure. Try to understand your teen’s need for certain friends but feel free to express your concerns, and your reasons for them, about these friends.

And sometimes it’s simply

necessary to set rules and boundaries. While “forbidding” certain friends seldom works, you can restrict the time spent with the most worrisome of them and insist on it being in supervised settings.

It also helps to strengthen the family relationship. Insist that homework and chores be done. Set curfews and stick to them. Handle small problems quickly, before they become big ones. And spend time with your teen, establishing regular dinner hours and finding quiet times when you can really talk with one another.

Peer pressure isn’t always negative but an important parental responsibility is helping your teen learn how to evaluate friendships and identify peers who provide real friendship and positive benefits.

Counseling Corner is provided by the American Counseling Association. Comments and questions to ACAcorner@ counseling.org or visit www.counseling.org.

service hours with her six-year involvement in the NCL Inc. Leila Perko, a junior, is avidly pursuing a vet assistant certification. She is a team member of San Diego Zoo Conservation Corp.

Trees, vital to a healthy environment, are even more important with increased traffic. Ever more attention is directed toward the benefits of trees with the concern about future effects of climate change. Save Our Forest is

grateful for the assistance by NCL Ticktockers.

Check out a way that individuals can help on the FLC website, www.fallbrooklandconservancy.org/. “Cut the Carbon – Plant a Tree” is a current project of the Save Our Forest, a committee of Fallbrook Land Conservancy.

Submitted by Fallbrook Land Conservancy.

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2019-00005129-CU-PT-CTL
TO ALL INTERESTED PERSONS
Petitioner:
JAMES PATRICK CABEBE
Present Name:
JAMES PATRICK CABEBE
Proposed Name:
JALEN VALENCIO

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING
Date: March 18, 2020 Time: 8:30 AM Dept: 61
The address of the court is Superior Court, 330 West Broadway, San Diego, CA 92101
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: JAN 29 2020 Signed: Loma Alksne, Judge of the Superior Court.
LEGAL: 5206
PUBLISHED: February 6, 13, 20, 27, 2020

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00004736-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
KAREN STOLTE-BOWEN
Present Name:
ANNA CECILIA BOWEN
Proposed Name:
ANNA CECILIA CARSON

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: 3/19/2020 Time: 8:30 AM Dept: N23
The address of the court is 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: JAN 28 2020 Signed: Sim von Kalinowski
LEGAL: 5207
PUBLISHED: February 6, 13, 20, 27, 2020

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9002501
Name of Business
ROAD RUNNER WATER TRUCKING
4496 Sleeping Indian Rd., Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Martha Vazzana, 4496 Sleeping Indian Rd, Fallbrook, CA 92028
This business is conducted by an Individual Registrant first commenced to transact business under the above names as of 01/29/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 29, 2020
LEGAL: 5204
PUBLISHED: February 6, 13, 20, 27, 2020

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2019-00062287-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
NADIA BEDOLLA
Present Name:
EDDIE CRUZ MORGADO
Proposed Name:
EDDIE CRUZ BEDOLLA

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: 3/3/20 Time: 8:30 AM Dept: N23
The address of the court is 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: NOV 22 2019 Signed: Sim von Kalinowski
LEGAL: 5208
PUBLISHED: February 6, 13, 20, 27, 2020

NOTICE OF PUBLIC HEARING
FALLBROOK PUBLIC UTILITY
DISTRICT POTENTIAL INCREASE IN
COMPENSATION FOR MEMBERS OF
THE BOARD OF DIRECTORS

NOTICE IS HEREBY GIVEN that on February 24, 2020, the Board of Directors of the Fallbrook Public Utility District will hold a public hearing at 4:00 p.m., or as soon thereafter as practicable, at 990 E. Mission Road, Fallbrook, CA 92028 as part of the Regular Meeting of the Board. The Board will hold the public hearing in order to receive oral and written testimony regarding the proposed adoption of Ordinance No. 346.

Written comments may be filed at any time prior to conclusion of the public hearing. Those desiring to orally comment may do so during the hearing. Written comments should be addressed to the attention of the Board Secretary, at the above-mentioned address.

Upon conclusion of the hearing, the Board will consider adoption of proposed Ordinance No. 346, which would increase the amount of compensation for members of the Board of Directors. A copy of proposed Ordinance No. 346 will be posted in the District's office at least five (5) days before the meeting where the ordinance will be considered. Copies of the Ordinance will also be available at that time by calling the District at (760) 728-1125 or at the District's web site: www.fpubd.com.

Published: February 6, 2020

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9002677
Name of Business
ESCOBEDO INTERPRETING
1149 Senwood Way, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Maribel Escobedo, 1149 Senwood Way, Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 30, 2020
LEGAL: 5205
PUBLISHED: February 6, 13, 20, 27, 2020

FALLBROOK COMMUNITY PLANNING GROUP
PRELIMINARY AGENDAS FOR SUB-COMMITTEE MEETINGS
FALLBROOK COMMUNITY PLANNING GROUP will meet at Live Oak School, 1978 Reche Road, Fallbrook, CA 7 PM, Monday, 17 February 2020 Jack Wood, Chair 760-715-3359

Land Use Committee will meet 11 February 2020 10AM at the Fallbrook Land Conservancy's Palomares House 1815 S. Stage Coach, Fallbrook. There will not be a site tour.
1. Open Forum. Opportunity for members of the public to speak to the Land Use Committee on any subject matter within the committee's jurisdiction but not on today's agenda. Three-minute limitation. Non-voting item. No discussion.
2. Approval of the minutes of the last meeting.
3. PDS2020-TM-5637 Request to abandon a 12-lot subdivision back to a single parcel for Premier Color Nursery on Winterhaven/Brooke rds. APNs 106-272-14-00 through 106-272-25-00. G&F Properties, John Forester johnforester7@gmail.com, 760-535-4343. County Planner John Leavitt, john.leavitt@sdcounty.ca.gov, 858-495-5448. **Land Use Committee. Community Input. Voting Item. (1/13)**
Eileen Delaney, Chair 760-518-8888
Circulation Committee will not meet Tuesday, 11 February 2020 at 2 PM at the Fallbrook Land Conservancy's Palomares House 1815 S. Stage Coach, Fallbrook.
Roy Moosa, Chair 760-723-1181
Design Review Committee will meet Wednesday, 12 February 2020 9:30 AM at the Fallbrook Sheriff's Station, 388 East Alvarado Street.
1. Open Forum. Opportunity for members of the public to speak to the Design Review Committee on any subject matter within the committee's jurisdiction but not on today's agenda. Three-minute limitation. Non-voting item. No discussion.
2. Approval of the minutes for the last meeting.
3. Minor Deviation for replacement signage on existing MUP-10-015. New signage for Soapy Joe's Carwash. Applicant Karl Henning, kHenning@matthewssigns.com, 760-724-7200, **Design Review Committee. Community input. Voting Item. (1/29)**
4. Workshop to update and revise the Fallbrook Design Guidelines and Checklist. **Community input. Non-voting item.**
Eileen Delaney, Chair 760-518-8888
Parks and Recreation Committee will not meet Wednesday, 12 February 2020
Jim Loge, Chair, 760-712-2773
Public Facilities Committee will meet Wednesday, 12 February 2020
1. Open Forum. Opportunity for members of the public to speak to the Public Facilities Committee on any subject matter within the committee's jurisdiction but not on today's agenda. Three-minute limitation. Non-voting item. No discussion.
2. Approval of the minutes for the last meeting.
3. PDS 2020-ZAP-99-024W1 Discretionary Permit Application for cellular phone site modification for AT&T tower at parcels APN 125-063-09 and 125-063-10 near the intersection of Shearer Crossing and Panky Rd. AT&T agent Elton Stolze, elton.stolze@crowncastle.com, 925-737-1008, Edgare and Elizabeth S. Panky Trust, Pala Gateway, 35008 Pala Temecula Rd., PMB 50, Pala, CA 92059. County Planner Lauren Yzaguirre, lauren.yzaguirre@sdcounty.ca.gov, 858-495-5362. **Public Facilities Committee. Community input. Voting Item. (1/10)**
Roy Moosa, Chair 760-723-1181
Published February 6, 2020

the village beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at **thevillagenews.com**
Check it out. Often.
Village News 760 723-7319

Pantry thrives at new location



The Fallbrook Food Pantry's new building has its own loading dock at one end to make deliveries easier to unload.

Lucette Moramarco
Associate Editor

Fallbrook Food Pantry has been serving the Fallbrook area since 1991 and its facility has grown along with its number of clients. Before the move from its Aviation/South Mission location, the Fallbrook Food Pantry had 528 active clients. Since the move to the building it bought on North Brandon, that number is up to 1,050.

Some factors in that growth are easier access to this location, and a new registration system that is easier to use, according to programs manager Carolina Miller.

The pantry also sees about 10 volunteers a day, 70 a week, including some that come more than once a week. 2019 Volunteer of the Year Karen Austin, a Fallbrook resident, has been volunteering for 15 years; she works at the pantry three days a week. George Ruble and his wife, who live in Murrieta, have been volunteering weekly for 10 years.

Fallbrook Food Pantry board member Young Milton has been volunteering there since 2005. She said she dropped her daughter off at kindergarten, then went to the food pantry office to offer her help for the first time. Her daughter is now in college.

"I am such a long term volunteer because it is close to my heart. The idea of being hungry is scary; skipping a meal or not having food in the refrigerator keeps you awake; when I'm hungry, I can't sleep, if I do, it is a fitful sleep and I am dragging the next day," Milton said adding, "To have food is a fundamental necessity. Kids (who lack it) would do much better if they have a full stomach."

The pantry is set up similar to a grocery store with cold cases, bulk crates and shelves of canned goods and breads. Clients can shop for their food, picking their own choices with the help of volunteers. They follow a menu which limits the number of items to be taken in each category: dried goods (canned and boxed), dairy (including fresh eggs when available), frozen meat and, as available, breads, produce, crackers and cookies (and sometimes birthday cakes).

Nothing goes to waste. Old produce is picked up by local residents who want it for composting or feeding their livestock; one man even takes the old greens to feed his large tortoise. Anyone who could also use leftover produce or who would like a tour, is welcome to contact the pantry, (760) 728-7608.

Future plans include using one room as a learning center for cooking classes which would be open to all residents. Wellness and nutrition classes will be offered so everyone can learn how to cook nutritious meals.

"I love the volunteers and what the organization represents, it's like a family," Milton said while giving a tour of the pantry's much larger location, of which she said, "We are happy to not be renting."

The downpayment for the building and property was made possible by the proceeds from the annual Murphy & Murphy Southern California Realty Charity Dinner & Golf Tournament. This year's fundraising event is set for May 15 at Pala Mesa Resort.

In summing up the value of the pantry's new building, Milton said, "This is like driving a Mercedes after riding a motorcycle (for so many years)."



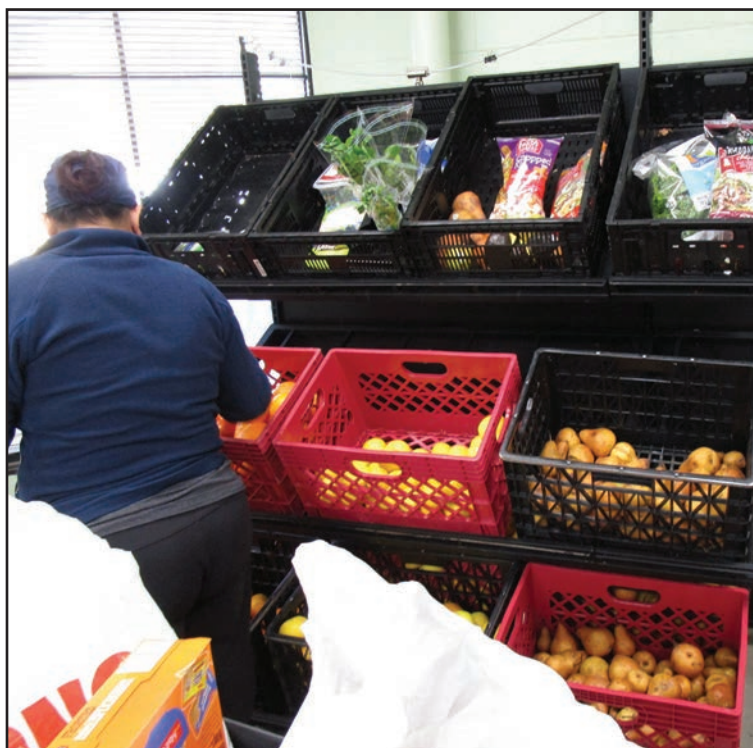
Fallbrook Food Pantry Programs Manager Carolina Miller, left, and board member Young Milton, right, pose with the pantry's volunteer of the year, Karen Austin, in the sorting room.



