

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

Village News/Google photo



Fallbrook Climate Action Team offers a webinar on fighting food waste. Village News/Courtesy photo

FALLBROOK – Fallbrook Climate Action Team will host a Solana Center Webinar called Smart Ways to Fight Food Waste Tuesday, Jan. 31, at 6:30 p.m. on Zoom.

Solana Center for Environmental Innovation is a 501(c)(3) nonprofit mobilizing the San Diego community through innovative outreach and consulting services for businesses and jurisdictions to address the region's most pressing environmental issues and enact impactful change.

Founded as Solana Recyclers in 1983, they pioneered the first comprehensive curbside recycling program in San Diego – and one of the first such programs in the State of California. Together with partners, they work creatively to promote the sustainable management of natural resources and connect the community to real solutions.

In this webinar, they will cover practical and successful methods to prevent food waste in the kitchen;

where and how food is being wasted in the U.S. and around the world; the social, environmental and economic impacts of food waste and best options to divert food waste that can't be avoided.

Food loss and waste exacerbates the climate change crisis with its significant greenhouse gas footprint. Production, transportation, and handling of food generate significant carbon dioxide emissions and when food ends up in landfills, it generates methane, a more potent greenhouse gas.

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

Submitted by Fallbrook Climate Action Team.

CORRECTION: In the Jan. 12 article “NCFPD teams with Sheriff’s Dept on disaster preparedness,” CERT representative Mike Crain was misidentified as Bob Crane. The Village News regrets the error.

Jan. 21 – 11:30 a.m. – The Friends of the Fallbrook Library’s 2023 annual Community Read event at Pala Mesa Resort, features New York Times bestselling author Caitlin Rother and her book, “Death on Ocean Boulevard: Inside the Coronado Mansion Case.” A light lunch will be served; the author will speak, answer questions, and sign her books which will be available for purchase. Tickets are \$35 (no service fee) and are available at <http://www.fallbrooklibraryfriends.org> or at the Bottom Shelf, 124 S. Mission Road.

Jan. 25 – 12:30-2:30 p.m.
– Wellness Wednesday Event with free health screenings and workshop on Sugar 101: Be A Sugar Detective at 1:30. All happening at the Fallbrook Regional Health District's Community Health & Wellness Center, 1636 E. Mission Road. For more info or to register, call 760-731-9187 or visit <https://www.fallbrookhealth.org/health-screenings>.

Jan. 27 – 8 a.m. to 5 p.m.
– Mental Health First Aid, a
free 8-hour certification public

education program, will be offered at the Fallbrook Regional Health District Center over the course of two evenings, at the District Administration Office, 135 S. Brandon St. Learn to recognize risk factors, warning signs, and symptoms of mental illness and how you can make a difference. For more info or to register, call 760-731-9187 or visit fallbrookhealth.org/mental-health-first-aid.

Jan. 31 – 11 a.m. to 4 p.m. – Blood Drive at Fallbrook Regional Health District's Community Health & Wellness Center, 1636 E. Mission Road. Donate and save a life. Registration is preferred but walk-ins are also welcome. To register, go to <https://www.fallbrookhealth.org/blood-drive-dates>.

Jan. 31 – 6:30-8 p.m. The Fallbrook Beautification Alliance, along with the International Dark Sky Association will offer a Fallbrook Dark Sky Community education event at Fallbrook Library. Telescopes will be available for viewing the night sky. This is a free event.

Fallbrook Regional
HEALTH DISTRICT
...community health & wellness center

Hello Health

WELLNESS MIÉRCOLES DE

Wednesdays Bienestar

January 25th from 12:30-2:30pm

Every LAST WEDNESDAY of the month 12:30-2:30pm.

Todos los ÚLTIMOS MIÉRCOLES del mes, de 13:30 a 15:30 horas.

CULTIVATE HEALTH WORKSHOP

Sugar 101- Be a Sugar Detective

Take control of cravings and your health with some simple tools. Discover where sugar might be hiding in your diet and learn to be a sugar detective

Taught by Shannon Moss.

**JAN
25
1:30
PM**

CULTIVA TU SALUD: BIENESTAR

Azúcar 101: Sea un Detective del Azúcar

Controle sus antojos y su salud con unas sencillas herramientas. Descubra dónde se esconde el azúcar en su dieta y aprenda a ser un detective del azúcar.

Clases dirigidas por Shannon Moss.

**25
ENR.
1:30
PM**

DIABETES SCREENING

EXAMEN DE DIABETES

If blood sugar is too low, you can lose the ability to think and function normally.
If blood sugar is too high, it can cause damage to the body over the course of many years.

Si el nivel de azúcar en sangre es muy bajo, se puede perder la capacidad de pensar y funcionar con normalidad.

Si el nivel de azúcar en sangre es muy alto, puede causar daños en el cuerpo a lo largo.

Normal blood pressure is important for the proper flow of blood from the heart to the body's organs and tissues.

BLOOD PRESSURE

Una tensión arterial normal es importante para que la sangre fluya correctamente del corazón a los órganos y tejidos del cuerpo.

PRESIÓN ARTERIAL

BMI

ÍNDICE DE MASA CORPORAL

BMI value measures the level of body fat a person has based on their height and weight.

El dato del IMC mide el nivel de grasa corporal que tiene una persona en base a su estatura y peso.

For more information and to register: Para mas información y para Regístrese:

www.fallbrookhealth.org/health-screenings

Fallbrook Regional Health District
Community Health & Wellness Center
1636 East Mission Rd, Fallbrook | (760) 731-9187

DIABETES PREVENTION & MANAGEMENT

**FREE BEGINNERS
8-WEEK CLASS
BEGINS:
SATURDAY
JAN 21, 2023**

A collection of medical icons including a syringe, a stethoscope, a heart with an ECG line, and several capsules/pills, arranged in a cluster.

9:30 - 11:00 AM

@ THE LEARNING CENTER

140 N. BRANDON ROAD

FALLBROOK, 92028

Contact Rebecca Holder

educator@fallbrookfoodpantry.org

The logo for Fallbrook Food Pantry. It features a circular emblem with a stylized leaf design at the bottom. The text "SERVING THE COMMUNITY SINCE 1991" is written in a circular path around the top. Below the leaf, the words "Fallbrook" and "FOOD PANTRY" are written in a serif font.

Monday-Friday 9:30am-12:30pm
140 N. Brandon Rd., Fallbrook, CA 92028
760.728.7608

www.fallbrookfoodpantry.org

"when you are hungry, nothing else matters."

KEN FOLLIS



SHARON ROBINSON

COMPASS



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760.803.6235

DRE #00799622

Sharon Robinson

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If you are thinking **REAL ESTATE**, please think of us! We would love to serve you in 2023!

Let us show you how we **NET MORE** for our clients! We live here, we work here, we spend our \$\$ and time contributing to the Fallbrook and Bonsall community! When you work with us, you are shopping **LOCAL!**



1709 Monserate Way, Fallbrook
Offered at \$1,198,747



1055 Inverlochry Dr, Fallbrook
Sold for \$912,382



3908 Wendi Court, Fallbrook
Offered at \$1,999,747



377 Charles Swisher, Fallbrook
Offered at \$998,747



148 Barhaven Ln, Fallbrook

Tucked away on a quiet street, this charming home has both modern upgrades and character combined for easy Fallbrook living! This 3BD, 2BA enjoys single story living with a spacious 1,752 sqft. on a 1/3 acre lot! A cozy living room fireplace sets the mood! The primary bathroom is recently expanded and remodeled, all the bedrooms are spacious and the living areas have cathedral style ceilings for extra volume. Outdoor patio area includes plenty of room to entertain and includes a gazebo area in addition to the patio cover. No HOA!

Sold for \$670,000

Ken's Corner

If you are buying or selling in our market area, we would like the opportunity to show you what we can do for you. Our buyers succeed in multiple offer situations, and our sellers receive on average 3.84% MORE MONEY on their homes. Let us show you all the new tools and marketing strategies we are implementing to assist our clients. Call or come by today!

AT YOUR SERVICE! – Ken



3120 Knottwood Way, Fallbrook

Welcome to this beautiful single-story home in the highly desired neighborhood of Sycamore Ranch! Offering stunning views of surrounding hills and avocado groves. Home to the Golf Club of CA. Recently remodeled kitchen w/walk-in pantry, Spacious center island, Quartz counters, Glass tile back splash, Light Gray Cabinets w/stainless appliances opens to Family room with cozy fireplace. Master Bedroom features retreat with built-ins and Plantation shutters. Private, serene backyard with Koi pond and water feature. New Roof, Fresh new exterior paint, Whole house water filtration system. Tesla Solar Electric net metering. Circular Drive w/RV Parking. Attached 3-stall garage, Plus 2 1/2-stall det. garage w/workshop. 1.05 acre usable lot permitted for ADU!

Sold for \$1,210,000



3993 Peony Dr, Fallbrook

Spectacular "Classic California" estate above lovely Fallbrook. Sunsets here are amazing as are the inspiring western-facing panoramic views. Completely private and gated with a jaw-dropping resort-style pool and spa, this property is surrounded by other high-end estates. Five acres of useable land with several building sites for possible guesthouse, pool house or ADU's. Income-producing blood orange, lime and avo trees. Built by custom builder Michael Pierce, beams & high ceilings throughout.

Sold for \$1,590,000

Sharon's Corner

We have added some amazing new team members to serve you in 2023, and we will be rolling out the red carpet on our listings with brand new marketing strategies that will help YOU win in this changing market!

If you want to succeed when buying, let us help you get the best outcome and start living in your new home in 2023! We are here to make it happen for you!

LET'S TALK! – Sharon



1907 Camino Alisos, Fallbrook
Sold for \$1,911,000

Business Spotlight



La Cucina Trattoria

Now open to serve you best! We are open 7 days a week for lunch and dinner. Head chef Uriel Sánchez is proud to offer traditional and quality Italian flavors and dishes. His goal for La Cucina is to create a humble and warm environment where every customer is treated like family. Visit our website for full menu and gallery!

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760-451-6075
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Meet Our Team



Darlene Osborn
Realtor® | DRE# 02093115
darlene.osborn@compass.com
760-521-4277

"Darlene is an absolute dream to work with!! As first time home buyers, she really went above and beyond to make sure we understood and were comfortable every step of the way. There were multiple offers on our home, but Darlene fought to make sure ours was the one that was accepted!"
- Kristen and Gracie L.

Suzie Hoover
Realtor® | DRE# 01882681
suzie.hoover@compass.com
760-505-0806

Suzie's electric personality coupled with integrity and leading knowledge in new and emerging Real Estate markets ensures that her clients have all the information needed to make their best choices when buying or selling property. Timing and relationships are everything in today's everchanging and more competitive Real Estate environment.

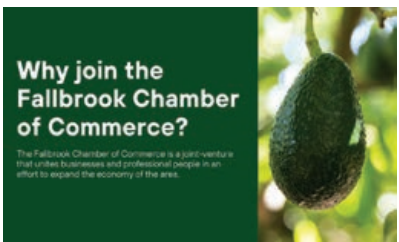
John Graef
Realtor® | DRE# 01012451
john.graef@compass.com
760-453-1491

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



6543 Indian Trail Way, Fallbrook
Sold for \$1,643,000

Charity Spotlight



Chamber of Commerce
Fallbrook Chamber of Commerce

From education to economic development, the Fallbrook Chamber seeks to give each of its members the opportunity to prosper in today's competitive business world. With so much competition, wouldn't it be nice to be part of an organization that is dedicated to contributing to your success?

111 S Main Ave, Fallbrook
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La Cucina holds grand opening



La Cucina Trattoria restaurant on South Mission is now open; staff includes, from left, Danielle, Raj Patel, Jesse Garg, Flor Cruz and Raksha Patel. Their grand opening was held on Jan. 12. Village News/Josephine Mackenzie photos

Find contentment in 2023

Rick Koole, Ed.D.
Life Pointe Church

The most sobering place I ever visited was the Auschwitz concentration camp. The sense of evil was almost overwhelming. And, it was so cold that I was freezing despite my hat, heavy coat and gloves. I couldn't help but imagine how the imprisoned Jews must have suffered without any of those.

In his book "Man's Search for Meaning," Victor Frankl shared his first-hand death camp observations and documented the amazing coping powers of humans to retain inner freedom. He wrote: "We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last pieces of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way."

Leadership guru John Maxwell likewise reminded us that "it's your attitude...not your achievements...that will give you happiness and contentment." While Charles Swindoll famously summed it up when he wrote, "Life is 10% what happens to you and 90% how you respond."

As we start another new year, take a moment to consider how content you are.

In the Bible, the Apostle Paul wrote of his many sufferings, but after reflecting on all that had happened to him wrote, "I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."

Elsewhere he wrote that "Godliness with contentment is great gain."