Clients have a choice of meat and other frozen foods at the food pantry.



Fresh produce is supplied by the San Diego Food Bank as well as home gardeners for a balanced food menu.



The produce bins at Fallbrook Food Pantry offer a variety of fresh and bagged products depending on what is available on any particular day.



The new pantry building has both cold storage and plenty of shelves for nonperishable goods, besides space for sorting donations.

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MURRIETA—Solar has become affordable for many homeowners. With no money down and a 12-year solar loan, homeowners can own a solar system for loan payments typically less than their monthly pre-solar electric bill, according to New Day Solar, a family owned solar installation company in Murrieta.

The solar panels and inverters installed by New Day Solar include a 25-year manufacturer warranty. The solar company said

there is still a 26% federal tax credit available.

New Day Solar was founded by Scott and Mary Carlson, installing over 4,000 solar electric systems in the past 31 years. Carlson and his team installed some of the first solar electric systems in Southern California, providing customers with customer service, fair pricing and industry leading expertise. Quality, honesty and integrity are the company's core values, and every aspect of New Day

Solar's business is based on these principles, Carlson said.

Call New Day Solar for a free no-obligation site visit at (951) 927-7652 or visit www.newdaysolar.com.

Submitted by New Day Solar.

Elisabeth H. Lentulo

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SRES

Shared property can cause problems

Will Fritz
Staff Writer

Shared property is something that often comes up as a point of friction at some point in our lives.

Many of us probably can remember an argument with a sibling caused by a shared toy or something similar while growing up and, much as we might expect people to be more mature about things as we and they age, that's often not how it works – in many cases, people don't grow up, they just grow older.

Stuart Doblin says he has a tenant who has been living in his garage who first caused tension with his wife, then stopped paying rent.

Landlords can typically end month-to-month tenancies with a 30-day notice if the tenant has been staying on their property for less than a year or with 60-day notice if they have been staying over a year. They can also issue a three-day notice to pay rent or quit

According to the state of California's courts website, landlords should be very specific when issuing such notices. They need to be in writing, include the full name of any tenants, include the address of the property and, for a notice to pay rent, must include the amount owed, which cannot go back more than one year, even if the tenant owes for a longer period of time.

A pay rent or quit notice must also include the dates the overdue rent is for, say the days and times the rent can be paid and, if the tenant can pay by mail, give the address the tenant should send the money to.

If the tenant complies with the

terms of the notice to pay rent or quit notice, the tenant can't be evicted. If the tenant moves out within the time limits of either notice – and it's important to remember three-day notices don't include weekends or holidays – then nothing happens.

But if the tenant stays and doesn't comply, the landlord can file an unlawful detainer. The tenant still gets time to respond, and if the tenant wants to put up a fight, the eviction can go to trial.

Doblin said he did all of this, and his tenant chose to fight the eviction based on the fact that Doblin is not technically the homeowner – the home is owned by his mother's estate. While frustrating, there is nothing a landlord can do until the tenant acquiesces or the court orders the tenant to move out.

At that point, the Sheriff's Department can come and remove the tenant from the property, but until then, the landlord can't remove personal property, change the locks or do, really, anything else.

In another situation, John Plechner says he's been having a feud with a neighbor over a driveway easement – a problem that may be familiar to many Fallbrook residents, as the area has many homes on larger lots with shared driveways. Plechner's neighbors, he says, leave their trash cans in a narrow section of the driveway that increases the possibility of a head-on collision. It might sound minor, but a continued inconvenience that another party won't address, with possibly dangerous consequences, is definitely something that can erupt and become a much better issue than it would be if neighbors would simply respect each other.

Indeed, Plechner says the problem has grown into a fight that even resulted in police being called and a restraining order being filed.

Easements are just contracts to use someone else's property for passage. Utility companies frequently have easements for lines that run under property. They have access, but they don't own the land. A driveway easement works the same way – someone owns both sides of the driveway, but because it's shared and required to access either property, both parties have access.

Easements are legally enforceable, and if one party is blocking access, law enforcement can be called to intervene. If damage is done to the shared driveway, someone could even be charged. However, if it doesn't rise to that level, unfortunately, there's not much one can do but call the sheriff's department or sue.

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

FPUD adds PFAS treatment to Conjunctive Use Project work

Joe Naiman
Village News reporter

The Fallbrook Public Utility District has amended its design contract for the Santa Margarita River Conjunctive Use Project so that the groundwater treatment plant can also remove per and polyfluoroalkyl substances (PFAS) contaminants from the treated water.

A 5-0 FPUD board vote Jan. 27 approved an amendment to the design contract with Infrastructure Engineering Corporation which will provide IEC with an additional \$771,143 and which will provide FPUD with treatment process selection, design services, and construction administration for the additional facilities.

“We’ll take a very aggressive approach in water quality,” said FPUD general manager Jack Bebee.

The Santa Margarita Conjunctive Use Project being pursued by FPUD, Camp Pendleton and the U.S. Bureau of Reclamation will enhance groundwater recharge and recovery capability within the lower Santa Margarita River basin and develop a program which will increase available water supplies for FPUD and Camp Pendleton.

Facilities within the lower basin will be constructed to capture additional surface runoff, which currently flows to the Pacific Ocean, during high stream flow periods. The surface water will be recharged through existing groundwater ponds and stored in groundwater basins during wet years while being “banked” for water rights statistics.

The water will be used to augment supplies during dry years, which will reduce the reliance on imported water provided from San Diego County Water Authority sources.

The Conjunctive Use Project will include improvements to the diversion works, increased capacity to the head gate and the O’Neill Ditch, improvements to seven existing recharge ponds,

installation of new groundwater production wells and gallery wells, water treatment at either an existing or an expanded or new water treatment plant, and a bidirectional pipeline which could deliver water to FPUD while also providing the Marine Corps with an off-base water supply should conditions warrant.

The amount of water obtained will depend on weather conditions. FPUD will not receive any water in the event of an extreme drought. The minimum water delivery to FPUD will be 580 acre-feet for a very dry hydrological year, 1,300 acre-feet for a below-normal year, 3,100 acre-feet for a normal year (based on the average over the past 50 years), 5,120 acre-feet for an above-normal year, and 6,320 acre-feet for a very wet year.

A potential additional allocation of 400 acre-feet is possible, and FPUD also has the first right of refusal for excess water sold rather than used by Camp Pendleton which could provide FPUD with up to 1,500 additional acre-feet annually while also providing Camp Pendleton with revenue for operations and maintenance.

The Camp Pendleton infrastructure will include piping to deliver the water to the boundary of the Naval Weapons Station and Fallbrook behind the FPUD solar facility site on Alturas Road. Construction of the facilities from the NWS boundary is FPUD’s responsibility.

The water will be treated at the Alturas Road plant and delivered into FPUD’s distribution system. FPUD’s costs will include a groundwater treatment plant, a distribution system to the Green Zone east of Stage Coach Lane, the Green Pump Station and a storage tank with piping, and construction management and supervisory control and data acquisition (SCADA) system integration.

The State Water Resources Control Board has a State Revolving Fund loan program which provides water agencies

with low-interest loans. In January 2017 FPUD’s board authorized an application for a State Revolving Fund loan from the State Water Resources Control Board to construct the Santa Margarita River Conjunctive Use Project, and the funding agreement for a loan of \$53,334,000 to repaid over 30 years at an interest rate of 1.9% was finalized June 20, 2019.

The loan agreement was finalized prior to the July 10, 2019, deadline for bids and assumed a \$51 million construction cost along with \$2,334,000 for construction management and SCADA integration. Filanc Alberici JV had the low bid amount of \$54,398,232, and FPUD worked with the State Water Resources Control Board to amend the agreement so that the additional \$3.4 million can also be funded by the State Revolving Fund loan.

In January the State Water Resources Control Board approved a loan amount of \$62,935,885 which includes a contingency of \$5,440,000 as well as the construction, design and construction management costs. The contingency will allow the PFAS treatment to be funded by the loan.

“We think we have enough to cover the treatment,” Bebee said.

The preliminary estimate is that the PFAS treatment work will add between \$4 million and \$5 million to the original \$54,398,232 amount.

FPUD will also pursue grants to cover the cost of the additional treatment facilities, although the contract amendment allows that work to be combined with the other construction.

“We’re doing it now so that everything can be done at the same time,” Bebee said.

FPUD will use reserves to fund Santa Margarita River Conjunctive Use Project payments until the financing from the state is received. The use of reserves was approved on a 4-0 FPUD board vote Dec. 9, with Don McDougal absent.

“We have an approved State Revolving Fund loan, but the state is a little backed up in processing it,” Bebee said.

Per and polyfluoroalkyl substances are a group of man-made chemicals which include perfluorooctane sulfonic acid (PFOS), perfluorooctanoic acid (PFOA), and other chemicals.

PFAS chemicals have been manufactured and used in many industries since the 1940s, and the commercial use includes clothes, cosmetics, dental floss, furniture, carpets, pizza boxes, popcorn bags, nonstick cookware, lubricants, paints and firefighting foams.

PFOS was phased out of production in the United States in 2002 and PFOA was phased out in the United States in 2015, although those chemicals are still present in some imported products.

Because PFOS and PFOA do not break down and can accumulate over time those chemicals exist in the environment and in the human body. Exposure to PFAS chemicals may result in adverse health effects, and the U.S. Environmental Protection Agency is undertaking studies to determine whether maximum contaminant levels for PFOS and PFOA should be established.

In the interim, the EPA has set an advisory target of 70 parts per trillion (ppt) for PFOA and PFOS combined. The state’s Division of Drinking Water has established notification levels of 5.1 ppt for PFOA and 6.5 ppt for PFOS, and Division of Drinking Water staff plans are to issue new response levels of 10 ppt for PFOA and 40 ppt for PFOS.

Last year the state Legislature passed Assembly Bill 756, which requires water providers whose systems exceed PFOA or PFOS response levels to shut off those sources or to issue extensive public notification.

An actual limit will be set once scientific research on health effects produces more data. The plans of the Division of Drinking

Water staff also include reviewing five other PFAS substances for potential notification and response levels, although no timing for those results has been provided.

FPUD staff recommended treating the PFAS contaminants with a combination of granular activated carbon and reverse osmosis. The groundwater treatment plant utilizes greensand filters for iron and manganese removal followed by reverse osmosis and chlorination.

Reverse osmosis removes more than 99% of salts which pass through the process, so some flow bypasses the reverse osmosis process to meet the district’s overall salt target.

The contract amendment with IEC will produce design documents for the additional granular activated carbon facilities. Once the treatment facilities are finalized a change order to the contract with Filanc Alberici JV, if not a separate construction contract for the facilities, will be brought to the FPUD board for approval.

In October 2014, the FPUD board awarded a \$3,205,140 design contract to Infrastructure Engineering Corporation. The design work included an implementation plan and potential phasing options to balance upfront capacity costs with the project yield.

Funding for only the phasing, modeling, and preliminary design tasks was authorized at the time of the initial award. Subsequent design changes increased the total contract amount to \$3,207,759, not including the additional amount for the PFAS control approved last month, and in September 2015 the funding for the final design was authorized.

Even with the additional treatment facilities the overall water costs from the Conjunctive Use Project are expected to be less than the price of imported water provided by the San Diego County Water Authority.

Board votes to reduce greenhouse gases, divert building debris from landfills

Gig Conaughton
San Diego County Communications Office

The San Diego County Board of Supervisors voted unanimously Thursday, Jan. 29, to reduce greenhouse gases in the county by keeping a lot more construction debris from unincorporated communities out of local landfills.

The vote would change the county’s ordinances related to diverting construction and demolition materials and supports the county’s Climate Action Plan and its Strategic Plan to Reduce Waste.

The ordinance changes would keep more organic waste like wood and cardboard from rotting in local landfills and creating greenhouse gases including methane. They would also maximize local landfill space by keeping out an estimated 11 times more debris that can

be recycled; and allow more demolished concrete and asphalt to be used for new construction.

The changes would apply to construction and grading in the county’s unincorporated communities and take effect April 1 if approved in a “second read” of the ordinance by the board Feb. 12.

The county’s existing ordinance applies to construction projects at least 40,000 square feet in size. The changed ordinance would apply to projects as large as 1,000 square feet. County public works officials estimate that the change would increase the amount of construction debris kept out of landfills from 4,000 tons a year to 44,000 tons a year.

The county’s Department of Public Works plans to post more information about the ordinance changes on its website if the changes are approved again in the Feb. 12 second read.





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Allen's expertise in the Real Estate Home Sales also extends into mortgage lending and home rentals. As a Chamber Ambassador and leader of business development and community service organizations, Allen is particularly skilled connecting the right people to the right people. Buying a home or selling one, he will deliver knowledge, experience,

and the connections you need for success. Additionally, Allen has been a Fallbrook resident for over 26 years, is a local singer/songwriter, and offers free ukulele lessons through "Uke Can Do It", www.palmsmusic.com/ukulele.html.



Carla Boldt

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DRE #02088772

Carla is a local gal who brings a unique mixture of skills to help you with your real estate transactions. She grew up on the back of a horse and understands the special lifestyle of an equestrian. She is also very active in the local wine industry and excited to see those interested in getting involved do so successfully. She is the Assistant

Winemaker at Myrtle Creek Vineyards. She is very active in the community and can be seen at most Chamber events.



Peter Thompson

250.507.5870

DRE #01072617

Peter moved to Fallbrook in 1971 and started work at Lomack Service Heating & Air Conditioning in 1972. He bought the company in 1981 and sold it in 2001. Peter passed the real estate exam in 1990 and became a full time Fallbrook Realtor with Coldwell Banker 2001. He has two children, Kevin and Adrienne, both graduated FUHS. Peter has farmed avocados, flowers and

blueberries until 2011 as a hobby. His other interests include car restoration, yacht racing & casual sailing and playing music. Peter also likes European Football (soccer) and beer.

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Real Estate Round-Up: Coming soon, take two



Kim Murphy

Murphy & Murphy Southern
California Realty

Last week I reported on a change of policy for all Realtors that will require them to input listing information within 24 hours of them posting any kind of public facing marketing on a property, as "Coming Soon."

This policy requires all Realtors to make the listing data on the property available to, in the case of Southern California, the more than 100,000 Realtors who access the California Regional MLS, and to the various syndicated real estate websites, so the property is exposed beyond the listing broker, sales associate and their personal or company websites.

The local MLS' need to update their software to accommodate the "Coming Soon" status by May 1, 2020. Sounds great, right? Well, as things seem to go, there are some brokers and Realtors that are not happy with this requirement.

They apparently want to be able to protect their listings from other competing brokers and agents and from potential buyers that are not within their company's or their personal database.

When changes like this type are made, it takes a broad consensus to reach the point that policy is changed. Generally, an issue comes to the forefront of the local Realtors.

In this case, Realtors reported to their local association representatives that more and more of the inventory of homes available for sale were not showing up on the MLS for days or weeks after public marketing was occurring on the property.

The issue was discussed at the state level, and it was discovered that the issue existed throughout the state. San Francisco is a major player in the "Coming Soon" status. One San Francisco broker owns 40% of the listings in the greater Bay Area and had a stranglehold on the other brokerages by not releasing their inventory to competing brokers but rather keeping their listings in-house.

It turns out that the problem exists across the U.S., especially in high demand areas. Inventory has been historically low, since 2016, so the desire by brokerages to not only represent listings was combined with an equal desire to represent the buyer, in order to protect their sales volume.

Starting at the local level, working up to the state level, the

issue finally came to the forefront of discussion at the national level. It was at the fall National Association of Realtors meetings that a discussion was had, and the result of that discussion is the new policy.

Another major component of this action is that it only applies to Realtors. NAR cannot impose any rules on real estate brokers or real estate licensees who are not members of NAR. This fact brings us to where we are today.

Apparently, there are some brokers who are considering discontinuing their affiliation with NAR, CAR and their respective local associations. As a consumer, you might be thinking, so who cares? I'm writing to tell you that you should.

Realtors have a "Code of Ethics" that they are accountable to. There are 17 articles to the "Code of Ethics" which begins with this:

Preamble
"Under all is the land. Upon its wise utilization and widely allocated ownership depend the survival and growth of free institutions and of our civilization. Realtor should recognize that the interests of the nation and its citizens require the highest and best use of the land and the widest distribution of land ownership. They require the creation of adequate housing, the building of functioning cities, the development of productive industries and farms, and the preservation of a healthful environment.

"Such interests impose obligations beyond those of ordinary commerce. They impose grave social responsibility and a patriotic duty to which Realtors should dedicate themselves, and for which they should be diligent in preparing themselves. Realtors, therefore, are zealous to maintain and improve the standards of their calling and share with their fellow Realtors a common responsibility for its integrity and honor."

There are nine articles that pertain to duties to clients and customers, five articles that pertain to duties to the public and three articles that pertain to the duties to other Realtors.

I don't know about you, but I would not be feeling particularly good about any broker that would choose to protect their own interests over the interests of the people they serve. If brokers choose to discontinue their association with NAR, CAR and their local associations, they will not be bound by these "Code of Ethics," which is not good for you or for Realtors who choose to honor it.

I am currently in Anaheim for CAR meetings and will update you on the discussion that we have regarding this change. In the meantime, remember, hire a Realtor. Their passion and duty to serve is at their very core.

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

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Board takes new steps to address homelessness in unincorporated areas

José A. Álvarez
San Diego County Communications Office

The San Diego County Board of Supervisors voted Wednesday, Jan. 28, to adopt several measures, including sheltering options and expanded outreach teams, to deal with homelessness in unincorporated communities.

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

Recent encampments at Lamar Park, Spring Valley Park and in other outlying areas are the latest reminders that homelessness is a regional crisis.

"Like in the city of San Diego and the rest of California, homelessness has become a huge concern in the suburban and rural parts of our region," Jacob, who represents East County, said. "Today's board vote opens the door to creating a comprehensive approach to homelessness that includes immediate and long-range measures."

The unincorporated communities of San Diego County have experienced a significant increase in homelessness and its associated impacts in recent years.

A 2019 ruling out of the U.S. Court of Appeals for the Ninth Circuit determined that municipal ordinances prohibiting sleeping or camping on public property

could not be enforced by law enforcement without the provision of access to an alternative shelter location.

The new measures call for the expansion of the pool of funding and the eligibility for the county's hotel/motel voucher program for up to 125 additional people above the current contract, with an estimated cost of about \$2.3 million in fiscal year 2019-2020, depending on how many people use the program.

The yearly costs are estimated to be \$5.6 million, however, the need for this level of service is not expected to be ongoing once other recommendations are implemented.

"The value of human life must always be a foremost concern when developing sound public policy," Desmond said who represents North County. "Additionally, there is also a value to the quality of life that residents and business owners face daily interacting with homelessness. Taxpayers demand accountability and compassion alone is not helpful. Programs must be effective and accountable."

In addition, county staff will be looking for properties to lease, license or purchase for safe and temporary emergency relocation options or a shelter, and where health services may be provided. They will also be searching for properties for temporary storage for personal belongings in Spring Valley or Lakeside.

The board directed the review and proposal of county regulations to strengthen the way they address



Village News/Courtesy photo

sleeping in public areas such as parks and public right of way and obstruction of public spaces including parks, sidewalks, road right of ways and commercial loading docks, environmentally sensitive lands with endangered habitats, areas near watersheds and areas that present extreme fire danger.

Supervisors also voted to add four deputies and equipment to the Sheriff's Department Homeless Assistance Resource Team.

The team is part of an intensive outreach the county recently piloted involving the Health and Human Services Agency, Department of

Public Works and Department of Parks and Recreation to connect people who are homeless in these communities with services and potential housing.

Many have serious, chronic needs, and it's important to break the cycle of homelessness, addiction, medical emergencies and incarceration.

Finally, the county will be exploring the feasibility of expanding the Homeless Court program to include warrant removals for people who are homeless in exchange for participation in a transitional living program.

The county has multiple programs in place to connect people experiencing homelessness to services they need and to help them find a home.

Over the past few years, the county has made significant investments in outreach, treatment and housing services. The county has greatly expanded critical services since the beginning of the Affordable Care Act.

During fiscal year 2019-2020, the county will be spending \$712.9 million on mental health and substance use treatment programs and services.

Exterior renovations that can improve home value



FALLBROOK – Renovating a home to improve its value can be a smart investment. Interior improvements, such as updating kitchens and baths, offer good return on investment, but there are plenty of exterior renovations that can add value to a home and give it that coveted "wow" factor.

Consider the landscaping.

Abundant and well-planned landscaping can instantly boost curb appeal. According to the landscaping company Lawn Starter, 71% of prospective homebuyers said a home's curb appeal is an important factor in their buying decisions. As buyers use the internet to look for their dream homes, there's no denying a beautifully landscaped, nicely photographed property can entice buyers to click and read more about a house.

Address insects and minor repairs.

Improving home value may come down to fixing areas of the home that can negatively affect its appeal to buyers. Hire an inspector to look at key components of the house and recommend what needs to be fixed. This way it is discovered before homebuyers come in and do their own inspections. Termite infestations, deteriorating roofs and hidden water leaks are some things that might need fixing.

Improve the entryway.

The front door is the focal point of a home's exterior. Invest in a new door or paint it a striking color to add appeal. Remodeling

magazine's "Cost vs. Value Report 2019" indicated changing an entry door to a steel replacement can offer 74.9% ROI. Such a door provides visual appeal and added security – things buyers look for. In addition to the front door, make sure that the entryway has a level walkway, steps that are in good repair, accents that are free from rust or tarnish, and decorative plants.

Use outdoor lighting.

Outdoor lighting can add to the ambiance of a property and serve as a security feature. Utilize different lights, such as a bright light by the entry, uplighting in trees and shrubs for drama, a light-lined path to the door to improve visibility, and motion-detection lights to improve the security of the property.

Repaint or re-side the exterior.

A fresh coat of paint or new or cleaned siding can instantly give homes a facelift. Neutral, warm and inviting colors tend to have the widest appeal. Adding manufactured stone veneer to the home can offer a 94.9% ROI, according to Remodeling. And after doing the front door and siding, investing in a garage door replacement offers the highest ROI of all exterior projects listed on the "Cost vs. Value Report 2019." This improvement returns 97.5% when selling.

Knowing which improvements add value to a home can help homeowners tailor their efforts to those that are most financially beneficial.



The Fallbrook Journal

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BUSINESS

Silvergate Fallbrook wins 2020 “Best of Assisted Living” award

FALLBROOK – Silvergate Fallbrook announced the community has been selected as one of the 2020 “Best of Assisted Living” award winners on www.SeniorAdvisor.com, the nation’s largest online ratings and reviews site for senior care and services.

Based on more than 240,000 trusted and published online reviews written by seniors and their families last year, SeniorAdvisor.com’s “Best of 2020” Award winners represent the top tier of outstanding providers of senior care and services in independent living, assisted living and senior living homes and communities. The exclusive designation honors only the top 2-3% of senior care providers across the United States and Canada.

The annual SeniorAdvisor.com “Best of Senior Living” award program analyzes and tabulates family-written reviews to find the highest quality care providers for the honor. Of the nearly 45,000 communities currently listed on SeniorAdvisor.com, just over 610 were recognized with this prestigious award.

Silvergate Fallbrook is one of

two winners in Fallbrook and the community continues to regularly receive exceptionally positive reviews from residents and their families like this one:

“Every staff member is kind, helpful and cooperative and always has time for whatever you need, even if it’s just for listening.” Cecilia Williams, a recent review poster to www.SeniorAdvisor.com, said. “We had high hopes for a retirement residence for our mother, and Silvergate has far exceeded our hopes for our mother.”

“The reviews we receive on SeniorAdvisor.com really matter to Silvergate,” Patty Martinez, executive director at Silvergate Fallbrook, said. “We always tell families...don’t take our word for it...check out our reviews online. SeniorAdvisor.com sets an exceptionally high-performance bar in their selection process and every year we consistently strive to meet that bar in terms of both resident fulfillment and family satisfaction.”

In order to ensure that only the best communities and care providers were selected for the

2020 award, the SeniorAdvisor.com organization elected to make the criteria even more stringent this award season, citing that only the cream of the crop senior living providers were able to rise to the challenge.

Officials of the senior living review site said they have been increasingly impressed each year with the quality of winners, and they look forward to spreading the word about the award-winning organizations.

To qualify for inclusion in the “Best of 2020” awards, care providers must have maintained an average overall rating of at least 4.5 stars while receiving five or more new reviews between Nov. 17, 2018, and Oct. 18, 2019.

Those interested in experiencing the caring family atmosphere of Silvergate Fallbrook firsthand and learning more about the community can call to reserve a space at an upcoming VIP luncheon and tour by calling marketing director Helen Gray at (760) 728-8880. Silvergate Fallbrook is located at 420 Elbrook Drive.

Submitted by Silvergate Fallbrook.