When the novelist, Dr. A.J. Cronin, was a practicing physician in a small Welsh mining community, he worked with a remarkable nurse. For more than 20 years, Olive Davies had served the people with competence, patience and cheerfulness. Her friend, the doctor, resented the inadequate salary with which her selfless work was rewarded, yet he was moved to see it differently after the following encounter with the nurse.

He wrote, "Late one night after a particularly strenuous case, I ventured to protest to her as we drank a cup of tea together. 'Nurse,' I said. 'Why don't you make them pay you more? It's ridiculous that you should work for so little.' She raised her eyebrows slightly and smiled, 'I have enough to get along.' 'No really,' I protested. 'You ought to have an extra pound a week at least. God knows you're worth it.' There was a pause. Her smile remained, but her gaze had an intensity that startled me. 'Doctor,' she said. 'If God knows I'm worth it, that's all that matters.'"

Harold Kushner in his book "When Bad Things Happen to Good People" said he believes the pursuit of happiness is the wrong goal. You don't become happy by pursuing happiness. You become happy by living a life that means something. He emphasized that contentment comes to those who have a driving purpose in life.

Kushner viewed happiness as a by-product but never as the primary goal. He believed happiness is like a butterfly. Chase it, and it will fly away from you and hide. Instead, stop chasing the butterfly and get busy doing productive, useful things, and happiness "will sneak up on you from behind and perch on your shoulder."

Mountain Mike's delivers for the community



Josh Tiller, owner of Mountain Mike's, brings some delicious pizza to the Village News office on deadline day. At 2 p.m. some days, Tony Campbell takes pizza donated by Mountain Mike's to some of the people around town who are down on their luck. They also offer fundraising programs for local nonprofits. Villager News/Courtesy photo



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Fallbrook Vintage Car Show online registration is now open



Fallbrook Vintage Car Club's Car Show Leadership Team meets at Fallbrook Public Utility District Wednesday, Jan. 11, to review plans for the annual event. Village News/Courtesy photo

FALLBROOK – The 56th annual version of the Fallbrook Vintage Car Show and Swap Meet will be held Sunday, May 28, again at Bates Nut Farm, 15954 Woods Valley Road, in Valley Center. Last year's turnout included over 400 show cars and 40 plus vendors.

Visit <http://www.fallbrookvintagecarclub.org> to register a car or to obtain a swap meet booth space. Or print the forms, fill them out and mail them in. Attendees can order a 2023 poster at a discounted price when registering by checking the order box and picking up the poster at the merchandise booth at the car show.

Free admission and free parking to the general public is open from 10 a.m. to 3 p.m. Sunday, May 28. The show car gate will be open from 7-10 a.m. There will be no day-of-show registrations; entrance is controlled. Dash plaques are given to each registered vehicle.

The swap meet entrance opens at 7 a.m. All vendors must be set up by 9:30 a.m. and vehicles parked in designated vendor parking areas. Like last year, there are two vendor areas, the "Artisan Circle" is near the Bates main store. The car show field hosts the line of auto-related vendors adjacent to all the car action.

For swap vendors, there will be set-up time available Saturday at 1 p.m.

Bates has been host to many, many car shows, craft fairs and other large events over the last 30-plus years. Public parking is available by entering the gate and following the signs and attendants' directions. Handicap parking is available up front; look for the signs.

The featured cars are of British origin/manufacture and will be

grouped together under the shade trees. Adjacent to them will be the "brass era" cars, pre-1916 preserved historical masterpieces.

The FVCC merchandise sales booth will be selling shirts, hats, posters, sweatshirts, T-shirts and other collectable items. Like last year, food vendors will be available early on and throughout the day. Restrooms are available adjacent to the Bates General Store, which has snacks, food, gifts and goodies from all over the world.

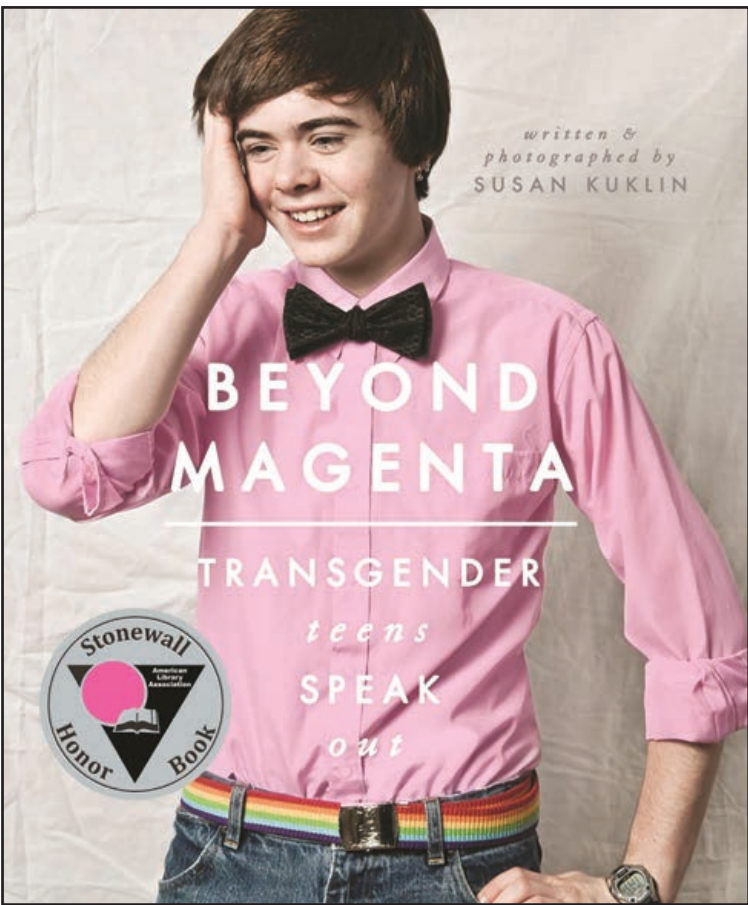
Inside the Artisan Circle will be a large tent with tables and benches for shade and a place to sit and eat. Near there is the Bate's animal zoo, great for children. Raffle

tickets will be available early, and prizes announced every hour. Visit the raffle booth to check to see if you have won some great prizes. A Marine Corps Color Guard will be present for opening ceremonies.

The Avocado Festival is coming up Sunday, April 23, and FVCC will have its mini car show and merchandise there.

Dogs are not permitted on Bates property nor alcohol. Proceeds from the show benefit local Fallbrook nonprofit organizations, primarily youth, older adults and military groups through FVCC donations.

Submitted by Fallbrook Vintage Car Club.



LIBRARY
from page A-1

or school library bookshelves 11 times.

"Fun Home" is a narrative, released in 2006, told through comic-style illustrations. It is a memoir of Bechdel's life growing up with a closeted gay father. She herself came out as a lesbian after his death. It was adapted as a musical in 2013. The book is also on the ALA list of books most often challenged.

Garza-Gonzalez said the district's board policy about complaints concerning instructional materials administrative regulations are available on the district's web Page, <https://www.fuhsd.net/district/uniform-complaint-procedure>. She noted that the district is working on partnering with the San Diego County Office of Education to become the librarian of record.

The district's media specialist, Mara Baur, is in her first school year with the district and provided the names of the books being reviewed.

Shoot to WIN! photo contest!

We're looking for photos that represent the Fallbrook & Bonsall area!

Capture the beauty of our area - from landscapes to popular events. Winning photos will be featured in the 2023 Sourcebook!

1st Prize: \$100 Plus photo credit in Sourcebook

2nd Prize: \$50 Plus photo credit in Sourcebook

Featured Photos: Receive a gift certificate to a local business plus photo credit in Sourcebook if your photo is chosen for print.

Email your photo submissions by 2/1/23 to sourcebook@reedermedia.com

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

THE GREATER FALLBROOK AREA SOURCEBOOK

KIM★STEEL & ASSOCIATES

We are back in town, Fallbrook!

Although we've continued to serve our Fallbrook local market throughout the past 7 years, there is no substitute for having a place in town in which to meet and gather with our Fallbrook family.

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- Entertainer's Backyard
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Saturday, Jan. 21st
& Sunday, Jan. 22nd
1-4pm

35705 Bryce Road
Winchester



REDUCED!

1891 Caminito Quintero, La Jolla
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-Taye H.



San Diego County Market Update

 Median Listing Price	 Median Price Per SqFt	 Average Days on Market
\$1,098,750	\$545	98

Fallbrook Market Update

 Median Listing Price	 Median Price Per SqFt	 Average Days on Market
\$950,000	\$403	85



SOLD

Studio City
\$1,600,000



SOLD

Oceanside
\$955,000



SOLD

Carlsbad
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SOLD

Vista
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Last chance to enter Sourcebook photo contest Feb. 1



by Paul Bourque

FALLBROOK – This year’s 2023 Sourcebook is going to celebrate the beauty of the area, so the Village News is looking for local people to submit photos representing Fallbrook, Bonsall, De Luz and Rainbow.

The goal is to capture the beauty of Fallbrook and the surrounding areas, from landscapes to popular events. Possible photo themes include sunsets or sunrises, smiles, nature or hiking, multi-generational shots, wild animals, favorite winery or downtown scenes, floral shots and even faith and worship scenes.

If a picture strikes the photographer as unique or

beautiful, they should go ahead and send it. Photos must be high resolution to be considered for print. There is no limit on the number of photo entries per person.

The prizes for this photo contest are \$100 for first place, \$50 for second place and gift certificates to local businesses for featured photo selections. All winners will be notified by email prior to Sourcebook’s publication and all published photos will include photo credit.

Photo submissions should be emailed to sourcebook@redermedia.com by Feb. 1 along with the photographer’s name and phone number.



by Julie Work



by Karen Portner



by Barbara Bella



by Bill Carnahan



by Brian Moseley

HEALTH

How to plan for post-retirement medical expenses

When individuals retire, they not only walk away from work, but also relinquish their steady paychecks. For many, retirement can be a potentially risky financial endeavor. Saving for retirement is a great way to mitigate such risk, but unforeseen expenses, such as medical bills, can quickly derail a retirement plan.

Many people have a greater need for medical care as they get older. The Fidelity Investments Retiree Health Care Cost Estimate indicates health care can be one of the biggest expenses a person will take on in retirement. The average 65-year-old couple who retired in 2021 in the United States can expect to spend \$300,000 on health care and medical expenses during retirement. The financial resource The Street says other studies suggest it's wise for retirees to plan to spend between \$3,000 and \$7,700 per year on health care.

Financial advisors warn that relying exclusively on Medicare to cover health care costs isn't going to cut it. Benefits under the Medicare program often aren't enough to pay for all of a retiree's needs. There may be gaps for chronic treatment of illnesses



People need to be aware of the potential costs of medical care in retirement and plan ahead so they can meet those obligations if and when the need arises. Village News/Metro photo



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Carrie Loomis, M.P.T
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and specialty treatment for certain conditions.

Long-term care services also typically are not covered. It's important to note that Medicare will cover general doctor's visits, but it does not cover the cost of deductibles or copays.

Individuals need to be proactive and plan for medical expenses in retirement. After housing, healthcare is the most significant expense for retirees. Health spending accounts and long-term health insurance are two options for people looking for ways to cover their health care costs in retirement.

As of 2022, people can contribute up to \$3,650 for an individual or \$7,300 for a family per year into a health savings account. After age 55, an additional \$1,000 per year is allowed. Money in an HSA grows tax-free and it can be spent tax-free on qualified medical expenses. Once a person has Medicare, he or she is no longer eligible to contribute to the HSA, but can use money already in the account to pay for qualified medical expenses that are not covered by Medicare.

Long-term care insurance is another option, and many people invest in such an account during their 50s or 60s. The earlier an

individual enrolls in a program, the lower the premium. According to Personal Capital, most policies will not start until a patient has needed assistance for 90 days and other qualifying guidelines are met. Generally speaking, long-term care insurance is also use-or-lose. If there's never a need to use the insurance, it will not be refunded. This is a risk that certain people are willing to take.

In addition to these options, people may consider gap insurance programs. When putting together a retirement plan, it can be wise to speak with financial advisors who can customize products based on their expected needs.



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The digestive tract – everything you eat or drink has an impact

Shelby Ramsey
Special to the Village News

The more we understand how our body works, the better we can approach and protect our health.

The truth of the matter is our body’s function is interrelated to both external and internal factors (environmental, consumption, movement, medications, etc.).

The healthiest approach is one from all angles, after taking into consideration what is best for your body, and working with a medical team you trust.

Dr. Jacqueline Wolf, Associate Professor of Medicine at Harvard Medical School, has valuable insight into the human digestive system. Wolf is a gastroenterologist at Beth Israel Deaconess Medical Center in Boston.

Asking experts to pinpoint the most complex aspect of their specialty is a loaded question.

With Wolf’s vast experience, she said, “I would have to say, and people may disagree, but with the trillions of bacteria, viruses, and fungi in our gut, the gut microbiome [is] probably the most complex part of the gastrointestinal system.”

She also explained that at this moment in time, it is not well understood by experts. Research is underway in many facets of her specialty.