Margaret Williams moves to Silvergate Fallbrook after a flood caused major damage to her home and decides to stay after receiving superior care from the staff at the top-rated senior living community.

M-Rae Engineering given Rainbow MWD contract for new pressure reducing stations

Joe Naiman
Village News reporter

The Rainbow Municipal Water District awarded M-Rae Engineering, Inc., the district’s construction contract for work on pressure reducing stations at four locations.

The district board voted 4-0. Jan. 28, with Helene Brazier absent, to award the Descanso company a contract for \$265,826. The work will include the installation of three pre-manufactured pressure reducing stations provided by the district, connecting those stations into existing pipelines, and abandoning three existing pressure reducing station vaults.

“We identified high-pressure areas as being more prone to pipeline failure,” said Rainbow general manager Tom Kennedy. “The pressure reducing stations will bring the pressure down.”

In some parts of the district the pressure exceeds 400 pounds per square inch.

“The system pressures in Rainbow are higher by a larger margin than in many places,” Kennedy said. “It’s hard to manage pressure on hilly topography.”

Rainbow staff has been reviewing options to replace older pressure reducing stations and install new ones in critical areas of the system. One of the most cost-effective methods is to install pre-manufactured stations which are housed in fiberglass “doghouse” structures.

Rainbow purchased 10 pre-manufactured pressure reducing stations from Engineered Fluid, Inc., for subsequent installation in various locations throughout the district.

The four locations in the M-Rae Engineering contract are all in the

Pala Mesa area. One of those is at Pala Mesa Drive and Almendra Court; one new pre-manufactured station will be added. Rainbow will need to acquire an easement for that location, and the district is in negotiations with the Pala Mesa Fairway Villas homeowners’ association and the homeowners’ association’s legal counsel.

The other three locations are on Tecalote Drive. The work at the Pala Mesa Condos location will add one pre-manufactured station to replace an existing underground station.

That site near the golf course will require a chain link fence 3 feet high around three sides of the station with the front access point side not needing that fence. The pressure reducing station will be installed partially below grade. Rainbow has already acquired the necessary easement for that station.

The district in conjunction with M-Rae Engineering will abandon one underground pressure reducing station and add new pipe connections for the Tecalote Drive location at Pala Lake South.

Plans for that site initially included the installation of a pre-manufactured station with some reconfiguration of pipes, but it was determined that the new station would not be needed. No easement acquisition was needed for that location.

The other Tecalote Drive location is at Pala Lake North. A new pre-manufactured station will replace an existing underground station. The necessary easement for that work has already been acquired.

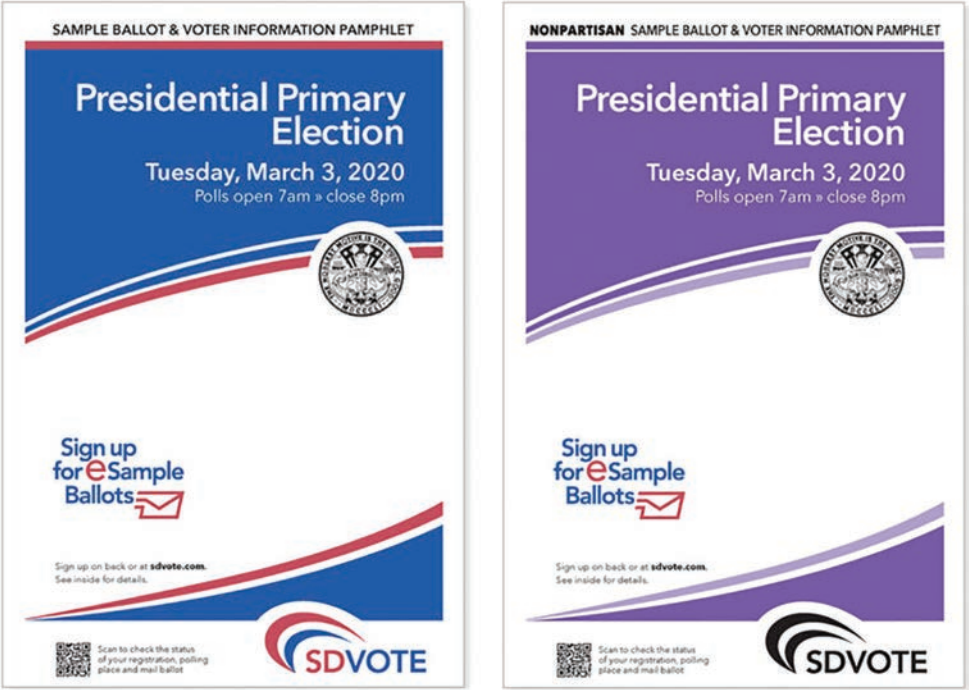
Rainbow staff prepared a bid package and advertised the contract for bid in November. Eight firms responded by the Dec.

16 deadline.

M-Rae Engineering had the low bid of \$265,826, and a Rainbow staff evaluation determined that

the bid was complete with no irregularities and that M-Rae has the proper bonding and licenses. H7 Contracting & Engineering, Inc., of Murrieta had the second-lowest bid at \$278,250.

Watch for sample ballot pamphlets for March 3 election



Tracy DeFore
San Diego County Communications Office

The Registrar of Voters office is in the midst of sending out over 1.8 million sample ballot and voter information pamphlets to San Diego County’s registered voters for the March 3 presidential primary election. All the pamphlets should be in voters’ hands by Feb. 3.

When voters receive theirs, they should check the back for their party registration. The party status will affect which presidential primary candidate they can vote for. The

Registrar urged voters to review each political party’s rules if they plan to vote for president. The back of the pamphlet will also list the assigned polling place.

The sample ballot pamphlet contains information to voters about candidates and measures as well as critical information related to the upcoming primary. Voters may also view their sample ballot pamphlet online with the “View your Sample Ballot” tool at www.sdvote.com.

If a voter signed up to get their sample ballot electronically, they should have already received an email giving them the same critical information, including a link to their

pamphlet.

Voters who want to be among the first to see their sample ballot for the November 2020 presidential general election can sign up to receive all future sample ballot pamphlets electronically. Those opting to receive the pamphlet electronically will no longer get a paper copy of the pamphlet in the mail but will be notified by email when the sample ballot becomes available online.

Meanwhile, the Registrar is still looking for poll workers especially bilingual poll workers. For more information, call (858) 565-5800 or visit www.sdvote.com.



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SDG&E and IBEW Local 465 announce multiyear hiring and training investments

SAN DIEGO – San Diego Gas and Electric’s mission is to improve lives and communities by building the cleanest, safest and most reliable energy infrastructure company in America. Building the specialized and highly skilled workforce needed to advance our mission requires forward-looking investments in people.

SDG&E and the International Brotherhood of Electrical Workers Local 465 are pleased to announce a joint plan for new multiyear hiring, training and apprenticeship programs.

Over the next three years, SDG&E plans to hire nearly 150 entry-level positions, while rolling out new training and investments for six lineman apprenticeship

classes, six line assistant classes, three electrician assistant classes and specialized training for welding and other high-skilled trades. In total, the new plan results in the hiring or significant upskilling of 400-500 represented positions.

“SDG&E and International Brotherhood of Electrical Workers share the aspiration of building the cleanest, safest and most reliable energy infrastructure company in America,” Nate Fairman, business manager for IBEW Local 465, said. “These investments directly advance that mission and provide high-quality jobs that support our local economy.”

“This multiyear plan reflects strong collaboration with

International Brotherhood of Electrical Workers Local 465 and our shared commitment to the communities we serve,” Scott Drury, president of SDG&E, said. “The highly-skilled members of International Brotherhood of Electrical Workers are the backbone of our success in delivering clean, safe and reliable energy to our customers, and one of the reasons SDG&E is recognized as an industry leader.”

Hiring and training programs are expected to get underway in early 2020.

For more information, visit www.SDGenews.com.

Submitted by San Diego Gas and Electric.

Equestrian vaulters practice for competition



Rawhide equestrian vaulter Veronica Romero, 16, performs a flag position during a vaulting practice. Equestrian vaulting is a form of gymnastics on horseback where balance and coordination is displayed while the horse is in forward motion. Village News/Shane Gibson photo



Rawhide Equestrian Vaulting team member Kadence Conwell, 7, practices her stand position with horse Lulu in the arena at Rawhide Ranch. Many of the horseback positions are held for four full horse strides.



A vaulter practices a move on one of the Rawhide Ranch horses during a training session in Bonsall. For more info about Rawhide Equestrian Vaulting and how to join, email rev@rawhideranch.com.



A Rawhide Equestrian Vaulter works on a move in preparation for a competition in Norco March 1.



Bethany Dean, 18, stands on Layla during a canter exercise in the arena at Rawhide Ranch in Bonsall.



Rawhide Equestrian Vaulting team member Olivia, 12, executes a forward swing on horse Layla during a practice at Rawhide Ranch in Bonsall.



Bethany Dean, 18, does the flag movement while practicing in the vaulting arena at Rawhide Ranch in Bonsall. Vaulters compete and show in compulsory, a series of required movements, and the freestyle which is uniquely choreographed freestyle exercises set to music.



Rawhide Equestrian Vaulter Liv Eisenhauer, 15, stands on the barrel in between horseback practice in the arena.

SPORTS

Bonsall splits league games

Jeff Pack
Staff Writer

Bonsall High School’s varsity boys’ basketball team (7-10, 3-5) split its two home games last week in league play.

The team beat Bayfront Charter High School 71-45, Tuesday, Jan. 28, to avenge an early-season loss. Then, Thursday, Jan. 30, the Legionnaires fell short against Ocean View Christian High School 61-45, after fighting back from 20 points down at the half.

Now in his second year of coaching the Legionnaires, Head Coach Chuck Colletti said he is happy about the way his team has been playing.

“As I said early in the year, the one thing about this group of boys versus last year is last year we finished 12-9, and everybody was pretty excited as far as the level of the way we played and stuff like that,” Colletti said. “I heard the year before they went like 3-18 and the program was really down in the dumps. This year’s team just seems to play really hard night in and night out, and that’s what I keep telling them – that they should be proud of themselves because they, no matter what’s going on, they really play hard.

“Last year’s team had some talent, and so it was kind of a little bit easier and we had a little bit of an easier schedule last year. We definitely took on some harder teams this year,” he said.

Colletti said the program had 12 players on the team last year, but this year they only have nine on the roster. He is hoping some more talent comes out next year to keep the program progressing.

“To be honest with you, Bonsall basketball is in need of an interjection here of some kids,” Colletti said. “We’re hoping next year that more kids will come out. I keep hearing rumors that some kids are going to be transferred from Fallbrook and other schools because the schools are bigger and they don’t have the opportunity to play. So, that’s what I try to sell – once they get to Bonsall, though a small high school, there’s a better opportunity for a student to play.”

Colletti was pleased with the way his team played Tuesday.

“The Bayfront Charter game was probably our best game of the year that we played, both

offensively and defensively,” he said. “We had only lost to them at their place by 11, and we beat them this time by 26 points. So, it was undoubtedly our best game of the year.”

Colletti said a home-court advantage helped the Legionnaires.

“Against Bayfront Charter, I’ll just be honest with you, the one advantage we have is our gym is a smaller gym because Bonsall doesn’t have its own gym,” he said. “When we get onto a bigger court, we just seem not to function as well on the defensive side as we should. But at home, it just seems like you don’t have as much area to cover. We tend to really play better defense, and I’ve always been more on the defensive side versus the offensive side because I just feel that if you play good defense, you always have a chance to win.”

The defense pressure took a toll on the visitors.

“Of course, we shot the ball very well,” Colletti said. “That was the key to it. Once we put up a good lead on them, they kind of petered out. That’s what high school basketball teams do. Kids just stop playing once they get down. It’s hard to get them rejuvenated to believe that you can always pull the game out.”

In Thursday’s game against Ocean View Christian, Colletti said fatigue may have played a factor in the result.

“We started out real slow, we were down by 20 at the half,” Colletti said. “We had a great third quarter and we cut it down to 7. But it just seemed like it just took all the energy out of us to get it down to 7 and then we just kind of fell apart the last three, four minutes of the game.

“The margin was bigger than what really happened in that game because we got back into it, and I think the boys just got tired and we just didn’t play well on the defensive side,” he said.

The Legionnaires were scheduled to play Horizon Prep High School on the road Tuesday, Feb. 4, after press time, and will play a home game against Borrego Springs High School at 6 p.m., Thursday, Feb. 6. They will go on the road to take on High Tech High School in Mesa Friday, Feb. 7.