Bacteria, viruses, and fungi “impact how we absorb our food, how we feel after we eat, and other interactions that we get, and may be important in impacting [conditions like] Celiac Disease, Irritable Bowel Syndrome and the mucosal immune system.”

“The microbiome consists of tiny organisms (bacteria, viruses, and other microbes) found in the gastrointestinal tract, primarily in the small and large intestine.”*

Wolf explained that these parts of our body secrete compounds that can impact mood, affect risk for cancer and overall feeling of well-being. The gut flora – another term for the microbiome – has a major impact on its human host. However, what the “ideal” gut flora is for maximum health is not known.

Wolf started her career by “looking at how viruses cross the gastrointestinal (GI) tract and interact with the mucosal immune system which clearly has had a major importance in Covid.”

To this day, she feels the “understanding about why there is a difference in the intestinal conditions of men and women” and “what happens to the GI tract as [we] age” are under-represented in research and awareness. In addition, the impact the gut microbiome has on our general health, since it “also affects cardiac health, kidney health, brain health, changes with each new advance with research.”

While a bit of spotlight has been turned on it, Wolf underscored, “I think that is a major thing that ... we are going to find out, is how that impacts our food usage and our health.”

No two people are alike and I was curious how different genders were impacted by digestive issues, i.e. what is most prevalent?

One difference may be the way we are formed. Colonoscopies may be more difficult in women. One study concluded that gastroenterologists may find it takes more time to perform colonoscopies and encounter difficulties with female patients “because the colon may be longer and twisty,” compared to men. Other contributing factors for this difference in ease of colonoscopy in men, compared to women, is that women may have scar tissue due to a condition called endometriosis, where the lining of the uterus is outside of the uterus where it can bleed (like it does during the menstrual period) and previous surgeries such as C-sections or hysterectomies.

It turns out, the major player in the difference between GI tracts in men and women is hormones. Wolf said, “The impact of the hormones on the GI tract are really important.”

Taking pregnancy into account, “When we have really active hormones and then compare that situation to the post-menopausal time when they’re taken away, you can see what changes in the gut.”

Pregnancy comes with a whole host of changes for women, including constipation, and acid reflux. Morning sickness and nausea that most pregnant women experience in at least the first trimester, are accompanied by

“smell and taste changes.”

Wolf said, “We do know that hormones affect the gut microbiome and that the gut microbiome (the bacteria there) release compounds that are active in the brain.” While not confirmed, she said it may be “change in the gut microbiome that affects the brain that affects the smell and taste.”

Rest assured that after delivery of a baby (if constipation and heartburn were a new onset), “Most times your heartburn is gone as soon as you deliver the placenta.” Complications are rare after delivery, she said in this regard, as “heartburn in pregnancy doesn’t usually cause ulcerations, Barrett’s Esophagus, [or] more trouble swallowing. So the hormones must be protective for that,” said Wolf.

Let’s look at the most common conditions and their impact on the different genders.

Colon cancer

“Colon cancer prevention is really important in both men and women ... and more recently we are seeing the incidence of colon cancer, the time people get it, is getting younger and younger,” Wolf said.

She noted that routine screening for colon cancer has been moved up to age 45 (noting both men and women should get routine screening). If your doctor has not brought it up yet, remember, it’s your health – inquire and take the next step to undergo screening.

Focusing on being on the “offense” of health matters, compared to “defense,” can greatly change the course of life and influx of stress. Interestingly enough for women in previous studies, “the onset of polyps and colon cancer was about eight years later than the onset in men.”

Wolf explained that the risk for men is higher likely due to hormones. Populations at higher risk for colon cancer include individuals with “genetic pre-disposition to cancer, [as] sometimes there are different cancers that run with colon cancer ... such as adenomatous polyposis syndromes, ovarian cancer or BRCA,” to name a few.

“African Americans [tend to] get colon cancer at a younger age,” Wolf said.

Barrett’s Esophagus

Wolf explained that this condition is “where people have had acid reflux and then they get a change in the lining of their esophagus which predisposes them to esophageal cancer.”

Both Barrett’s Esophagus and esophageal cancer are more prevalent in men, she said.

The most prevalent conditions women experience:

Irritable bowel syndrome (IBS)

In the United States, Wolf said IBS “is about twice as common in women as in men, and it is associated with other things like endometriosis ... and we think it may be related to an inflammatory cell called a mast cell, which is increased in both endometriosis and IBS.”

Once again, hormones come into play and impact the GI tract. As Wolf explained, “About two weeks before women have their menstrual period, they often get more constipated, then they get their menstrual period and then they may get looser stools.” She said many patients look forward to their menstrual cycle in order to have constipation relief.

As much as many would rather pass on the conversation, it’s time to talk constipation and diarrhea. I think it would be difficult to imagine that there are individuals who have not experienced these particular issues. For those who may be chronically dealing with either, it’s important to seek professional advice and actively treat it.

For constipation, Wolf said, it’s a multi-tiered approach**:

“We’ll often start with fiber,** [then] Miralax, which is over the counter (A packet or a cap full – 17 grams and you can go up to 2 of those a day.)**; or, if that doesn’t work, move on to one of the medications,” such as:

IBS

Amitiza** (approved for women)

Linzess** (approved for men/women)

Trulance** (approved for women)

IBS-D (Diarrhea)

Motegrity** (only approved after others have failed)

Peppermint oil is a natural route that has evidently gained traction. “It actually has an effect on motility (mobility) in the gut” and when “compared to Bentyl (dicyclomine) ... worked just as well as 40 milligrams, a day”*** Wolf said.

Peppermint oil “also helps move the gas” and can aid with “abdominal cramping.” Wolf explained that it may increase reflux and make individuals urinate more, since it relaxes the muscle between the stomach and esophagus (lower esophageal sphincter) and in the bladder (detruser muscle). Therefore, if someone has heartburn/reflux issues, peppermint oil is likely not to be tolerated. You can also inquire at your pharmacy about a peppermint oil that is more of a solid, “that can deliver to the small bowel,”** she said.

Another remedy, that isn’t well studied yet, is “DGL”*** -Deglycyrrhizinated licorice, which people have commented to her as beneficial.

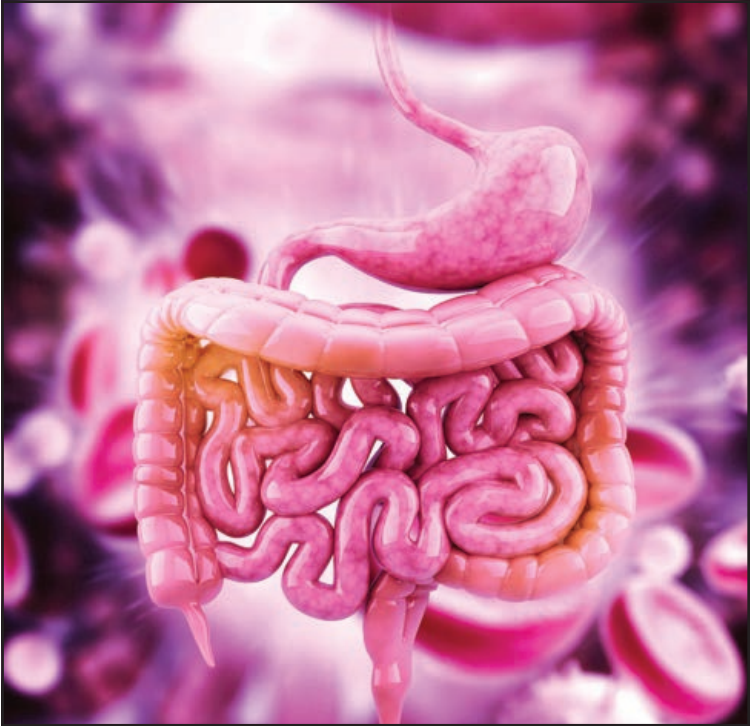
IBS is complicated as it can present with constipation and/or diarrhea. Wolf said that Kate Scarlata’s website has great resources for individuals on the low FODMAP diet.

“What is really important, and people don’t realize, is when someone has constipation, the issue may be getting the stool down or getting the stool out, or both,” she continued.

A glance at the innerworkings: “The function of the anus doesn’t work and then movement doesn’t work, so when you push to have a bowel movement, your anus and muscles should relax, and then your pelvic floor should straighten and you should be able to push the stool out.”

What commonly happens? “With many people, it tightens and the pelvic floor may not move at all, or it may move too much, and then [the stool] can’t come out,” Wolf explained.

Working with a specialist in pelvic floor therapy, while said to be somewhat uncomfortable by some patients, can be very helpful.



Learning how the human digestive system works can lead to healthier eating decisions.

Village News/Courtesy photo

Gallstones

Gallstones are “much more common in women and can occur in about 8/100 women in pregnancy. Having gallstones does not necessarily mean that someone will need surgery. Surgery is done when there are symptoms due to the gallstones or abnormal gallbladder.”

Wolf said there is both a hereditary and ethnicity element to risk factors. “Native Americans and Mexican Americans have an increased [evidence of] risk for gallstones.”

Autoimmune conditions

Wolf said, “Most autoimmune conditions are more common in women, but there is one that’s more common in men, called primary sclerosing cholangitis, that you see in people with inflammatory bowel disease.” However, in most studies, both Crohn’s disease and ulcerative colitis affect both populations nearly equally.

Something worth instilling in our memory: “This is a whole system, it is not just the GI tract, you need to remember that the skin, the heart, the kidneys, everything is related.”

So, “Everything goes into your gut that you eat or drink and it’s

impacting you,” Wolf emphasized.

This is a perfect time to review your daily habits, have frank discussions with doctors before starting on new medications, and learn what options (food/exercise/ etc.) are available and within your budget to lead the healthiest life possible.

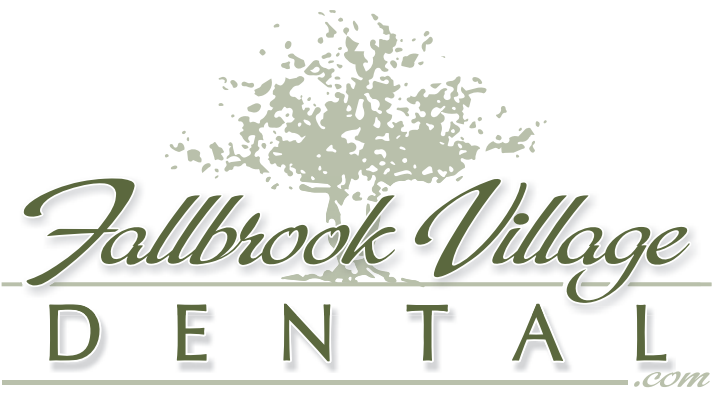
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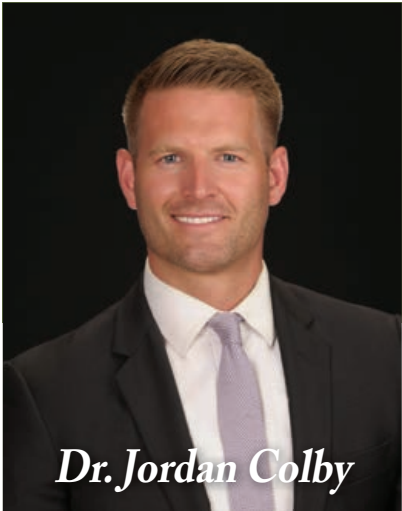
***No content in this article should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.*

Dr. Wolf recently retired from the editorial board of Harvard Health Publications and is a contributor to the Discovery Channel program “Mystery Diagnosis.”

She is instrumental in Foodicine Health, a non-profit organization focused on public education and advocacy regarding the importance of “Special Diets” that are prescribed for individuals with chronic illnesses or food allergies. Learn more at www.Foodicinehealth.org.

Shelby Ramsey is the author of the blog, thehonestmigraine.com, which also features interviews with patients and medical experts.





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Learn more about thyroid cancer



Learning about the thyroid and thyroid cancer can help individuals recognize their own risk factors for the disease; women are three times more likely to develop thyroid cancer, one type of which can start at any age.

A small, butterfly-shaped gland known as the thyroid is responsible for a host of functions in the body. When that gland is not working properly, such as when cancer has taken hold, individuals may experience a range of side effects. Learning about the thyroid and thyroid cancer can help individuals recognize their own risk factors for the disease.

The thyroid gland

The Centers for Disease Control and Prevention says the thyroid sends out hormones that control activities in the body, including breathing and pumping blood. The gland also regulates certain metabolic functions, such as controlling weight and putting on muscle. The thyroid also helps to keep the brain, heart, muscles, and other organs working as they should.

What is thyroid cancer?

Thyroid cancer is a type of cancer that starts in the thyroid. At first, thyroid cancer may not produce any symptoms, but as it grows, the cancer can cause swelling in the neck and may make it difficult to talk and swallow, says the Mayo Clinic.