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



Bonsall High School Legionnaire Billy Rahman shoots an underhand layup during the varsity boys basketball game against Ocean View Christian High School, Thursday, Jan. 30.

Warrior boys avenge league-opening soccer loss to Cougars



The Warriors varsity soccer team displays its championship trophy that they won in the SoCal High School Classic Soccer tournament presented by Nike over Christmas break.

Joe Naiman
Village News reporter

Valley League boys soccer play began Jan. 14, and that included a 3-0 Escondido High School victory over Fallbrook High School in Escondido, but Fallbrook was victorious in the Jan. 30 rematch on Fallbrook’s field.

“We had a different approach,” said Fallbrook coach Jorge Rojas. “The mindset that they had to respond and perform against one of the best teams in the county is what made it more successful the next time around.”

The victory against Escondido gave the Warriors a 2-2-2 league record along with an overall mark of 5-3-9. The Cougars’ loss was their first in league play this season and their second of the season and gave Escondido an overall record of 14-2-4. Escondido and San Pasqual tied each other during the first round of

league play while winning their other four games apiece, so the loss at Fallbrook also removed Escondido from the Cougars’ share of first place in the league standings.

“I was very happy with their approach and mindset,” Rojas said. “I have a team that learns from experience.”

The Warriors swept the Cougars in their 2017-18 and 2018-19 league games, and the Jan. 14 contest constituted Escondido’s first win over Fallbrook since Feb. 2, 2017.

“That match was obviously heartbreaking. There was just a lot of underperformance and the boys really didn’t show well,” Rojas said. “They’re one of the best teams we’ve played the whole season and the approach that we had in the first game wasn’t adequate.”

Part of the problem was an injury which removed inside back Ricardo Acosta for the remainder of the

game. “I don’t have any alternating center backs, so we had to be flexible and try to adjust during the game,” Rojas said.

“We had made the tactical adjustments, and it was just really difficult for the boys that night,” Rojas said. “The result was pretty evident. We haven’t had a loss with a result of that difference all season.”

Fallbrook’s only previous loss during the season was by a 1-0 margin Jan. 3 at El Camino.

Acosta saw limited action in Fallbrook’s Jan. 16 game at Ramona, so Rojas brought up Ivan Franco from the freshman team to be a center back. “That’s his natural position,” Rojas said.

Fallbrook’s junior varsity center back was ill Jan. 16, which led to the use of Franco. Franco’s brother is Fallbrook goalkeeper Cristian Franco, who had three saves in the Warriors’ 3-0 victory over Ramona.

“They demonstrated really well in the field. Ramona tried their best to compete against us, and we had the opportunity to try some new things,” Rojas said of the win.

Joseph Bell was Fallbrook’s starting outside left back for the shutout, Ivan Franco was the starting inside left back, Charlie Paez was the starting inside right back, and Michael Lopez was the starting outside right back. “Our defense definitely held their own in the back,” Rojas said.

Fallbrook held a 2-0 halftime lead against the Bulldogs. Scoring opened when Ever Morales passed to sophomore Alex Romero, who scored his first varsity goal. Acosta was on the field when Andres Martinez took a corner kick, which Acosta converted into the Warriors’ second goal.

Romero scored his second goal

of the game in the second half on a breakaway counterattack. “Alex is quite the dribbler, extremely technical player, very fast,” Rojas said.

San Pasqual’s 5-2 victory Jan. 30 at Valley Center gave the Golden Eagles a 5-0-1 league record and a 12-4-3 overall mark. One of those victories was in Fallbrook on Jan. 21. The only goal in that 1-0 game was scored late in the first half. “They caught us a little off-guard,” Rojas said.

“Overall the boys played exceptionally well,” Rojas said. “We had a couple of opportunities, but we just couldn’t find the net.”

Rojas noted that the most important aspect of success is competing on the field, and his players met that standard in the loss to the Golden Eagles.

“They sparred and went toe to toe against one of the best teams in the county,” Rojas said. “I was very pleased with the way the boys directed themselves.”

Mission Vista plays home games at the Vista Sports Park, and the Jan. 24 match there against Fallbrook ended in a 2-2 tie. The Warriors held a 2-1 halftime lead before the Timberwolves took a penalty kick with seven minutes remaining and placed the ball into the net. Morales scored the Warriors’ first goal on a free kick. Acosta took a corner kick from Martinez and turned that pass into Fallbrook’s second score.

Fallbrook’s Jan. 28 home game against Valley Center was a scoreless tie. “We’ve been experiencing some absences,” Rojas said. “I had players out sick, more than usual, with the flu.”

The players’ illnesses were augmented by an out-of-town family emergency which deprived

Fallbrook of Ramon Espinoza for the Valley Center game. The absences of Acosta and Ivan Franco created a starting defensive lineup of Joseph Bell at outside left back, Angel Gonzalez at inside left back, Paez at inside right back, and Lopez at outside right back.

Gonzalez is normally a defensive midfielder. “Angel was flexible and he decided to fill that void,” Rojas said. “He did well in the back. It made us change a couple of things in the midfield.”

Cristian Franco made six saves against the Jaguars.

“The defense saw a lot of action,” Rojas said.

“We’ve just been rolling with the punches,” Rojas said. “I’m happy with the response.”

Espinoza was available for the Jan. 30 game against Escondido, but a family emergency deprived the Warriors of Martinez. Fallbrook took a 1-0 lead when Gonzalez obtained possession following a clear attempt and subsequently placed the ball past the Cougars’ goalkeeper.

The 1-0 halftime lead became a 2-0 advantage when Bryan Rodriguez scored with an assist from Romero. The Cougars narrowed the lead to 2-1. Midway in the second half, the ball hit the hand of a Fallbrook player in the penalty box, which resulted in an Escondido penalty kick, and the shot tied the score at 2-2.

Approximately ten minutes remained in the game when Espinoza set the ball into the box where Romero was able to place it into the net. The 3-2 score held up for a Warriors’ triumph.

“A great response,” Rojas said. “They compete and they achieve great results against county-ranked teams.”

Lady Warriors overpower the Jaguars, 68-36



Lady Warrior Brooke Quintana shoots a jump shot during the varsity girls basketball game against the Valley Center Jaguars, Jan. 28.

Village News/Shane Gibson photo



Lady Warrior Elley Ahrend dribbles the ball around a Jaguar defender.



Fallbrook's Julianna Blas makes a drive to the net against Valley Center. The Lady Warriors won 68-36.



Fallbrook's Naiya Kurnik makes a drive to the net against Valley Center.



Lady Warrior Faith Pilbin shoots a layup against the Jaguars.



Fallbrook's Rachelle Roderick shoots a fade away shot against Valley Center.

Norman wins two events at FAST-hosted meet

Joe Naiman
Village News Reporter

The Fallbrook Associated Swim Team hosted the FAST 12 and Under ABC Meet at the Fallbrook High School pool Jan. 17-19, and approximately 350 swimmers participated.

“It’s been a particularly good meet for us,” Sean Redmond, meet organizer and FAST director of coaching, said.

The meet allowed many swimmers to qualify for the Junior Olympics competition.

“It was the last chance to qualify for JOs for 12 and under,” Redmond said.

Although none of the 16 FAST swimmers qualified for the Junior Olympics, 10 FAST members had times among the top eight in at least one event and 8-year-old Cora Norman won two girls 8-and-under events.

“For a number of them it was their first time swimming that event,” Redmond said. “They rose to the challenge and pushed themselves to try something new.”

Even the FAST swimmers who did not have a top-eight finish set personal records.

“A lot of best times, so there’s a lot of improvement that’s been happening. It shows the work they’re putting in,” Redmond said.

Norman competed in three events. She won the 50-yard backstroke in 47.85 seconds and the 100-yard freestyle in 1:33.04.

“That was exciting for her,” Redmond said.

In her other race, Norman placed seventh in the 50-yard breaststroke with a time of 1:06.02. Norman, who is a military dependent, has been in FAST for just over a year.

Eight-year-old Mateya Mogilski placed in three girls 8-and-under events. She was second in the 50-yard backstroke with a time of 50:03 seconds, sixth in the 100-yard freestyle at 1:31.86, and seventh in the 50-yard freestyle which took her 43.16 seconds.

The girls 8-and-under races also included 8-year-old Emma Sue Martinez placing fourth in the 100-yard individual medley at 2:10.14 and seventh in the 50-yard butterfly with a time of 1:02.75.

Emory Vorndam turned 11 years old in December and moved up to the boys 11-12 competition. He placed in nine events including two second-place finishes and three third-place times. Vorndam was second in the 100-yard breaststroke at 1:31.99, finished the 50-yard breaststroke in 42.73 seconds for second place, had the third-place time of 6:55.25 in the 500-yard freestyle, placed third in the 50-yard butterfly with a time of 34.37 seconds, took third place in the 100-yard butterfly with a 1:27.21 performance, became the fifth 50-yard freestyle finisher 30.48 seconds after the race began, was fifth in the 50-yard backstroke which took him 34.80 seconds, had a 2:38.82 performance in the 200-yard freestyle for fifth place and completed the 100-yard freestyle in 1:10.95 for seventh place.

Ellajean Martinez is 10 years

old and was in the girls 10-and-under competition. She was third in the 50-yard freestyle with a 36.26-second performance, fourth in the 100-yard individual medley which took her 1:36.58, fourth in the 50-yard butterfly with a time of 47.82 seconds, seventh in the 100-yard breaststroke in which she touched the final wall 1:52.36 after the start of the race and eighth in the 200-yard freestyle in which she posted a time of 3:16.60.

Sabina Schelhorn had two seventh-place finishes in girls 10-and-under events. The 10-year-old had times of 38.13 seconds in the 50-yard freestyle and 1:23.97 in the 100-yard freestyle.

Nine-year-old Blake Pecoraro placed in one boys’ 10-and-under event. His 100-yard butterfly time of 2:59.30 was worth third place.

The boys 10-and-under swimmers also included 9-year-old Logan McKay, who was fifth in the 200-yard freestyle with a time of 2:14.99 and sixth in the 100-yard backstroke after finishing in 1:43.35.

In his first meet ever 7-year-old Grayson Fuller completed the 50-yard freestyle in 59.64 seconds, which gave him sixth place in the boys 8-and-under division.

Eleven-year-old Jordyn Jones swam in the girls 11-12 division. Her time of 7:30.21 in the 500-yard freestyle placed eighth.

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



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Warriors eighth at Jim Londos Memorial, five grapplers place

Sanchez, Bermudez reach second day of Battle for the Belt

Joe Naiman
Village News Reporter

Fallbrook High School’s wrestling team competed in two tournaments, Jan. 10-11, with two Warrior matmen reaching the second day of the Jan. 10-11 Battle for the Belt tournament at Temecula Valley High School and the remaining Warriors combining for five medals and an eighth-place team finish at the one-day Jim Londos Memorial tournament Jan. 11, at Orange Glen High School in Escondido.

Because Kevin Sanchez and Johnny Bermudez reached the Jan. 11 portion of the 12th annual Battle for the Belt, they did not wrestle at the Jim Londos Memorial. Sanchez competed in the 132-pound class and Bermudez wrestled at 220 pounds.

Sanchez and Bermudez both lost in the match whose winner was guaranteed a medal for placing in the top eight.

“Both of our guys did well,” Fallbrook coach Cristian Vera said. Sanchez had a first-round bye, and his first actual match lasted 27 seconds before he pinned his opponent. A 10-0 major decision loss sent Sanchez to the consolation bracket, but a 10-0 major decision win and an 8-5 decision victory set up a match with Gabriel Talledo of Shadow Ridge High School in Las Vegas.

Talledo, who won a tournament in Las Vegas the previous weekend, pinned Sanchez 1:40 into the match. The tournament included four of the state’s eight highest-ranked wrestlers in the 132-pound class.

Bermudez also had a first-round bye, and he followed that by pinning his first opponent 55 seconds into the match. In his next match he was pinned 49 seconds before the end of regulation, but he won his first consolation match by a 6-2 decision and then pinned his opponent 1:27 into the second period. Jacob Medrano of St. Joseph High School in Santa Maria, who won a December tournament, pinned Bermudez 55 seconds into their match.

As losers in the placing round Sanchez and Bermudez did not officially place but were unofficially in the top 12.

“Placing at this tournament by itself is a big deal,” Vera said. “It’s very stiff competition. It speaks to their wrestling ability.”

Three of Fallbrook’s other wrestlers would have advanced to the second day had they won their final first-day matches: 145-pound grappler Matthew Kendall,

152-pound matman Ethan Aguila, and heavyweight Javier Montoya. Kendall had a first-round bye, was pinned exactly midway in the second period, won a 14-5 major decision, and lost a 6-1 decision. Aguila followed his first-round bye with a win by fall 13 seconds into the second period, a loss by fall 44 seconds into the match, and a 9-4 decision defeat. Montoya had a bye and won by fall 1:15 into the match before losing 7-5 and 7-3 decisions.

The Warriors had 10 wrestlers at the Jim Londos Memorial and placed eighth despite not filling four of the weight classes.

“I’m very happy with eighth,” Vera said. “I’m happy with everybody.”

Team points are based on wins including the level of victory – decision, major decision, technical fall, and fall or medical forfeit – and the points are increased for subsequent rounds. Fallbrook led after the earliest rounds.

“They started off really strong,” Vera said. “They were hoping to get a team trophy. That just goes to show what their mindset is right now.”

The absence of two of Fallbrook’s top wrestlers as well as the absence of any Warrior in two other weight classes allowed other schools to catch up. That didn’t prevent five of Fallbrook’s wrestlers from obtaining awards for individual positions.

“They worked really hard for those medals,” Vera said.

The Jim Londos Memorial gave a two-pound weight allowance so Carlos Hernandez wrestled in the 197-pound division. He reached the championship match before settling for second place.

“He was pretty dominant,” Vera said.

Hernandez won by fall 36 seconds into the second period, won by fall with 14 seconds left in regulation, and won a 10-5 decision to reach the final.

Guajome Park senior Nick Pira was Hernandez’s opponent in the final. The match was the fourth of the season between Hernandez and Pira. Pira defeated Hernandez by a 5-4 decision at the Jimmy Hamada Classic tournament Dec. 6-7, pinned Hernandez in the semifinals of the Dec. 13-14 El Cajon Invitational tournament, and defeated Hernandez by a 10-5 decision in the final of the Jan. 4 Mission Hills Varsity Tournament.

For the second consecutive week Pira won the championship by defeating Hernandez in the final.

“It’s tough to lose to the same

guy,” Vera said. Pira pinned Hernandez 1:55 into the first period.

“It was a well-fought match,” Vera said.

All four of Pira’s victories in the Jim Londos Memorial were by first-period pin. He pinned his opponents 32 seconds, 36 seconds, 1:40 and 1:55 into his matches, so Hernandez lasted the longest against any of Pira’s opponents. Pira was chosen as the Outstanding Wrestler Upper Weight for the tournament.

Uriel Juarez took fourth place among 140-pound grapplers.

“He’s fallen short of the podium a few times now,” Vera said.

In the case of the Jim Londos Memorial tournament, Juarez was deprived of a potential third-place finish not by two losses in the double-elimination tournament but by the CIF rule limiting wrestlers to five matches in one day. He began the tournament by pinning his opponent 47 seconds into the second period. Juarez then lost a 6-3 decision, which relegated him to the consolation bracket.

The wrestlers who are undefeated entering the finals battle for first and second while third place is the highest position in the consolation bracket.

“He wrestled back all the way through,” Vera said.

Juarez’s first match in the consolation bracket was against Cole Kirby of Sage Creek, who last year placed second in the 128-pound bracket of the CIF San Diego Section’s Division IV tournament. Juarez defeated Kirby by a 9-5 decision. Juarez then won 6-0 and 5-4 decisions. Had he not reached his limit of five matches he would have competed in the third-place match.

“I’m very pleased with how he was able to wrestle back,” Vera said.

Juarez achieved his fourth-place position despite a strained shoulder ligament.

“He wrestled through a troubled shoulder,” Vera said. “Even with that, he battled through it.”

Since four of his five matches were settled by decision, Juarez was on the mat for 26 minutes and 47 seconds.

“I’m real proud of that kid. He’s a hard-working guy,” Vera said. “I expect good things from him.”

Montoya received sixth place for the heavyweight class. He followed a first-round bye with a victory by fall which occurred 1:02 into that match. That placed Montoya into the semifinal against Cameron Fuller of Valley Center.

Fuller pinned Montoya, but



With coaches Mario Beltran, far left, and Zach Pringle, far right, and Fallbrook High School Warriors, from left, Ethan Aguila, Uriel Juarez, Carlos Hernandez, Matthew Kendall and Javier Montoya wear the medals they won in the Jim Londos Memorial, Jan. 11. Head coach Christian Vera was at the Battle for the Belt tournament that day.

not until the match had gone into overtime and 1:35 had elapsed in the tie breaking period.

“The semifinals match was a very hard-fought match,” Vera said.

Montoya then lost a 4-1 decision. “His elbow was pretty banged up,” Vera said. “He really wasn’t pushing with his left arm as much as he would have liked.”

The double-elimination format does not eliminate the consolation semifinals losers, who compete for fifth and sixth place if the match limit or a medical forfeit does not cause fifth place to be obtained by default. The strained tricep resulted in a medical forfeit rather than Montoya contesting the fifth-place match.

“It was bothering him coming into the tournament,” Vera said. “It definitely got worse in the semifinals match.”

Montoya reached the final of last year’s Jim Londos Memorial.

“His expectations at this tournament were pretty large,” Vera said.

The injury forced a finish below those expectations.

“He still managed to place,” Vera said.

Aguila was the fifth-place

wrestler for the 154-pound division. He won by fall 1:19 into the third period, won by fall 1:05 into the match, lost by fall in the semifinal match with 33 seconds left in regulation, lost by fall 1:00 into the second period, and won by fall 1:58 into the fifth-place contest.

“He was still able to come back in that fifth-place match,” Vera said.

Kendall obtained the sixth-place medal for the 147-pound class. He opened by pinning his opponent 49 seconds into the match but was pinned 1:44 into his second bout.

“He was able to battle back,” Vera said.

Kendall began the consolation portion of the tournament with a win by fall 1:41 into the match and a victory by fall 1:44 after the contest began.

He lost a 1-0 decision in the consolation semifinal. The five-match limit prevented him from competing for fifth place.

“All in all, he still had a great tournament,” Vera said.

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

OBITUARIES



Gloria Diane (McKay) Beverson left our blessed presence to be with the Lord Jan. 28, 2020. Gloria was born Dec. 6, 1945, in London, England to parents Ivan and Jeanette McKay.

As a young girl, her family moved to Minnesota, where she grew up and met the love of her life. Gloria married the Rev. Donald L. Beverson Dec. 27, 1963. They rarely spent time apart until she died peacefully in her home.

Gloria was the matriarch of her family. She is survived by her husband and best friend of 58 years the Donald; six living children, Russell, Mandie, Elizabeth and husband Craig Usher, Philip and wife Tracy Beverson, Deborah and Matthew; 15 grandchildren and 10 great-grandchildren.

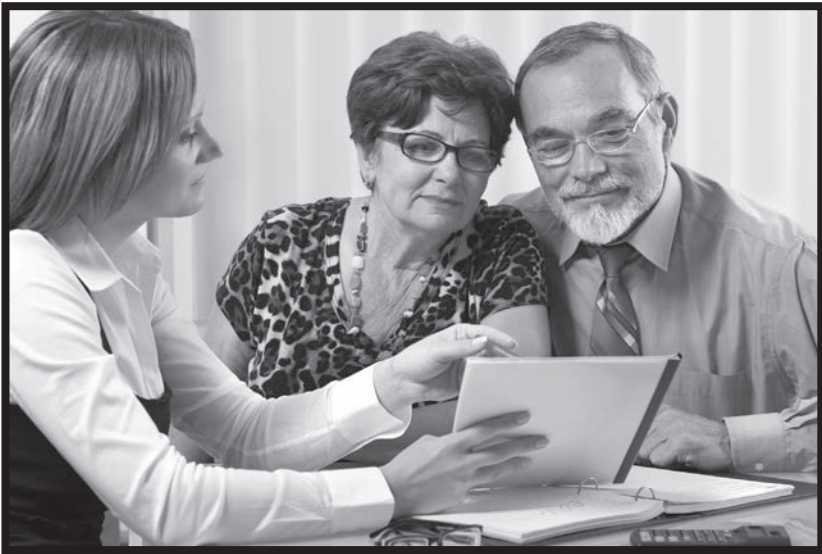
She was preceded in death by her parents Ivan and Jeanette McKay and son Daniel L. Beverson. Gloria enjoyed time supporting her husband’s business and ministry over the many years. She thoroughly enjoyed rescuing and raising countless four-legged pets from horses to dogs who were always pampered.

Services to celebrate Gloria’s life will be held at the Living Waters Christian Fellowship in Fallbrook Saturday, Feb. 8. A viewing will be held from noon to 2 p.m. followed immediately by a service and reception.

In lieu of flowers, please consider a donation to: Fallbrook Pentecostal Church, P.O. Box 1383, Fallbrook, CA 92088.

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WINE & DINING

Food pantry offers food to the those in need

Lucette Moramarco
Associate Editor

While there are many restaurants in the Fallbrook area, not all residents can afford to eat in them. Many cannot afford to even shop in the grocery stores whenever they need food. That is where Fallbrook Food Pantry comes in.

The food pantry has six programs to serve a variety of clients who live in Bonsall, De Luz, Rainbow and Pala as well as Fallbrook.

First is the weekly food

distribution at the pantry for individuals and families who need regular help in getting enough to eat. Open from 9:30 a.m. to 12:30 p.m., Monday through Friday, the food pantry is now located at 140 N. Brandon Road. Residents in need of supplemental groceries can go to the pantry once a week.

In an emergency situation, people can receive food for up to four visits before they are required to be interviewed and become a client. Clients qualify according to federal income guidelines.

The pantry also offers their

Neighborhood Distribution on the last Wednesday of each month. In collaboration with the San Diego Food Bank, pantry volunteers hand out fresh fruit and vegetables to anyone who wants to come and get it no questions asked.

This event happens from 9 to 10 a.m., at the LifePointe Church parking lot, (at the corner of Hawthorne Street and North Pico Avenue, one block from Fallbrook Library). Recipients do not need to sign up, and there are no requirements to meet to receive the food. Residents bring their own grocery bags or carts to carry their healthy choices home.

The food pantry also handles distribution of governmental commodities delivered by the San Diego Food Bank for the Emergency Food Assistance Program and given out in the third full week of the month during regular pantry hours. This food is for clients already registered with the pantry. Seniors can receive this food on Wednesday afternoon of that week between 1-3 p.m.

Seniors can also participate in the Senior Food Program (Brown Box) which is a USDA program designed to improve the health of low-income seniors who must be 60 years or older, residents of San Diego County and meet separate program income guidelines. Qualified seniors are provided with a monthly food package.

The sixth program is implemented in December – families can apply for the Adopt-a-Family program starting in September. Local residents volunteer to provide a holiday meal and Christmas gifts for children 18 and younger for participating families.

The holidays are also a popular time for food drives. Fallbrook Food Pantry received 22,000 pounds of food during the holidays this past year, but donations are needed all year long. Requested goods include shelf stable milk, liquid or powdered; cereal, oatmeal, canned fruit and vegetables, tomato products,



Tangerines are on the menu at the Fallbrook Food Pantry. Any resident with extra fruit from their trees can donate some to the pantry.

Lucette Moramarco photos



The food pantry offers a balanced diet, including celery, carrots and potatoes, to its clients.



Clients can choose one bread item when they shop for their food at the Fallbrook Food Pantry.

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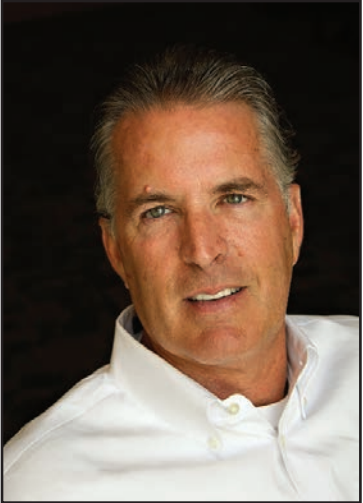
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Valentine’s Day checklist



Pastor Rick Koole
LifePointe Church

It’s February, the month we pause to celebrate “Valentine’s Day,” a day when we are reminded about the importance of loving one another. I still remember those crazy days in elementary school and the annual ritual of swapping valentines with all the other students.

I’ve been privileged to do hundreds of weddings during my career as a pastor. During the ceremony, the couple will exchange vows to love each other till death do them part. And often during the ceremony, I have turned to I Corinthians 13, the “Love Chapter” of the Bible, to remind the bride and the groom what true love between a man and a woman should really look like and to challenge them to love each other according to God’s definition of love.