Thyroid cancer is not the most

common cancer, but it is helpful to learn more about the disease. The American Cancer Society reports that, as of 2022, there are about 43,800 new cases of thyroid cancer (11,860 in men and 31,940 in women). Women are three times more likely to develop thyroid cancer than men, and until recently, it was the most rapidly increasing cancer in the U.S.

Types of thyroid cancer

The American Thyroid Association notes that there are four main types of thyroid cancer:

1. Papillary thyroid cancer is the most common, accounting for 70 to 80% of all thyroid cancers. It can occur at any age. It grows slowly, but can spread to the lymph nodes in the neck.
2. Follicular thyroid cancer accounts for 10 to 15% of cases in the U.S., and may spread through the blood to distant organs.
3. Medullary thyroid cancer is uncommon but can run in families. It is associated with other endocrine tumors.
4. Anaplastic thyroid cancer is the most aggressive and advanced form of the disease and the least likely to respond to treatment. It is very rare.

Risk factors

The ACS says scientists are not sure about what causes thyroid cancer, but getting too much radiation around the neck when young and inheriting certain genetic conditions from parents increases risk. Being female also increases risk.

Thyroid cancer treatment

Doctors diagnose thyroid cancer by using ultrasound imaging and fine needle aspiration biopsy. Sometimes thyroid nodules are removed surgically and studied. According to the ATA, the first step in treating thyroid cancer is surgery. In some cases, only one lobe of the thyroid may be removed and in others the entire thyroid is removed.

The extent of surgery depends on tumor size and whether or not the cancer has spread. Individuals will have to take thyroid hormone replacement medication if their thyroids are removed. Radioactive iodine therapy also may be used if thyroid cancer spreads to lymph nodes.

Thyroid cancer tends to be highly treatable and is being detected earlier than ever. That is good news for those affected by the disease.

Soroptimist to hold human trafficking awareness event Jan. 28



Teri Haskins, a member of Soroptimist International of Oceanside-Carlsbad, holds a sign at the 2022 Human Trafficking Awareness Walk. Soroptimist Clubs from throughout San Diego County will be participating this year.

VISTA – Soroptimist International of Vista and North County Inland invited the public to their 17th annual Human Trafficking Awareness Walk and Event Saturday, Jan. 28, from 10 a.m. to noon at United Methodist Church of Vista, 490 S. Melrose Drive, in Vista.

The guest speaker will be Susan Johnson, founder and CEO of Alabaster Jar Project, a nonprofit that aims to restore, rehabilitate and empower women who are survivors of sex trafficking with long-term housing and tangible resources.


Information tables will be set up from several organizations involved in helping victims of sex trafficking, including North County Lifeline, Southern Indian Health Council, Grace House,


One Safe Place and North County LGBTQ Resource Center.

Johnson will speak at 10:30 a.m. and the walk will commence at 11 a.m., with participants walking about 1 1/2 miles round-trip down Melrose Drive and back to Church. Water and “Stop Trafficking” signs will be provided, and the event is free to the public. Registration is requested but not required at <http://bit.ly/3Y17TT4>.

January is Human Trafficking Awareness month, and similar events are being held throughout the county. For more information, visit <http://www.soroptimistvista.org> or email soroptimistininternationalvista@gmail.com or call 760-683-9427.

Submitted by Soroptimist International of Vista.





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ENTERTAINMENT

Petrova to perform on the piano at Fallbrook Library



Professor Violeta Petrova is coming to Fallbrook Library Jan. 24.

FALLBROOK – The Freaney and Friends free January concert will be held Tuesday, Jan. 24 at 1 p.m. in the Community Room at the Fallbrook Library. This month’s recital will feature the return of guest Professor Violeta Petrova who is no stranger to the local classical music and piano loving audience.

Petrova will perform her recently acclaimed recital which was played in San Diego last month. She will perform Italian Concerto II movement by J.S. Bach, Barcarolle Op. 60 by Fr. Chopin, Dedication (transcribed by Franz Liszt) by R. Schumann,

Prelude Op. 23, N 5 by S. Rachmaninov, Clair de Lune by Cl. Debussy, The Montagues and Capulets from Romeo and Juliet by S. Prokofiev,

Cordoba by I. Albeniz, and Tarantella from Venice and Napoli by Fr. Liszt.

Everyone interested should mark their calendars as Petrova’s piano performance is not to be missed. The concert is supported by Friends of the Fallbrook Library. The library is located at 124 S. Mission Road.

Submitted by Friends of the Fallbrook Library.

Pala Casino announces new express shuttle service

Including 16 pickup locations throughout San Diego County

PALA – Pala Casino Spa Resort announced the new Pala Casino Express shuttle service. The round-trip luxury motorcoach service will begin operations Monday, Jan. 16, and will include pickups throughout San Diego County.

The departing locations include Carlsbad, Clairemont, Chula Vista, Encinitas, Escondido, Kearny Mesa, Linda Vista, Mira Mesa, National City, Oceanside, Otay Ranch area, Rancho Bernardo, Rancho Penasquitos, San Diego (Downtown), San Marcos and Vista.

The Pala Casino Express will offer morning and afternoon departures, operating five days per week, Monday through Friday. The service includes an approximate

four-hour stay at Pala Casino Spa Resort.

To use the shuttle service, guests will only pay \$20 per round-trip ticket. Pala Privileges Club members will also receive up to \$60 in free slot play each trip.

For reservations and pick-up details, call 800-254-3423 or visit <http://www.PalaCasinoExpress.com>.

Pala Casino Spa Resort offers live entertainment both indoor and outdoor, with various shows coming up. Learn more about upcoming events and promotions at Pala Casino Spa Resort by visiting <http://www.palacasinom.com>.

Submitted by Pala Casino Spa Resort.

Ovation Theatre presents ‘Into The Woods’



Who knows what may be lurking on the journey, Mia Ukegawa, 11, of Carlsbad wonders as Little Red in Ovation Theatre’s “Into the Woods.”

Village News/Ovation Theatre photos



“Into the Woods” cast members Ari Porter as Jack, Sage Taylor as Witch, Chiara Mangiamiele as Cinderella, Sean Sullivan as Baker, Mary Potter as Baker’s Wife, Mia Ukegawa as Little Red find that sometimes when wishes come true, they come with unexpected consequences.

ENCINITAS – Ovation Theatre presents the classic musical “Into the Woods” by Steven Sondheim. This Tony Award-winning musical follows the journey of a group of fairy tale characters as they venture into the woods in search of their desires. Along the way, they encounter Cinderella, Little Red Riding Hood and Jack of beanstalk fame. But be warned: it is no ordinary retelling of these classic stories. Sondheim’s clever lyrics and memorable score add depth and complexity to these beloved characters, leading them on a journey of self-discovery and the surprising consequences of their actions.

“Into the Woods” has been a fan favorite since its Broadway debut in 1987, and this production promises to be no different. With a talented cast of actors from throughout San Diego County, stunning sets and costumes, and the award-winning creative team of Pamela Laurent as artistic director, Scott Gregory as music director and Susie Dycus as choreographer – it’s a show you won’t want to miss.

“The hilarity as well as eventual pathos provided by these well-known fairy tale characters – with real people’s wants and desires – being thrown together in the

middle of the woods is compelling for anyone who is in the show as well as anyone who attends as an audience member.” Laurent said.

“Be careful what you wish for.”

“Into the Woods” will be playing at the Howard Brubeck Theatre at

Palomar College Jan 20-22 and Jan 27-29. Get tickets at <http://ovationtheatre.org> and join the magical journey.

Submitted by Ovation Theatre.

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ROMAN HOLIDAY 70TH ANNIV PG			
Sun	1:00pm	7:00pm	Wed 7:00pm
PLANE R			
Fri, Mon, Wed, Thurs	4:30pm	7:30pm	
Sat, Sun, Tues	1:30pm	4:30pm	7:30pm
A MAN CALLED OTTO PG13			
Fri, Mon, Wed, Thurs	4:15pm	7:15pm	
Sat, Sun, Tues	1:15pm	4:15pm	7:15pm
M3GAN PG13			
Fri, Mon, Wed, Thurs	4:20pm	8:00pm	
Sat, Sun, Tues	1:20pm	4:20pm	8:00pm
PUSS IN BOOTS THE LAST WISH PG			
Fri, Mon, Thurs	4:25pm	7:05pm	
Sat, Tues	1:35pm	4:25pm	7:05pm
Sun, Wed	4:25pm		
AVATAR THE WAY OF WATER 3-D PG13			
Fri-Thurs	4:00pm		
AVATAR THE WAY OF WATER PG13			
Fri, Mon, Wed, Thurs	7:00pm		
Sat, Sun, Tues	12:30pm	7:00pm	

Buy Tickets Online & Save: www.DPlaceEntertainment.com

OPINION

California’s budget — The debate begins

Assemblymember Marie Waldron
75th District

Last week, the Governor introduced his proposed budget for the coming fiscal year. The final budget must be approved by the Legislature no later than June 15 and must be signed into law by June 30. The new 2023-2024 fiscal year begins July 1.

Budget bright spots include funding for mental health services, including preventing cuts for service providers for the developmentally disabled. The budget increases safety net services for individuals like those with autism spectrum disorders and continues funding for foster youth services through the state’s Regional Centers.

In an improvement over past budgets, most multiyear wildfire funding commitments continue, including programs to reduce the risk of wildfires and provide additional fire protection and response resources. The budget also invests in flood preparedness and response to reduce the risks of urban flooding, reinforce levees and protect the Central Valley.

The Encampment Resolution

Grant Program which partners with local jurisdictions to help them clean up homeless camps and transition individuals into housing is also funded. The new Community Assistance, Recovery and Empowerment (CARE) Courts program, which allows courts to order persons into treatment, when necessary, along with programs for mental health facility construction/ expansion are funded, though amounts are inadequate to address current needs.

The budget projects a deficit of \$22.5 billion and operating deficits through fiscal years 2026-2027. Tapping the budget reserve of \$35.6 billion will be avoided through temporary funding delays or fund shifts, but the budget contains no real long-term solutions for our fiscal problems.

We can do better. The Governor’s proposed budget is just a proposal and discussions will now begin. I will be seeking common sense solutions for long festering problems that have tarnished California’s reputation and forced thousands to pack up and leave. Getting our fiscal house in order is a must if we’re going to make California the Golden State once again.

Sexually violent predators and homeschooling



Supervisor Jim Desmond
5th District

Over the past year, I’ve been working to stop the placement of Sexually Violent Predators. While we’ve been successful at stopping

most from being placed in our communities, the state continues to try and dump more SVPs in San Diego County.

There are certain stipulations when it comes to the proposed placements of SVPs. Currently, SVPs are not allowed to be placed near public or private schools but can be placed near a homeschool. I believe homeschools should be treated exactly the same as other schools are not forced to have an SVP living next door.

At our upcoming Board meeting, I have put forth legislation along with Supervisor Anderson to oppose any proposed placement of a sexually violent predator near a public or private school, including homeschool sites.

This is incredibly important, especially with the pending

placement decision of Douglas Badger in Borrego Springs. Terrie Kellmeyer lives right across the street from this proposed placement. Terrie has three kids including two who are deaf and homeschooled.

I’m hopeful that my colleagues will support this legislation and that we can continue to find ways to stop these SVP’s from being placed in San Diego County.

As a reminder, to be classified by the state as a sexually violent predator, a person has to have been convicted of a violent sex crime against at least one victim and be diagnosed with a condition that makes that person likely to reoffend. These are the worst of the worst and they should be allowed back in our community.

The effect of global cooling on my college GPA

My goal in college was to get all A’s in my major (mathematics) and the best I had time for in my other classes. It turned out to be A’s, B’s, and some C’s. I came this (-) close to meeting my goal.

My single worst grade was a solitary D and it came in a

relatively easy undergraduate class I had to take in my junior year (1970). The professor to 200+ students was convinced (as were millions of others) that we were experiencing the start of an ice age. I believed it too; it was in the news quite frequently. It was broadcast that Great Britain would be part of the polar ice cap by the year 2000.

That quarter I also had a math professor who, using logic, would debunk portions of the global cooling theory during the last few minutes of some classes. He sort of convinced me to go against what most others seemed to believe.

One day in the auditorium sized classroom and after a long speech on some of the effects of the severe cold to come the instructor of this rather “easy” class broke from his modus operandi and asked, “Any questions or comments?” Either there were none or the students did not wish to speak in front of hundreds of their peers. The silence had some of us uneasy.

I don’t know exactly what made me do it, but I stood and asked a question. The question was regarding a certain scientific report of which I had just heard a few hours earlier in my Riemannian Geometry class. Unlike his speech, he managed a non-confident answer.

I wanted to let it end there but then he asked me why I asked that particular question. I stood back up and parroted a couple of the main points that had stuck in my head. During my answer, there were a few gasps and then some snickers. This blew my confidence but I was able to finish although now more nervous than before.

I would like to say that the bell rang just as I finished and we all

left the building. But that was definitely not what happened. Students were turning to see who had said such crazy stuff. I sat back down with a face I’m sure was a little redder.