The “love chapter” begins by declaring that you can have a lot going for you; however, if love is missing, you are indeed a sad person. And next it gives us an incredible checklist of the

- actual characteristics of true love. Following is the checklist. See how you do.
- Love is patient; Love is kind; Love does not envy; Love does not boast; Love is not proud; Love does not dishonor others; Love is not self-seeking; Love is not easily angered; Love keeps no record of wrongs; Love does not delight in evil; Love rejoices with the truth; Love always protects; Love always trusts; Love always hopes; Love always perseveres; Love never fails.
- I could write a column on each of the 16 characteristics but, space not permitting, let me just encourage you this Valentine’s Day to at least focus on “Love is Kind.” Chuck Swindoll tackled that phrase and compiled the following suggestions of random acts of kindness.
- Look up a forgotten friend.
 - Write a note of appreciation to someone in the church.
 - Hug someone and tell them you love them.
 - Forgive an enemy.
 - Encourage a child.
 - Keep a promise to your spouse.
 - Bake some cookies for someone.
 - Spend an hour listening to a lonely person.
 - Speak kindly to a stranger.
 - Smile at people for a day.
 - Take a leisurely walk with a friend.
 - Apologize for a wrong.
 - Talk with the TV off.
 - Volunteer to do the dishes.
- Treat someone to an ice cream cone.
 - Pray for someone new.
 - Fix breakfast Saturday morning.
 - Buy someone flowers.
 - Encourage a lonely widow or widower.
 - Visit someone new in the hospital.
 - Invite someone to share dessert with you after church Sunday evening.
 - Tell a person what you most appreciate about them.
 - Offer to babysit for a weary mother.
 - Make a meal for a family with illness.
- Sometimes one of the sweetest acts of kindness is just being present when someone is going through a time of heartbreak. Words may not even be necessary.
- The story is told of a little girl who lost her best playmate in a tragic death. She came home one day and reported to her family that she had gone to comfort the sorrowing mother.
- “What did you say?” asked her father.
- “Nothing,” she replied, “I just climbed up on her lap and cried with her.”
- Well, Valentine’s Day is approaching. Let me challenge you to find an opportunity to demonstrate true love by searching for a way to perform a random act of kindness as evidence of your love for others.

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Treat your Valentine to deliciousness next Friday

Jeff Pack
Staff Writer

If you wait until Friday, Feb. 14, to figure out a place to take your Valentine out to dinner it will be too late. That's why we put together this list of Valentine's Day dining and drinking options that are sure to reassure the one you love that they are special:

RESTAURANTS

Valentine's 2020 hosted by Baily's Old Town
5-8 p.m.

Treat your date for an evening of dinner and drinks in a romantic setting. The four-course dinner features a choice of appetizer, choice of soup or salad, choice of entree and choice of dessert. Each guest also receives a glass of sparkling wine. After dinner, guests will receive complimentary entry to Baily's Nightclub for a night of dancing. The cost is \$79 per person plus tax and gratuity. Call (951) 676-9567

for reservations. Baily's Old Town is at 28699 Old Town Front Street in Temecula. Visit www.oldtown-dining.com.

Valentine's Day at the Inn hosted by Cork Fire Kitchen
5-9 p.m.

This Valentine's Day, enjoy a romantic four-course dinner overlooking the beautiful golf course. Executive Chef Matthew Steffen created a farm-fresh menu along with romantic cocktail selections hand-crafted to liven up the evening. View the menu at <http://bit.ly/2tFSW47>.

"Love, food and angels" music night at Sovereign Kitchen
7-10 p.m.

Avoid the restaurant crowds on Valentine's Day, spend the evening with your loved ones enjoying the tasty food and desserts, tarts, strawberries with chocolate and cocktails bar, along with scenes from your favorite love movies and angel harp music by San Diego Symphony soloist Elena Mashkovtseva. Seating is limited at **Sovereign Kitchen**

at 39820 Cross Creek Court in Temecula. Call (951) 514-7195 for reservations, or visit www.sovareign-kitchen.com.

Valentine's Day at Trattoria Toscana
5-10 p.m.

Enjoy at fixed four-course meal priced at \$80 per person. Trattoria Toscana is at 26485 Ynez Road, Suites M and N in Temecula. Visit www.trattoriatoscanaintemecula.com.

Valentine's Day hosted by CJ's Sports Grill and Turf Club and Lake Elsinore Casino
4-11 p.m.

CJ's Sports Grill and Turf Club is at 20930 Malaga Road in Lake Elsinore. Visit www.cjsbar.com.

Valentine's Day Dinner hosted by The Links at Summerly and Lou's Smokehouse & Grill Room
6:30-9 p.m.

Aromatic Valentine's Day dinner with a prefixed three-course menu that includes a glass of Champagne and dessert. The price is \$60 per couple plus tax. The Links at Summerly is at 29381 Village Parkway in Lake Elsinore. Visit www.thelinksat-summerly.com.

BREWERIES

Float Night – Valentine's Day hosted by Aftershock Brewing Company and Mariposa Homemade Ice Cream
4-9 p.m.

There is nothing better than delicious ice cream floats paired with your favorite beers and sodas for all ages. Aftershock Brewing Company is located at 28822 Old Town Front Street, Suite 108, in Temecula. Visit www.aftershock-brewing.com.

Love is in the Beer hosted by Refuge Brewery and K/C Catering Co.
5-8 p.m.

A four-course beer paired dinner with live music by Tim Apple. KC Catering has created an exquisite dinner guaranteed to pair with their surprise craft beer. Refuge Brewery is at 43040 Rancho Way, Suite 200 in Temecula. Visit www.brownpaper-tickets.com.

Cupid's Bar Crawl hosted by 1909
7-10 p.m.

Celebrate Valentine's Day with 1909's first Cupid's Bar Crawl in Old Town Temecula that includes Coin Op Temecula, Iron Fire Brewing and Old Town Blues Club Temecula. The \$10 entry includes your punch card, colored wrist band and ending shot at 1909, 28656 Old Town Front Street, in Temecula. Purchase tickets at www.1909temecula.ticketspice.com/cubidsbarcrawl.

WINERIES

Valenwine's Dinner at Akash Winery and Vineyards
6:30-10:30 p.m.

Akash Winery and Naughty Pig Butchery present six courses carefully selected by the team at Naughty Butchery, paired with Akash wines. The cost is \$125 per person, with limited seating available. Akash Winery is at 39730 Calle Contento in Temecula. Visit www.akashwinery.com.

Valentine's Day Bash at Bel Vino Winery
6-10 p.m.

Featuring DJ Mike Dillinger, full bistro open, beer garden, cupcakes and cookies, Valentine's Day vendors, Love Potion mimosas and more. Tickets are \$5 admission online or \$10 at the door. Ages 21 and up only. Bel Vino Winery is at 33515 Rancho California Road in Temecula. Visit www.belvinowinery.com.

Valentine's Day at Bottaia Winery

During business hours Experience Bottaia's wine blending lab experience – \$100 per person, each guest gets to bottle, cork, capsule and take home their own blend the same day. The wine suited to the occasion is Bottaia 2018 Blush – a refreshing and light-bodied wine with a vibrant coral coloration. Enjoy flavors of watermelon and strawberry with a zingy minerality. Bottaia Winery is at 35601 Rancho California Road in Temecula. Make reservations at www.exploretock.com or call (951) 365-3388.

Love is a Work of Heart at Callaway Vineyard and Winery

Experience the work of heart that Executive Chef Anthony Bar has created for this very intimate evening by indulging in a four-course dinner accompanied by live music at



itage by Callaway. View the menu at www.callawaywinery.com/page-332730/Events.html. Make a reservation at www.callawaywinery.com/page-332735/Make-A-Reservation.html or by calling (951) 587-8889.

Sweetheart Special Valentine's Day at Cougar Vineyards and Winery
11 a.m. to 8 p.m.

Grab your sweetheart and escape to the vineyards this Valentine's Day with this heart-themed lunch. It includes a heart-shaped pizza, Caesar salad, two glasses of wine or beer, two heart-shaped triple chocolate Ghirardelli brownies and one long-stem red rose for the first 50 reservations. There are only 12 Adirondack chairs, so don't procrastinate. Price is \$50 (\$60 for 6-8 p.m.) for wine club members; \$55 (\$75 for 6-8 p.m.) for non-members and \$65 (\$85 for 6-8 p.m.) on the day of the event. The price is for two people. Cougar Vineyards and Winery is at 39870 De Portola Road in Temecula. Call (951) 491-0825 or email events@cougarvineyards.com to reserve.

Valentine's Wine Pairing Dinner at Doffo Winery
7-9 p.m.

Spend the evening at Doffo Winery as they celebrate the most romantic day of the year by serving four courses each paired with a specially selected Doffo wine at an intimate candlelit table for two. Space is limited. Doffo Winery is at 36083 Summitville Street in Temecula. Visit www.doffowines.com.

L'Amore at Europa Village
6-8 p.m.

Enjoy an intimate candlelight five-course gourmet dinner paired with Europa Village fine wines. Musical performance by Annette Wiles, Harpist from the Heart. Europa Village is at 33475 La Serena Way in Temecula. Reserve at <http://shop.europavillage.com> or call (951) 506-1818, option 5, for more information.

Valentine's Dinner at Falkner Winery's Pinnacle Restaurant
5:30-9:30 p.m.

A romantic evening with a four-course Valentine's Wine Dinner in their award-winning restaurant in Temecula. The dinner will include individual wine pairings of the Falkner's best wines with each course in this panoramic, hilltop location. \$114 per person plus tax for the 5:30 p.m. seating and \$134 per person plus tax for reservations after 5:30 p.m. Special pricing for food and wine club members, spouse and their guests. Falkner Winery is at 40620 Calle Contento in Temecula. Visit www.falknerwinery.com or call (951) 676-8231, ext. 4.

A Winter Evening in Paris at Fazeli Cellars

Seating times vary Join Fazeli Cellars' Chef Daragh Matheson and treat your special someone to a five-course wine and food pairing dinner along with live music. The cost is \$185 for non-members and \$160 for members per person. Fazeli Cellars Winery is at 37320 De Portola Road in Temecula. Visit <http://shop.fazeli-cellars.com>.

Dinner by Candlelight in The Restaurant at Leones Cellars
5:30-8:30 p.m.

This four-course meal features entrees such as Japanese wagyu with ponzu gel or Chilean sea bass with purple farro. The members' price is \$110 plus tax; nonmembers pay \$125 per person plus tax. Leones Cellars is at 38311 De Portola Road in Temecula. Make reservations by calling (951) 302-7601 or www.resy.com.

Wine and Dine Valentine's Day Dinner at Oak Mountain Winery
6-8 p.m.

Enjoy a romantic Valentine's Day dinner at Oak Mountain Winery's cave. We will be serving a four-course pre-fix selectable menu including a bottle of bubbly per couple and a commemorative stemless Valentine's Day wineglass for each person to take home. Enjoy live music by Jeff Brinkman. A

Wiens Family Cellars will be pouring four wines with perfectly paired chocolate-infused dishes created by Chef Volker.

\$50 deposit is required when the reservation is made. Oak Mountain Winery is at 36522 Via Verde in Temecula. Reservations at www.exploretock.com.

Un-Valentine Package at Somerset Vineyard and Winery
5-9 p.m.

Enjoy a meal that includes a pizza and salad to share, a welcome glass of sparkling wine, hand-dipped chocolate strawberry and one glass of wine per person and DJ Vreal for entertainment. Price is \$70 for nonmembers and \$60 for wine club members. Visit www.somersetvineyard.com.

Valentine's Day Dinner at South Coast Winery Resort & Spa
5:30-9 p.m.

Celebrate your special someone with a romantic wine country three-course dinner and wine pairing. The executive chef and winemaker have paired up to make this truly a night to remember. Price is \$150 per couple and \$199 with wine pairing. South Coast Winery Resort & Spa is at 34843 Rancho California Road in Temecula. Reservations can be made at www.southcoastwinery.com/dining/valentines.

Café Champagne's Valentine's Dinner at Thornton Winery
5-9 p.m.

A special three-course treat for your sweet. Dinner will be accompanied with a live violinist. The price is \$84 per person plus tax and gratuity. Thornton Winery is at 32575 Rancho California Road in Temecula. Call (951) 699-0099 or visit www.thorntonwine.com.

Reserve Wine and Chocolate Dinner at Wiens Family Cellars
7-10 p.m.

Celebrate with those you love plus the added benefit of wine and chocolate. They will be pouring four wines with perfectly paired chocolate-infused dishes created by Chef Volker. This is a 21 and over event. Wiens Family Cellars is at 35055 Via Del Ponte in Temecula. Visit www.wiencellars.com.