In my opinion the professor gave a long rebuttal to points I did not bring up. Without moving her lips, the girl next to me whispered, “Don’t say anything!” Oh, she need not worry. That was far from even a slight consideration.

On the way out the first person to talk to me said, “That took guts.” The second asked, “Don’t you believe in science?”

For those of you who were not alive in the year 2000, Great Britain did not freeze over and the massive amounts of money to study global cooling dried up completely.

For those of you who were not around in the 1970’s, you may check the net for the massive number of articles and studies proclaiming the horrors to come. One of the first was “Colder Winters Held Dawn of New Ice Age – Scientists See Ice Age In the Future” (The Washington Post, January 11, 1970)

The articles, scientific studies, books, and authors that touted the upcoming freeze of planet earth received not only large grants but a huge portion of the print and airtime given the topic.

The articles, scientific studies, books, and authors that calmly said there was nothing to worry about and that an ice age was not impending were either ignored or ridiculed in the media. There is no money in “the truth if the truth is things will be okay!”

Jerry Maurer

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And how do we prepare for such a time as this?

“ Therefore **take up the whole armor of God**, that you may be able to withstand in the evil day, and having done all, to stand firm.

Stand therefore, having fastened **on the belt of truth**, and having put on the **breastplate of righteousness**, and, as shoes for your feet, having put on the **readiness given by the gospel of peace**.

In all circumstances take up **the shield of faith**, with which you can extinguish all the flaming darts of the evil one; and take the **helmet of salvation** and the **sword of the Spirit, which is the word of God**, praying at all time in the Spirit, with all prayer and supplication. ”

– Ephesians 6:14-18

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Critical Race Theory — In light of Memorial Day — Part 3

This is the third in a series on Critical Race Theory. Reprinted from Village and Valley News, Memorial Day week in 2021



Julie Reeder
Publisher

As we celebrate Memorial Day and honor the memory of all our veterans who have given everything they have for this country, it’s important that we each continue to be diligent to protect our freedoms from within, not only for our children but also for those veterans and their children and grandchildren.

In review, as we have been looking at Critical Race Theory (CRT, “Theory,” “Ethnic Studies,” “Woke” or “Identity Politics”) the last couple of weeks, we have learned it is counter to Martin Luther King, Jr’s principle that each person should be judged on the content of their character and not the color of their skin.

As in our pre-Civil War days, as well as the Jim Crow era, CRT divides and groups people according to their race, gender, etc. It then identifies them as “oppressed” or “oppressor” no matter who they are as an individual. It creates “victims” of people of color, no matter how educated, wealthy or successful they are. It judges white people as “oppressors” and “racists” no matter their upbringing or who they are as an individual.

Then it teaches students and people to be social justice warriors or activists. It builds walls and brings division. That is why a growing number of educated and influential people of color, in addition to parents, are speaking up against this ideology being pushed on our children and our culture.

In 2021 the California State Assembly passed a bill to make CRT (“ethnic studies”) a high school graduation requirement. According to Assemblyman Kevin Kiley, originally the Legislative Jewish Caucus said it echoed the propaganda of the Nazi regime. There were over 100,000 comments including objections to the curriculum as it was created. See www.villagenews.com/story/2021/03/25/state/california-educators-pass-controversial-ethnic-studies-curriculum/65666.html.

Kiley said, “Its undisguised purpose is to impose on students a particular worldview, rather than giving them the tools to construct one for themselves.” Then he points out that the curriculum is supposed to be about “equity,” but since being elected, every attempt he has made to fight for true educational equity has been snuffed out by the dominant special interest at the Capitol, whose business model is to keep children trapped in failing schools. That is why California ranks 49 out of 50 in educating poor students. We are the last to reopen our schools and he says, “This bill is a smokescreen for corrupt education policies that have produced the greatest inequity in the country.”

Rather than identity politics by

group, our country was created on the radical idea of individual rights and then that the government would exist to protect those rights, rather than the people existing to serve an ever increasing and controlling government. Those rights included to live free, the pursuit of happiness, the ability to protect yourself and even enjoy property rights.

Our country had to fight a Revolutionary War 1775-1783 to separate from the control of a tyrannical King and then from 1861–1865 we fought the Civil War to end slavery. President Lincoln in his Gettysburg Address (below) said our country was “conceived in Liberty, and dedicated to the proposition that all men are created equal.”

Address Delivered at the Dedication of the Cemetery at Gettysburg Abraham Lincoln Nov. 19, 1863

“Four score and seven years ago our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.

“Now we are engaged in a great Civil War, testing whether that nation, or any nation so conceived and dedicated, can long endure. We are met on a great battlefield of that war. We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.

“But, in a larger sense, we

cannot dedicate – we cannot consecrate – we cannot hallow – this ground. The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here. It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us – that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion – that we here highly resolve that these dead shall not have died in vain – that this nation, under God, shall have a new birth of freedom – and that government of the people, by the people, for the people, shall not perish from the earth.”

This Memorial Day, we should honor the sacrifices and remember the wars fought and those who lost their lives, remember the principles of equal rights and individual liberties for all. We do not need to dismantle what we have built. We do not need to teach our students racist ideologies. And in the places where true racism rears its ugly head, let us continue to fight it openly. Let us be diligent and courageous. Let us keep watch, be educated, active and involved in order to maintain the freedoms we still have. We owe that to our veterans, their families, children and grandchildren.

Who wastes the most water

So here we go again. It’s raining like crazy and the State’s water reservoirs are rapidly filling up. Shasta and Oroville, the largest two, are capturing huge volumes of water because, at least for now, there is room behind the dams. It’s mind boggling really. On Jan. 14, 2023, in a one-day period, enough water flowed into Lake Shasta and Lake Oroville to supply all of Fallbrook and Rainbow customers for nearly six years. (Source: <http://cdec.water.ca.gov/reportapp/javareports?name=RES>)

Currently reservoir capacity is such that almost every drop of runoff can be saved. There is room behind the dams. A good thing. But, just a few years ago in 2019, we had an above average winter and the reservoirs filled up. When that happens, it’s necessary to release huge volumes of water because, literally, there is no more room behind the dams to store any more water.

There were days in 2019 when water released (water wasted) from behind Shasta Dam alone in one day was enough to supply all Fallbrook and Rainbow customers for one year. In one day. We are likely heading for a similar situation again this year.

The solution of course is to build more storage facilities. Promoting conservation is a good thing too.

But conservation has already had profound effects on water use. For example, Rainbow water demands are 50% of what they were just 20 years ago.

So, who wastes the most water? You, because you stayed in the shower an extra couple of minutes? Me, because I have a little bit of real grass lawn for my grandchildren to run barefoot through?

Right now, at the very top of the water waster’s list are the people dragging their feet and not finding funding for and constructing enough storage facilities to capture and save water when it is raining and snow is melting. Not doing so wastes billions of gallons of water that otherwise could be saved for future use.

We are starting to hear some talk from a few of our Sacramento legislators in support of constructing more storage facilities. That’s a good thing. These projects are complicated and expensive. But California’s economy is the fifth largest in the world behind only the United States, China, Japan, and Germany. One would think we ought to be able to secure a reliable water supply and build a few more reservoirs to save water when it falls out of the sky for free.

Steven Smith

the
village
beat

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Offered at \$390,000

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Offered at \$349,000

Fallbrook looks like Tijuana

Saturday I was driving downtown and observed a man urinating on the roadside.

Then I went to the Chamber of Commerce to complain and was told that it is an issue with the County. My next stop was Jackie Heyneman Park and I discovered that the porta potty and handwashing station had been removed from the Pico Promenade.

I went to the Sheriff station and it is unmanned on weekends. Everyone needs to contact the Sheriff, and Jim Desmond, our County Supervisor. Fallbrook now looks like Tijuana enough that we don't need people eliminating in the public streets, and it is a health issue.

Susan Nikkel

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Rain storms bring water to Fallbrook



The Fallbrook Library parking lot is all filled up. Not even the rain could keep people from reading or getting a great book.



The rain makes great reflections possible on wet ground, like this palm tree in St. Peter the Apostle Church court yard.

Five day rain totals as of Jan. 17, 10 a.m.		
Station	inches	elevation
Rainbow Camp	5.39	1553
Bonsall	4.86	185
Fallbrook	4.59	675



Albertsons parking lot is full of shoppers waiting in their cars for the rain to lighten up.



Outside the front gate of Fallbrook High School on South Stage Coach Lane, the road floods within 35 minutes of the rain starting at 11:55 a.m. Saturday morning, Jan. 14. Fallbrook Fire Station One paramedics are patrolling Fallbrook streets for immediate assistance.



People take out their trash during a slow rain period.



The storm drain at the bottom of East Elder and South Main fills up with the rivers of rain running into it.



Puddles begin forming with the storm before the flood.

REAL ESTATE & HOME and GARDEN

January is National Train Your Dog Month

Amanda Kowalski
Special to the Village News

Behavioral issues in dogs are one of the biggest reasons owners decide not to keep them – but they don’t have to be! With January being National Train Your Dog month, San Diego Humane Society has the resources you need to handle behavioral challenges and make life easier for both you and your furry family member.

San Diego Humane Society’s Behavior & Training program not only provides great resources to the public for more manageable pets, but it’s a key component of their policy to Stay at Zero euthanasia of healthy and treatable animals in their five shelters across San Diego County – a commitment they’ve kept since 2015.

Many shelters do not have the time, space or resources to address problematic animal behaviors that can make adoption impossible. But thanks to a strong community of animal lovers in San Diego County who give generously each year to this nonprofit animal welfare organization, animals in our region receive the chance they deserve to find loving homes.

San Diego Humane Society also helps pet owners keep the animals they love in homes and out of shelters by providing:

- 40+ different training classes, available online, on demand and

in person.

- A free Behavior Helpline, connecting the public with our professional trainers.
- Online resources in English and Spanish, addressing a variety of behavioral concerns.
- A Pet Training Assistance Fund, which covers partial or full class fees for pet families in need thanks to contributions from generous community members.

All these resources can be found at <https://www.sdhumane.org/behavior>, along with heartwarming success stories to inspire your own behavior journey with your pet, like this one about a vision and hearing-impaired pup named Ewles.

Despite his challenges, Ewles is a curious and friendly dog determined to succeed. When staff noticed that Ewles’ inability to see or hear the activity around him was causing him to feel stressed and anxious, they decided to enroll him in the Behavior & Training program. Through this program, Ewles has received specialized behavior intervention and care that helped him learn how to navigate the world around him.

The staff worked with him on learning to respond to physical environmental cues, such as finding his handler’s hand or learning to walk on a leash. With this new set of skills, Ewles has been able to adapt to his environment and



With his determination and the help of the San Diego Humane Society's Behavior & Training program, Ewles will be able to live a happy and fulfilling life despite his hearing and vision impairments.

Village News/San Diego Humane Society photo

thrive. After many months of hard work, Ewles is ready to be adopted into a loving home with a family who will continue his training.

With his determination and the help of the San Diego Humane Society's Behavior & Training program, Ewles will be able to

live a happy and fulfilling life despite his hearing and vision impairments.

A little patience, love and positive reinforcement training can make a world of difference for a pet with behavioral issues. To learn more or to make a donation to support the Behavior & Training program at San Diego Humane Society, visit them at <https://www.sdhumane.org/>.

Amanda Kowalski is VP of Behavior Programs at the San Diego Humane Society.

Snowpack, storms lift water-supply hopes

Peter Hecht
California Farm Bureau

Barely more than a year ago, California’s first seasonal snowpack survey provided promising results – a deep-snow measurement totaling 160% of average.

Then came the driest January, February and March in more than 100 years – resulting in unprecedented cuts in water deliveries to farmers, who went on to fallow an estimated 750,000 additional acres of cropland.

Understandably, the enthusiasm was muted early last week, when the first 2023 snow survey by the California Department of Water Resources revealed a snowpack of 55.5 inches, or 174% of normal for early January. It was the third-best seasonal snowpack report in 40 years, ranking behind 1983 and 2011.

But afterward, the latest in a series of atmospheric storms brought an additional deluge of snowfall to the Sierra Nevada. The National Weather Service reported as much as 10 feet of additional snow in parts of the Sierra by Sunday. Moreover, the series of so-called atmospheric river storms was predicted to continue, after storms last week caused

widespread flooding, toppled trees and other damage, and left as many as 400,000 Californians without power.

Michael Anderson, DWR’s state climatologist, said climate mapping indicates California may be transitioning from a dry La Niña weather pattern to a wet El Niño – perhaps “with neutral conditions” taking over first.

“Last year, we had a really productive December, but then everything shut off for the next three months,” Anderson said. “This year, we’re seeing a different pattern, where we had some fall rains and we’re watching this snowpack build.”

In what Anderson said could be a year of weather extremes, the series of “atmospheric rivers” fell short of rescuing California’s depleted reservoirs, but many showed marked improvements. However, with flooding in the Sacramento Valley and dangers elsewhere, federal and state reservoir operators were maintaining ample space for flood control.