PECHANGA RESORT CASINO

Treat your sweetheart and yourself to a memorable dinner at Pechanga Resort Casino. From casual to upscale dining and everything in between, Pechanga's award-winning food will set the stage for a perfect, relaxing night to celebrate love.

Pechanga Buffet will be open from 9 a.m. to 11 p.m. this Feb. 14, starting with a brunch menu until 3 p.m. with dinner following. Guests can dine at the Buffet this Valentine's Day for \$46.99 for adults, \$23.99 for children ages 3-11 and children under 3 are free. The Pechanga Buffet seats over 450 people and is a great option for large parties and families.

For \$68 per person, you and your special someone can indulge in a special four-course meal hand-crafted by **Paisano's** Chef Jordan Garcia. The traditional Paisano's menu will be served in addition to this special. Reservations are strongly recommended.

For \$72, per person, **Great Oak Steakhouse's** Chef Jose Mendoza's dining features a main entrée that includes a prime filet mignon with Maine lobster tail served with Champagne butter and parsnip puree. Reservations are recommended.

The **Lobby Bar and Grill** is offering a special Valentine's Day menu for you and your significant other to enjoy. The regular menu will be available in addition to the dining special as well.

Kelsey's features 48 beers on tap and a perfect Valentine's Day dinner for two for \$24 per person. The regular Kelsey's menu will also be available.

For more information and reservations visit www.pechanga.com/dining.

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



Baily's Old Town is offering dinner and drinks in a romantic setting this year. Valley News/Baily's Old Town photo

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Piano virtuoso Sebastian Sidi to perform in concert at Callaway Winery, March 14

MENIFEE – Menifee resident and public television artist Sebastian Sidi will perform live in concert at Callaway Vineyard and Winery Saturday, March 14. The show begins at 8 p.m. and



Menifee resident and public television artist Sebastian Sidi will perform live in concert at Callaway Vineyard and Winery Saturday, March 14.

doors will open at 7 p.m. The concert will be held at Callaway’s barrel room. Purchase tickets for the show or purchase a VIP Dinner Package and enjoy dinner at Callaway Winery’s Meritage Restaurant. Make sure to stick around after the show for a special meet and greet with Sebastian Sidi. Sidi is a self-taught piano virtuoso and performing artist. Known for his unique instrumental style, Sidi blends Classical music, with rock and Latin styles, creating a unique electrifying genre. He will perform instrumental renditions of “Phantom of the Opera,” “My Heart Will Go On” and ABBA’s “Chiquitita,” and Latin favorites like “Historia De un Amor” and “Balada para Adelina” and many of Sidi’s original compositions. Joining Sidi will be saxophonist sensation, Shashaty. Together they

will perform songs such as Mariah Carey’s “My All” and The Eagle’s “Hotel California.” Also, comedian Janice Remland will deliver a 15-minute comedy set. Since 2008, Sidi has produced and aired three public television concert specials. He began performing at 17 and has sold over 400,000 CDs. Sidi was born in Montevideo, Uruguay, and moved to the U.S. at 7 years old. Every performance is dedicated to his mother Miriam Sidi who died in 2002 after a 12-year battle with breast cancer. Sidi’s performances are energetic yet intimate and full of passion and heart. His music resonates with people of all ages and all walks of life. Tickets are available at www.sebastiansidi.com/shows. For questions or additional informa-



Sebastian Sidi is a self-taught piano virtuoso and performing artist known for his unique instrumental style. Sidi blends Classical music, with rock and Latin styles, creating a unique electrifying genre. Valley News/Courtesy photos

tion, call (562) 544-7774. Submitted by Sebastian Sidi.

Fazeli Cellars makes donation to Honoring Our Fallen



Fazeli Cellars' Kara Smith, left, and BJ Fazeli, right, present a check to Laura Herzog, founder of Honoring Our Fallen.

Kim Harris
Managing Editor

Employees and wine club members at Fazeli Cellars recently worked together to raise funds for Honoring Our Fallen, an organization which helps families who

automobile accident in Fort Campbell, Kentucky. Burkman was 21. “Fazeli Cellars staff wanted to make a difference and opted to hold a donation drive within their own staff to benefit Honoring Our Fallen, the organization that helped their co-worker, Kara,” Fazeli Cellars president BJ Fazeli said, adding that wine club members also joined in to assist in the fundraising effort. Fazeli matched the donations to help the families Honoring Our Fallen serves. More than \$5,000 was raised during the drive to help families of fallen soldiers and first responders. Honoring Our Fallen relies on donations to support the work they do helping families in their darkest hour. For more on Honoring Our Fallen, visit www.honoringour-fallen.org. For more on Fazeli Cellars, visit www.fazelicellars.com, or call the winery direct at (951) 303-3366. Kim Harris can be reached by email at valleyeditor@reedermedia.com.

Classifieds

Employment

Caregiver: Retired school teacher in Hemet looking to hire a companion to help with daily tasks, cooking and cleaning, etc. Could be live in, or not. Call Norman at 951-484-3013

Professional Seeks Salaried Position: "Creative energetic sales pro with great phone voice and her own office seeks salaried remote employment in Tem/ Murr M-F 951-551-6780"

Farm worker: Looking for farm worker for flower and avocado farm, in Fallbrook, De Luz. Must live on the farm available to work in the weekends. Call Robert# 310-612-3547.

CAREGIVERS NEEDED: Seniors Helping Seniors is hiring immediately for a caring and compassionate caregiver in Fallbrook and Temecula areas who are available to work weekends. If interested, please call 760.884.4111 for more information.

Real Estate - For Rent

28 feet trailer for rent, Fallbrook CA: 28 feet trailer for rent in De Luz Fallbrook CA, thirty minutes from Fallbrook and thirty minutes from Temecula. Beautiful area Remote,Quite,perfect for single man or couples.Call Robert# 310-612-3547.

FALLBROOK ROOM FOR RENT: Master Bedroom with private entrance and access to living area, kitchen and pool. Utilities included. Close to town.. \$900.a month. Must pass criminal and credit check. First and last to move in. Sorry, no pets 760-637-1639.

Christian woman looking for a Room to Rent: 58-year-old Christian Woman, Looking for a Room to rent with a private entrance in the Fallbrook or Bonsall Area. Please call 760-696-5900

Services Offered

Heating and air conditioning: Replace your old heating and a/c system with a new Efficient system with proper air filtration. Call Paul At Fallbrook Mechanical and Contracting for all your Heating and a/c needs service and installation. Also ask about a special for new attic installation to keep That new conditioned heating in your living space. Also WiFi thermostat with all new installation. Call 760 822-1581 over 25yrs experience and Navy Veteran. Lic#777459 B And C-20. No soliciting thanks.

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Sheriff's Log	
Jan. 18	
5500 block S. Mission Rd	Embezzlement
Jan. 20	
800 block Cozy Ct	Vandalism
Jan. 21	
35800 block Shetland Hills	Petty theft
40600 block De Luz Rd	Battery
800 block Mandarin Dr	Vehicle burglary
Jan. 26	
4600 block Dulin Rd	Family disturbance
200 block W. Aviation Rd	Stolen vehicle
1000 block Felicidad Dr	Arrest: Domestic abuse with minor injury
1000 block S. Main Ave	Petty theft
Jan. 27	
5200 block S. Mission Rd	Vehicle burglary
700 block S. Main Ave	Vandalism
7300 block W. Lilac Rd	Assault with a deadly weapon
5200 block Fifth St	Commercial burglary
Highway 76 @ Interstate 15	Arrest: Possession of controlled substance
2400 block S. Stage Coach Ln	Disturbance
1200 block Old Stage Rd	Under the influence of controlled substance
Jan. 28	
600 block E. Elder St	Missing person
700 block McDonald Rd	Death
1100 block E. Mission Rd	Death
3300 block Avocado Vista Ln	Petty theft
Yesteryear Ln @ Gum Tree Ln	Arrest: Possession of controlled substance
300 block E. Alvarado St	Found narcotics
1600 block S. Mission Rd	Fraud
Jan. 29	
400 block N. Main Ave	Public intoxication
400 block Ammunition Rd	Arrest: Domestic abuse with minor injury
4900 block Fifth St	Fraud
700 block Mandarin Dr	Petty theft
Jan. 30	
1800 block Fallbrook Oaks Ct	Stolen vehicle
600 block E. Elder St	Arrest: Obstruction of peace officer
600 block E. Elder St	Missing person
De Luz Rd	Robbery
Jan. 31	
7300 block W. Lilac Rd	Assault
5600 block Lake Vista Dr	Vehicle vandalism
1500 block Larson Ln	Residential burglary
400 block W. Clemmens Ln	Fraud
1000 block S. Main Ave	Missing person
700 block Darla Ln	Disturbance
1900 block Katie Ct	Arrest: Domestic abuse with minor injury
3900 block Reche Rd	Violation of court order
1400 block Alturas Rd	Missing person
100 block S. Vine St	Battery
4700 block Pala Rd	Grand theft
Feb. 1	
1200 block S. Main Ave	Shoplifting
4700 block Pala Rd	Grand theft
600 block De Luz Rd	Domestic abuse
1500 block Via Monserate	Disturbance
1400 block Alturas Rd	Family disturbance
S. Mission Rd @ Old Stage Rd	Arrest: Possession of controlled substance paraphernalia
1600 block Dentro de Lomas Dr	Fire investigation
Old River Rd @ Dentro de Lomas Rd	Public intoxication
4300 block Citrus Dr	Recovered stolen vehicle
Feb. 2	
100 block S. Vine St	Battery
900 block La Vonne Ave	Battery
1400 block Alturas Rd	Petty theft
Feb. 3	
1500 block Dentro De Lomas	Arrest: Willful cruelty to child, public intoxication
1000 block Knoll Park Ln	Arrest: Failure to obey court order
900 block La Rue Ave	Arrest: Vehicle theft, outstanding felony warrant



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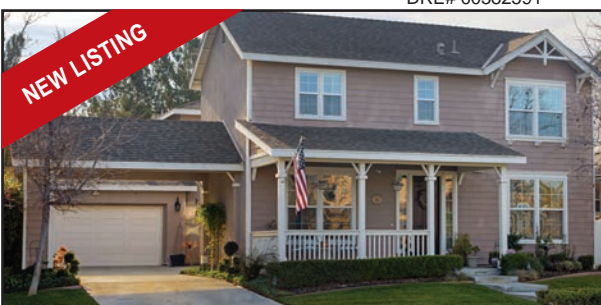
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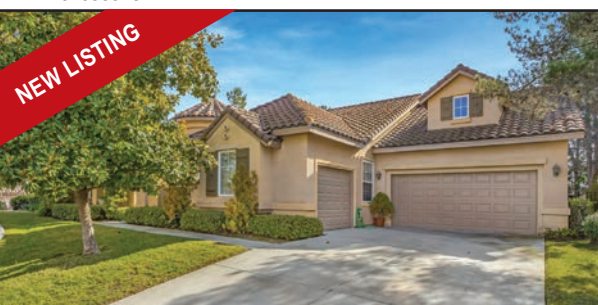
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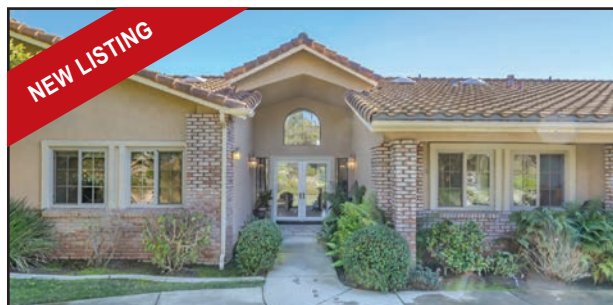
2657 Daisy Lane, Fallbrook \$749,000



29279 Providence Road, Temecula \$610,000



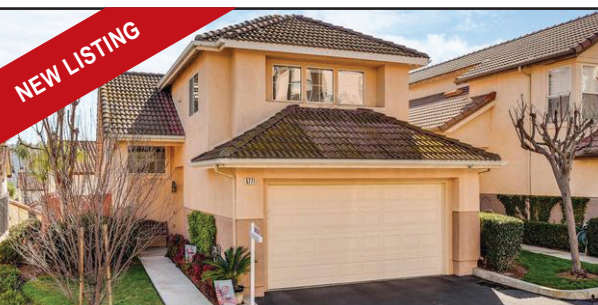
967 Inverloch, Fallbrook \$616,000



1527 Winterwarm, Fallbrook \$845,000



6639 Surf Crest, Carlsbad \$1,299,000



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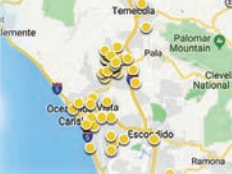
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