“The significant Sierra snowpack is good news, but unfortunately, these same storms are bringing flooding to parts of California,” said DWR Director Karla Nemeth. “This is a prime example of the



California Department of Water Resources Director Karla Nemeth, snow survey engineers Andy Reising and Anthony Burdock, and Water Supply Forecasting Manager Sean de Guzman conduct the first snowpack measurement of 2023 at Phillips Station in the Sierra Nevada.

Village News/California Farm Bureau photo

threat of extreme flooding during a prolonged drought as California experiences more swings between wet and dry periods brought on by our changing climate.”

Jim Houston, California Farm Bureau administrator, said the storms – and the inability to capture and store even more water – pointed to California’s continued failure to build water infrastructure overwhelmingly approved by voters in 2014.

Proposition 1 authorized \$2.7 billion for new water storage as part of \$7.5 billion in funding for public works projects. Among them is the planned Sites Reservoir north of Sacramento.

“This recent stream of atmospheric rivers with heavy precipitation in a short period demonstrates why additional water storage and infrastructure is needed,” Houston said. “New water storage, above and below ground, would capture more flood flows to help get us through dry periods and prevent flooding and wasting water to the Pacific.”

Amid the series of storms, the U.S. Drought Monitor downgraded California’s drought status. In December, 80% of the state was listed in “severe drought” conditions or worse. That number dropped to about 39% on Jan. 5.

Many California reservoir levels remained low but showed significant improvement, with Lake Oroville at 44% of capacity and 81% of its historical average on Jan. 8, and Lake Shasta at 37% of capacity and 62% of normal. Lake Don Pedro was at 65% of capacity and 94% of its historical

average, while Millerton Reservoir reached 75% of capacity and 139% above normal.

“We know that it will take quite a bit of time and water to recover this amount of storage, which is why we don’t say that the drought is over once it starts raining,” said Jeanine Jones, DWR’s interstate resources manager and drought specialist.

The densely packed nature of the storms also resulted in reduced water savings.

“It’s really helpful if the storms would be so kind just to space themselves out a week or two apart so we have time for water to move through the system, move into reservoirs and all of that,” Jones said.

With California having endured three years of drought, she said the state will need more than 100% of normal precipitation to get back to 100% of water runoff from the Sierra Nevada.

Last month, California water officials announced an initial 2023 water allocation of just 5% from the State Water Project due to continued drought fears. That came after 2022 and 2011 water years both yielded final state water deliveries of 5%.

Meanwhile, there was no water available for agriculture from the federal Central Valley Project in 2022. Combined, the state and federal cutbacks resulted in vast surface-water shortfalls for farmers, more reliance on depleted groundwater and increased flooding of crops.

According to a study by researchers at the University of

California, Merced, California agriculture suffered \$1.2 billion in direct drought impacts in 2022, up from \$810 million in 2021. The sector lost an estimated 19,420 jobs from 2020 through 2022, the study concluded.

“If we think about what’s the worst that could happen, think about what happened last year and the year before – the Central Valley Project had zero irrigation deliveries to its agricultural customers,” Jones said. “And this past year, the senior water-right holders and settlement contractors got a significant cut (from the state.) So that would be an example of the worst case.”

The storms also brought some cautious optimism for better fortunes – and water supplies – for agriculture this year. But for farmers in some areas, the series of storms created a different sort of concern – flooding dangers.

“Flood events are always a periodic threat in California’s hydrology, which typically sees the water year determined by a handful of strong storm systems,” said California Farm Bureau Senior Counsel Chris Scheuring, who specializes in water issues. “And we are told that this will be even more pronounced in the future, with stronger atmospheric rivers.”

Peter Hecht is chief editor of publications for the California Farm Bureau. He may be contacted at phecht@cfbf.com.

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Review of all things Real Estate: Apartment demand turns negative for the first time since 2009



Bob Hillery
CR Properties

Net demand for apartments ended in negative territory for calendar year 2022. But, unlike the last time demand went negative in 2009, renter turnover was curiously low in 2022. The problem was that demand for new leases all but evaporated due to low consumer confidence and high inflation. After an historic wave of household formation and relocations in 2021, Americans chose to mostly stay put in 2022.

We’ve not witnessed this before, weak demand for all types of housing despite robust job growth and sizable wage gains. It wasn’t that apartment demand shot up in 2021 and plunged in 2022; the same pattern played out to varying degrees in other rentals and in for sale homes.

To dispel common myths about weak rental demand:

1. There’s no massive wave

of move outs. Renter turnover throughout 2022 held at historically low levels, topped only by 2021. Turnover is gradually normalizing, but it’s still low.

2. There’s no big jump in unpaid rent. In November 2022 (the most recent available period), 95.7% of market rate apartment renters paid rent on time; an increase of 0.6 percentage points year over year.

3. There’s no indication renters are doubling up to any significant degree. That may occur later, but as reported by the publicly traded apartment REITs in their last report, it’s not a major factor yet.

4. There’s no “flight to affordability” meaning renters aren’t moving down from more expensive units or markets into more affordable units or markets. The drop in demand came across all price points and in all markets.

The root cause is simple: consumer confidence is low. According to the University of Michigan’s consumer sentiment index, confidence dropped even lower in 2022 than it did during the Great Financial Crisis. Human nature is that uncertainty has a freezing effect; when you’re uncertain, you’re much more likely to stay put.

The 2022 apartment demand numbers clearly demonstrate this. We typically see a significant seasonal bounce in demand after college graduations during the summer... but that didn’t happen in 2022. Employment

data indicates that most found jobs, so why didn’t they show up in the housing market? It appears many got jobs but chose to live with family or friends given economic uncertainty and inflation, including elevated housing costs. My grandson chose to remain at home for a year after college graduation.

That would point to pent up demand for apartments in 2023, but first we need to see consumer confidence rebound which is iffy especially with more voices predicting a pending recession. But cooling inflation (including a string of rent cuts) could be a strong enough counter measure to unleash stronger apartment demand in 2023 than we saw in 2022. That appears likely to happen even if the Consumer Price Index doesn’t capture it right away due to a lagged methodology.

Rental market is shifting in favor of renters

New lease apartment rents fell in December for the fourth consecutive month amid soft demand, dropping another 0.4%. While rent cuts in the winter months are seasonally common, the cumulative rent drop of about 1.6% since September is deeper than normal. And further cuts appear likely in early 2023 especially in Class A apartments competing with the oncoming wave of newly built lease ups.

For calendar year 2022 overall, effective new lease asking rents

increased 6.1% nationally. That number was inflated by large hikes earlier in the year but has dropped off precipitously since peaking at 15.7% in March. Further cooling will continue into 2023.

Bottom line is the rental market is rapidly shifting in favor of renters. National apartment vacancies jumped from a record seasonal low one year ago of 2.5% up to 5.0% in December 2022. Vacancies increased over the past year in all but two of the nation’s 150 largest metro areas.

Vacancies will almost certainly increase more in 2023 as new supply surges to the highest levels in four decades. A total of 971,356 apartment units were under construction at the end of 2022, with about 575,500

scheduled to complete in 2023. New starts continued at a brisk pace through 2022 too, which means lease up volumes will remain elevated well into 2024.

New supplies will especially impact the upper tier Class A market competing for upper income renters. The widening gap in rents between Class B/C and newly built lease-ups suggests that middle and lower tier apartments will be somewhat insulated from supply pressures. That means it’ll be tougher for lease ups to lure renters out of Class B apartments with concessions than it had been in prior cycles.

The bottom line; there is good news for renters but not so good news for investors and landlords.

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Fallbrook Market Snap Shot

JANUARY 2023

MEDIAN LIST PRICE	\$950,000
MEDIAN PRICE OF NEW LISTINGS	\$869,950
PER SQUARE FOOT	\$403
AVERAGE DAYS ON MARKET	85
MEDIAN DAYS ON MARKET	70
PRICE DECREASED	41%
PRICE INCREASED	1%
RELISTED	58%
INVENTORY	95
MEDIAN RENT	\$3,238
MARKET ACTION	31

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Get tips for your home goals in 2023

Jane Kepley
Special to the Village News

It's a new year, and that means new possibilities. For some, that might mean buying a house for the first time. For existing homeowners, it could mean improving your current space – or selling it to move on to a place that feels like a better fit for your family. Whatever your plans, setting small milestones can help you get there. Are you ready to make those home-related goals a reality this year? Here's how:

- If you want to buy a home:**
- Get your finances in order. Improve your credit score, pay off larger debts, and save for upfront costs.
 - Have the right professionals on your side. Choose your mortgage lender, home inspector and other professionals you want to work with – and get in touch for assistance from an expert agent.
 - Keep an eye on the market. Set up listing alerts within your price range. Once something catches your eye, reach out to schedule a showing.
- If you're selling your home:**
- Declutter and make repairs. Remove personal items and

make major and cosmetic repairs to items that could otherwise take away from the home's value.

- Get professional, staged photos. Make the home look move-in ready, and bring in a real estate photographer to take listing photos and create a video tour.
- Have a plan for a new property. Determine what's next: Will you downsize or look for a bigger home? Solidify your plan before you sell.

If you plan to make home improvements:

- Do research. Find out which projects can add value. Then, see if you need permits from the city and get cost estimates from contractors.
- Figure out financing. How will you pay for the updates? Cash-out refinancing and home equity loans and lines of credit are popular options.
- Hire professionals for big projects. Don't attempt to DIY anything that needs specialty knowledge, including electrical and plumbing tasks.

Do you need help buying or selling a home this year? Reach out to Jane Kepley with CR Properties at 760-622-0204 or kepleyrealestate@att.net.



When selling a home bring in a real estate photographer to take listing photos. Village News/Metro photo

Tackle flood damage

SAN DIEGO – ServiceMaster Restore, a global leader in natural disaster response and restoration services for both residential and commercial clients, offers key mistakes homeowners make when dealing with floods. Flooding is the most common natural disaster in the United States and Californians are facing this head on, following the recent rains. For those who do tackle flood damage on their own, follow the previous steps to keep you and your home safe. Recognize the dangers of flood damage. At first glance the water damage may seem mild; however, the consequences could be extreme. Water damage is dangerous to a home and often only professionals

detect the level of damage. Don't wait to clean up. Water damage doesn't just go away, in fact it actually builds up over time and can eventually lead to a home collapsing. A hidden killer also includes things like mold and bacteria growth throughout your home. Use the right equipment. A mop and towels simply won't do this kind of damage control. Here are some tools to invest in if you're not planning on calling professionals. A heavy-duty fan is a good start. You need an especially powerful, purpose-built fan that was created for drying out large rooms. A dehumidifier will pull moisture from the environment more thoroughly than a fan. You can purchase a dehumidifier at

most home improvement shops. An air scrubber is essential for working to improve the air quality of the affected building. An extraction tool, also known as a flood pumper, is similar to a giant, turbocharged wet vac. A moisture probe uses a coiled cable to help you determine where moisture is located, in places where you might not see it. Specialized wall and floor drying systems can help you save your hardwood floors in many instances, and can reduce the number of walls and ceilings you have to replace. Don't ignore the dangers of a flooded home, including contamination by bacteria or sewage. There are different categories

of contaminated water. Category 3 water is contaminated by bacteria, sewage, or other hazards. It can cause rashes, infections and illnesses. And even if the floodwater is clean, the flood may have busted pipes in or around your own home, so it may not stay clean for long. Watch out for unsteady footing, broken glass and other debris. Water damaged floors might not be as stable as you're expecting them to be. If flood water has entered your house, there's a decent chance that it broke something to get in there. Look out for metal fragments or broken glass that can cut your feet or legs. Be aware of loose wires. Always be mindful that floodwaters can carry a risk of

electrical shock. From fallen power lines to damage to your own electrical system, you never know when you might be too close to a live wire. Prevent gas leaks and explosions. Turn off any gas or propane sources to minimize the risk of gas leaks and explosions. Watch for displaced wildlife. Snakes, rats and other animals may wind up seeking shelter in unusual places after a flood. For professional help or more information, check out ServiceMaster Restore at <https://www.servicemasterrestore.com/> or a local remediation service.

Submitted by Service Master Restore.

Public comments needed for FLC accreditation application

FALLBROOK – Fallbrook Land Conservancy announces that it is applying for renewal of accreditation with the Land Trust Alliance. The land trust accreditation program recognizes land conservation organizations that meet national quality standards for protecting important natural places and working lands forever. A public comment period

is now open. The Land Trust Accreditation Commission, an independent program of the Land Trust Alliance, conducts an extensive review of each applicant's policies and programs. The FLC is proud to have achieved LTA accreditation in 2018. This distinction affirms that the FLC meets national quality standards, including

sound financial practices, ethical conduct, responsible governance, and lasting stewardship. The commission invites public input and accepts signed, written comments on pending applications. Comments must relate to how Fallbrook Land Conservancy complies with national quality standards. These standards address the ethical and technical operation

of a land trust. For the full list of standards see <http://www.landtrustaccreditation.org/help-and-resources/indicator-practices>. To learn more about the accreditation program and to submit a comment, visit www.landtrustaccreditation.org, or email your comment to info@landtrustaccreditation.org. Comments may also be mailed

to the Land Trust Accreditation Commission, Attn: Public Comments, 36 Phila Street, Suite 2, Saratoga Springs, NY 12866. Comments on Fallbrook Land Conservancy's application will be most useful if submitted by March 31.

Submitted by Fallbrook Land Conservancy.

Supervisors approve Bonsall Oaks easement adjustments

Joe Naiman
Village News Reporter

The San Diego County Board of Supervisors approved easement adjustments for the Bonsall Oaks subdivision. The supervisors voted 4-0 Jan. 11, with Terra Lawson-Remer absent, to approve the proposed easement adjustments. The adjustments vacated 243 acres of a 252-acre biological open space easement but dedicated a new 277-acre open space easement, which increases the total open space easement area by more than 30 acres. The project was called the Polo Club in 1999 when the Board of Supervisors approved a final map to subdivide the 449.54-acre parcel on the north side of Gopher

Canyon Road at Vista Valley Road into up to 165 dwelling units with two open space lots. The development was conditioned to obtain permits from the U.S. Army Corps of Engineers, the U.S. Fish and Wildlife Service, the California Fish and Wildlife Service, and the Regional Water Quality Control Board before construction could begin. The ownership negotiated with the regulatory agencies, and the project has undergone multiple design changes so that the required permits could be obtained. The subdivision was renamed Bonsall Oaks when Bonsall Oaks, LLC, agreed to purchase the project from Vista Villas Development, L.P. Bonsall Oaks will be constructed in phases. Phase 1 consists of

a winery, a tasting room, and a bed and breakfast off of Oak Bridge Drive. The tasting room and bed and breakfast will be across Gopher Canyon Road from the entrance to the Vista Valley Country Club. Phase 2 will include 59 residential lots; Phase 3 will provide 57 residential lots; Phase 4 will build 41 residential lots, and Phase 5 will construct seven custom homes. The county's Department of Planning and Development Services has the authority to approve minor deviations to an approved subdivision map. PDS has approved map modifications including boundary adjustments, and the revised lot layout will reduce biological impacts with an open space easement larger than that dedicated for the previous configuration. The new open space easement overlaps with much of the easement which was vacated. A drainage easement vacation replaces an existing highway drainage easement with a new easement in a new location. The open space in the previous easement would have been within the backyard of planned residential lots while the new easement utilizes separate open space lots which create a larger open space easement. The revised design also reduces the proposed development footprint from 213 acres to 140 acres. The easement replacement does

not change any other biological conditions of wildlife agency approvals. Those conditions include installing open space fencing and signage to protect the open space, processing a Resource Management Plan to ensure ongoing maintenance and management of the open space, establishing a funding mechanism to ensure ongoing funding for the perpetual management, and biological monitoring during construction. No in-use utilities or other public facilities exist within the area of the vacated highway drainage easement. The easement area would not be needed for that purpose because of the relocated easement, and that land is not authorized for non-motorized transportation uses and thus would not be useful as a non-motorized transportation facility. The redesign including the easement modifications will not affect the road improvement conditions for Bonsall Oaks. Those conditions require paving all proposed roads within the subdivision. Bonsall Oaks will also install 14 feet of additional grading, asphalt concrete paving, and new striping for a minimum length of 25 feet to accommodate a left turn lane along Gopher Canyon Road. Gopher Canyon Road will be widened at the project entrance and an additional 14 feet of paving

and striping will accommodate a dedicated right turn lane into the project entrance. Bonsall Oaks will also provide 30 foot radius curb returns and transitions at the intersection of Oak Bridge Drive and Gopher Canyon Road. Bonsall Oaks is on the border of the North County Fire Protection District and the Vista Fire Protection District and is in both districts. Secondary access will be provided through a private road which will connect to Dentro De Lomas. Neither fire department expressed concern with the revised map or the easement modifications, and Bonsall Oaks is working with both districts to obtain approval of a fire protection plan for the updated design. The changes will not create significant new environmental effects, so the Environmental Impact Report which was certified when the Board of Supervisors approved the tentative map in November 1993 will be adequate upon completion of an addendum. On Aug. 2, the Bonsall Community Sponsor Group voted 5-0 to recommend vacating the drainage easement and did not request any conditions for that vacation. A 4-1 vote that day recommended approval of the open space easement vacation while expressing concerns about traffic, infrastructure, road improvements, and the remaining area.

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BUSINESS

McAllister sworn in as treasurer-tax collector



Centenarian Deborah Szekely, front left, conducts the swearing in ceremony for San Diego County's Treasurer-Tax Collector Dan McAllister, center, while his son Patrick McAllister holds the family Bible.



Swearing in ceremonies were conducted for six county officials Monday, Jan. 9, from left, Treasurer-Tax Collector Dan McAllister, Assessor/Recorder/Clerk Jordan Marks, Sheriff Kelly A. Martinez, District Attorney Summer Stephan, Supervisor Nathan Fletcher and Supervisor Jim Desmond.

SAN DIEGO – Dan McAllister took the oath of office Monday, Jan. 9, as he began his term as San Diego County's treasurer-tax collector.

During his inauguration address, McAllister reflected on the accomplishments of his office since he was first elected in 2002. At that time, his office collected \$2.6 billion in secured property taxes, served 97 public agencies through the Treasury division and managed a \$3.2 billion county investment pool.

"This year, by comparison, we

expect to collect \$8.1 billion in taxes from over a million property owners," McAllister said. "We assist over 200 public agencies in San Diego County, and last fiscal year, we reached a record high of \$15.9 billion in our AAAA-rated investment pool. I'm incredibly proud of what we have been able to accomplish in the treasurer-tax collector's office."

"I want to express my sincere gratitude to the hardworking team in the treasurer-tax collector's office. Thank you for focusing on solutions that put our taxpayers at

the forefront of what you do. Your tireless work on their behalf is inspiring," McAllister said.

McAllister was sworn in by centenarian Deborah Szekely, American activist, philanthropist and writer. Named the "Godmother of Wellness" by the Huffington Post, Szekely led McAllister through the swearing in ceremony. McAllister's son, Patrick McAllister, held the family Bible on which his father took the oath of office.

Submitted by San Diego County.

Worker of the Week handles two jobs at Coldwell Banker



Amber Stallings talks with a potential client on the phone at Coldwell Banker Village Properties where she works part time in real estate and full time as maintenance coordinator in Village Property Management at 5256 South Mission Road, Suite 310, Bonsall.

Tips to avoid cryptocurrency wallet scams

San Diego County District Attorney's Office

As news of the collapse of crypto giant FTX unfolds, it is clear we are getting used to living in a world with cryptocurrency. But bad actors are relying on our complacency to think up new ways to scam us. The latest trend is cryptocurrency wallet scams.

Before we get further into this scam, here is a refresher course on cryptocurrency terminology:

- Cryptocurrency, also known as crypto, is a digital currency designed to work as a medium of exchange through a computer network that is not reliant on a central authority, such as a government or bank, to uphold or maintain it.
- Bitcoin is a type of cryptocurrency widely considered the most popular.
- Crypto is typically held by an individual in a "crypto wallet."
- Cryptocurrency relies on a technology called blockchain. It is a sort of digital ledger that records transactions made across a decentralized network of computers that are linked together via the Internet.
- Cryptocurrency exchanges are services that allow you to purchase and sell crypto.
- Most exchanges require that you use a second factor of authentication to access your wallet and make trades on the exchange.
- Losing access to your crypto account can happen in a few clicks if a bad actor gets access to critical information. Even though the blockchain is secure, a chain is only as secure as its weakest link.

Fraudsters use well-rehearsed methods to scam victims out of their money. One way is via an old hacking technique known as social engineering. Social engineering is the psychological manipulation of people into performing actions or divulging confidential information.

In a new spin on this old con, scammers will send an email pretending to be related to a cryptocurrency exchange. They will either draw you in with a lure or feign an issue with your account, for which they need information to provide a refund. In some cases, they might amp up the stakes by saying "if you don't provide information right away, one of your recent trades will not go through."

These emails will often look official, including the header of the company that is being spoofed. They'll include a fraudulent link that takes you to a site that asks for your crypto credentials, or requests other secure information. Often, the sites will simulate the real sites and can fool an untrained eye into thinking they are on their official exchange's website.

If you click on a bad link, the fraudster can potentially harvest your credentials or reset your password to prevent you from

accessing your own account. Once they have taken over your account, they take over your money.

Don't be the weak link when it comes to your financial security. Follow these tips to avoid becoming the next victim:

- Be wary of emails that claim to be from cryptocurrency exchanges.
- If you look closely, you can often see mistakes or issues on the emails, which betray their true nature.
- Never click on a link for which you cannot see the actual URL. Instead, manually enter the web destination directly into your browser.
- Be wary of unsolicited/unexpected emails.
- Be suspicious of deals, offers or promotions that seem too good to be true.
- Never provide your sensitive information via email.

If you think you have been contacted by a scammer, report the contact online via the Internet crimes complaint center (<https://www.ic3.gov/>). If you fall victim to any of these types of scams, don't be embarrassed. Report the scam to your law enforcement agency.

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EDUCATION

STEAM Museum visits Maie Ellis Elementary



Students at Maie Ellis Elementary learn STEAM principles with scientist Great Scott.



Staff from the Boys & Girls Club and FUESD After School assist students in structure design and development.

FALLBROOK – Fallbrook Union Elementary School District’s After School Program brought STEAM – science, technology, engineering, arts and math – to life for students at Fallbrook STEM Academy and Maie Ellis Elementary School Friday, Jan. 6. This program turned Maie Ellis Elementary cafeteria into a state-of-the-art, hands-on children’s museum focused on STEAM education.

Stations students experienced included robots, virtual reality, 3D printing, art, engineering and more. Students were encouraged to explore the museum at their own pace and manage their time between exhibits that appealed to their interests. Mobile Education presenters, FUESD After School staff and Boys & Girls Club staff helped facilitate this event.

In the Virtual Reality Expedition, students use advanced VR headsets to experience a realistic and immersive journey through the solar system, prehistoric eras and significant landmarks. The Buzz Wire activity is a classic science museum exhibit. Students must keep their hands steady as they attempt to pass a loop over a wire bent with increasingly tricky twists



Maie Ellis Elementary students become familiar with the basics of 3D design and printing at the STEAM Museum.

and turns. If a student touches the loop to the wire, they’ll complete the circuit, it will beep and they’ll

have to start all over again. The Buzz Wire is a fun way to learn about basic circuitry and principles of electricity.

In the station with microscopes, students used state-of-the-art digital microscopes to experience the science around them in a way they had never seen before. This

experience provided students with a new close-up perspective when using the powerful magnifying lens.

FUESD After School’s mission is to provide a safe, positive environment that will nurture academic achievement and offer enrichment opportunities for our

students through art, music and STEAM. FUESD After School will offer STEAM Family Nights at all elementary schools during the next few months in coordination with the Boys & Girls Club of North County.

Submitted by Fallbrook Union Elementary School District.



Maie Ellis Elementary students engage in head-to-head competition on Bop-A-Light, one of the STEAM Museum’s most engaging activities.

SNHU announces fall 2022 President's List

MANCHESTER, NH – Southern New Hampshire University has announced that the following students from Fallbrook have been named to the fall 2022 President's List: Gilberto Acevedo, Jose Nabor, Brandon Smith and Victoria Davis.

The fall terms run from September to December. Full-time undergraduate students who have earned a minimum grade-point average of 3.70 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits

over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

SNHU is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester.

Submitted by Southern New Hampshire University.

Miller named to dean’s list for fall 2022

WILLIAMSBURG, Ky. – University of the Cumberlands announced the students named to the dean’s list for the fall 2022 semester, including Christian Miller of Fallbrook, in recognition of their academic performance.

To be eligible for the dean’s list, students must be enrolled in at least 12 credit hours, maintain a minimum cumulative GPA of 3.50 and be in good academic standing.

University of the Cumberlands

is one of the largest and most affordable private universities in Kentucky. Located in Williamsburg, Kentucky, the university is an institution of regional distinction offering quality undergraduate, graduate, doctoral and online degree programs. For more information, visit <http://www.ucumberlands.edu>.

Submitted by University of the Cumberlands.

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Warriors fly by the Ravens, 2-0



Fallbrook's Hector Gamez faces off against a Canyon Crest Academy opponent during the varsity boys soccer game, Jan. 10.

Village News/Shane Gibson photos



Warrior Carlos Ruiz battles for the ball against Canyon Crest Academy Raven. Fallbrook won the game, 2-0.



Warrior Daniel Zuniga kicks the ball to a teammate in the game against the Ravens.



Fallbrook's Octavius Stone races with the ball through the Canyon Crest Academy defense.



Fallbrook's Giovanni Ruiz gets to the ball ahead of a Canyon Crest Academy opponent.



Fallbrook's Edwin Cerriteno battles for the ball against a Canyon Crest Academy player.



Warrior Ivan Franco attempts to head the ball against the Ravens.

more Warrior photos on page D-3

SPORTS

Thirsty John wins California Cup Derby, Giver Not a Taker second

Joe Naiman
Village News Reporter

San Luis Rey Training Center horses trained by Peter Miller finished first and second in the California Cup Derby stakes race Jan. 7 at Santa Anita Park.

Thirsty John won the 1 1/16-mile dirt race for California-bred 3-year-olds. He finished half a length in front of second-place Giver Not a Taker.

“Very close,” Miller said. “They’re very close in talent, and we were very happy to come up 1-2.”

Thirsty John was foaled at Lovacres Ranch in Warner Springs on March 22, 2020, and was sired by Stay Thirsty out of Discreet Dec. Thirsty John had one race as a 2-year-old and won that 4 1/2-furlong May 2022 contest at Santa Anita by 3 1/4 lengths. Surgery to remove a bone chip in his ankle kept Thirsty John from racing again until Jan. 7.

Walther Solis had been Thirsty John’s trainer, but Solis has returned to Loveacres Ranch as the farm manager. Terry Lovingier, who owns Loveacres Ranch and co-owns Thirsty John along with Tom London and Eugene Zondlo, transferred Solis’ race-ready horses to Miller.

“It’s good,” Miller said of taking over Solis’ horses. “So far we’ve done pretty well.”

Kirk and Judy Robison bred and own Giver Not a Taker, who was foaled on April 8, 2020. Giver Not a Taker was sired by Danzig Candy out of Kittens Trip. He won his first two races, both during the 2022 Del Mar Thoroughbred Club summer meet. The second of those races was the I’m Smokin Stakes.

A ninth-place finish in the Oct. 9 Zuma Beach Stakes at Santa Anita was followed by a second-place result in the Oct. 29 Golden State Juvenile Stakes at Santa Anita. Giver Not a Taker then won the Dec. 18 King Glorious Stakes at Los Alamitos Race Course.

Juan Hernandez rode Thirsty John in the California Cup Derby while Flavien Prat was the jockey for Giver Not a Taker. Hernandez and Thirsty John broke last among the seven entries. Prat and Giver Not a Taker were the third jockey-



Thirsty John and jockey Juan Hernandez, right, hold off Giver Not a Taker (Flavien Prat up) to win the \$200,000 California Cup Derby Saturday, Jan. 7, at Santa Anita Park. Village News/Benoit photo

horse combination out of the starting gate. Hernandez and Thirsty John would soon take the lead and remain in front for the rest of the race while Prat and Giver Not a Taker quickly moved into second and remained in that position.

“Pretty much went the way we expected it to go,” Miller said.

The first quarter of a mile took Thirsty John 23.45 seconds. At that point, he led Giver Not a Taker by a length while Giver Not a Taker was half a length in front of third-place Crypto Ride, who stayed in third before falling to fourth as he approached the stretch.

Thirsty John covered the first half-mile in 47.68 seconds. He led Giver Not a Taker by a length while Giver Not a Taker was a head in front of Crypto Ride. Giver Not a Taker narrowed the lead to half a length by the time

Thirsty John completed his first three-quarters of a mile 1:11.90 into the race.

Passarando took over third entering the stretch but was four lengths behind Giver Not a Taker. Giver Not a Taker trailed Thirsty John by two lengths. Thirsty John entered the stretch 1:38.32 after the starter’s gate was opened.

The winning time for Thirsty John was 1:45.51. Giver Not a Taker finished 2 1/4 lengths ahead of Passarando.

“On the dirt, that’s a really comfortable pace for the horses, especially for a horse that is returning from a big layoff. I have to give a lot of credit to Peter Miller because he brought this horse ready to win, and my horse showed a lot of heart. He showed that he can run and get the job done. This horse won pretty easy the first time, and he was really

comfortable today. For the last stretch I just used motion and hand riding. In the end, he got the job done,” Hernandez said.

“I was confident that he’s a good horse. With all the rain and stuff, we couldn’t get work over this track with him. But I thought if he’s good enough, he’d be able to get it done and he is a very, very good horse and visually to look at him he’s a pretty horse. Really well put together,” Lovingier said. “He hung in there and without working on this track. He worked one time and shipped in and after a 7 1/2-month layoff to do this it’s pretty impressive.”

Thirsty John had no timed workouts between his May 14 race and Oct. 15. He had 11 timed workouts at San Luis Rey between Oct. 15 and Dec. 27 before a Jan. 2 timed workout at Santa Anita.

The \$110,000 first-place share

of the total \$200,000 California Cup Derby purse brought Thirsty John’s career earnings to \$150,200.

“I told Terry Lovingier he’s a good horse, but if he wins this race off of the layoff, he’s a very good horse. I think he showed today that he’s a really good horse. That’s kind of what we thought about him, but I didn’t know if we had him fit enough to do this off of an eight-month layoff and only one start,” Miller said.

Giver Not a Taker earned \$38,000 for second place. His career earnings are now \$252,750.

“Giver Not a Taker gives it every time, and he gave it again today. I’m proud of him as well, he ran another big race,” Miller said.

Miller and his owners have not yet decided on the next race for either horse. “Now we’re going to kind of keep our options open on both of them,” Miller said.

Brockson and Moreno place at Mission Hills Invitational
Warriors win six of seven contested matches in league opener

Joe Naiman
Village News Reporter

Fallbrook High School’s wrestling team traveled to Del Norte High School for a Valley League dual meet Jan. 5, participated in the JV Rumble tournament Jan. 6 at Escondido High School, and had two wrestlers place at the Jan. 7 Mission Hills Invitational tournament.

“It was a good week,” said Fallbrook head coach Tom Brockson.

This year Fallbrook and Del Norte are in the Valley League along with Escondido, Mount Carmel, Westview, and Valley Center. The Jan. 5 meet was the league opener both for Fallbrook and Del Norte.

“It went pretty well,” Brockson said.

Del Norte actually won the dual meet, but Fallbrook won six of the seven contested varsity matches. In each match, a wrestler is given one point for an escape, two points for a takedown, a reversal, or a near fall lasting two to five seconds, and three points for a near fall of at least five seconds. A win by decision provides three team points, a major decision which means a margin of at least eight points is worth four points, a 15-point margin triggers a technical fall which gives five points, and a pin or forfeit win (usually due to default because the other school doesn’t field a grappler in that weight class rather than due to disqualification) adds

six team points.

“We had a lot of forfeits,” Brockson said.

Four of the six Fallbrook victories over Del Norte were by pin: Nic Brockson in the 113-pound class, Benjamin Moreno in the 126-pound bout, Devin Huntington in the 138-pound match, and Sylvester Bautista in the 160-pound competition. Daniel Wilson defeated his 132-pound opponent by major decision.

From a standpoint of team points alone, the 120-pound decision victory of Xavier Pacheco over Cristoforo Martinez wasn’t as meaningful as Fallbrook’s other five victories. However, the Dec. 3 Carlsbad Invitational which began Fallbrook’s season included Martinez pinning Pacheco with 21 seconds remaining in regulation. Martinez took second among 120-pound matmen in that tournament while Pacheco shared fifth place.

Pacheco thus defeated an opponent to whom he had previously lost. “He got a revenge match,” Tom Brockson said.

“It was a good match,” Brockson said. “He stuck with it.”

Eleven of Fallbrook’s 15 wrestlers won their Jan. 5 matches including five junior varsity wrestlers. Fallbrook’s two girls both lost to female Del Norte opponents. “They got some experience at least,” Brockson said.

Five of Fallbrook’s junior varsity wrestlers competed at the JV Rumble. One of those

placed; Christopher Wooten took fourth in the 120-pound division. “He wrestled some pretty good matches. He had a hard kid at the end,” Brockson said. “It’s good to see him come along.”

The Mission Hills Invitational allowed an additional four pounds per weight class. Fallbrook had seven wrestlers there. Nic Brockson placed third in the 117-pound bracket and Moreno was fourth among 130-pound grapplers.

“It was by far the most talented tournament we’ve been to this year,” Tom Brockson said.

Fallbrook accumulated 55 team points for 16th among the 31 teams who scored points. Poway and Brawley shared the meet championship with 203 points apiece.

Brawley won two individual championships at the Mission Hills Invitational including in the 117-pound class. Anthony Tamay pinned three of his four opponents with the exception being an 8-0 major decision victory over Nic Brockson in the semifinal. Brockson began the tournament by pinning Will Mackey of Oceanside with three seconds left in the first period and advanced to the semifinal with a third-period pin against Micah Kollmeyer of Scripps Ranch.

Brockson did not pin Kollmeyer until 36 seconds remained in regulation. The 5:24 of wrestling in that match combined with the 1:57 in his previous match was taking its toll on Brockson.

“His eye was swollen shut,” Tom Brockson said.

The loss to Tamay pitted Nic Brockson against Bryan Minsky of West Hills. Brockson pinned Minsky with five seconds remaining in the second period.

“He wrestled his way back to third,” Tom Brockson said.

Bryce Hughes of Christian, who had been pinned by Tamay in the first period of that second-round match, was Nic Brockson’s official opponent in the third-place competition. Hughes, however, had reached the CIF limit of five matches in one day and had to default to Brockson.

The 130-pound class had 19 wrestlers. “Fourth place is good in that tournament,” Tom Brockson said.

Moreno began competition with a 10-2 major decision victory over Nicolas Sierra of La Jolla. Brawley’s Diego Arias obtained an 18-2 lead for a technical fall which sent Moreno to the consolation bracket.

Jovanny Rodriguez of Rancho Buena Vista was Moreno’s first consolation bracket opponent. A 9-6 decision victory advanced Moreno to a match against William Herman of Helix. Moreno pinned Herman 44 seconds into that match and then pinned Edgar Martinez of San Pasqual 35 seconds into the third period. The win over Martinez was Moreno’s fifth match of the day, so he had to default the third-place match to Damien De La Vega of Santana.

Pacheco was eliminated one

match short of the 124-pound medal round. He pinned Moses Espino of Santana 1:02 into the second period, was pinned by weight class runner-up Riley Jones of El Capitan 1:12 into the second period, won a 9-6 decision over Jamison Brown of Mission Hills, and was pinned by Rancho Bernardo’s Elias Ramirez 57 seconds into the second period.

Wilson was one match away from the 136-pound medal round. An 8-4 decision loss to Oliver Perez of Helix was followed by a pin of Rancho Buena Vista’s Bryce Fullerton 42 seconds into the third period, a pin of Scripps Ranch’s Grant Hancock 59 seconds into the match, and a 10-0 major decision loss to Jonathan Moedano of Mission Hills.

Fallbrook’s 149-pound wrestler, Francisco Franco, also won two matches but did not place. Franco pinned Reese Arthur of Rancho Bernardo 1:49 into the match, lost a 13-2 major decision to eventual champion Ian Brown of Granite Hills, pinned Sean Morrin of Rancho Buena Vista 49 seconds into the second period, and was pinned by Caden Kestler of La Jolla 1:22 into that match.

Huntington and Bautista also participated in the Mission Hills Invitational, and each won one match.

The Warriors’ first home meet of the season will take place Jan. 19 against Mount Carmel.

the
village
beat

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Warrior photos from D-1



Warrior Jonathan Gomez races with the ball against a Raven opponent.

Village News/Shane Gibson photos



Warrior Daniel Zuniga defends against Canyon Crest Academy.



Warrior Hector Gamez heads the ball surrounded by Canyon Crest Academy opponents.



Warrior Edwin Cerriteno attempts the kick a goal past Raven defenders.



Warrior Giovanni Ruiz attempts to head the ball while the Raven goalkeeper intercepts it.

VILLAGE NEWS

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Please submit all correspondence to our corporate office by e-mail, villageeditor@reedermedia.com. All correspondence must be dated and signed and include the writer's full address and phone number in order to be considered for publication. All letters are subject to editing to fit the publication's format. Deadline is Monday, 9 a.m.

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NATIONAL

EXPLAINER: Tackling threat of mudslides in soaked California

Julie Watson and Doug Glass
Associated Press

SAN DIEGO (AP)—Relentless storms from a series of atmospheric rivers have saturated the steep mountains and bald hillsides scarred from wildfires along much of California’s long coastline, causing hundreds of landslides this month.

So far the debris has mostly blocked roads and highways and has not harmed communities as in 2018 when mudslides roared through Montecito, killing 23 people and wiping out 130 homes.

But more rain is in the forecast, increasing the threat.

Experts say California has learned important lessons from the Montecito tragedy, and has more tools to pinpoint the hot spots and more basins and nets are in place to capture the falling debris before it hits homes. The recent storms are putting those efforts to the test as climate change produces more severe weather.

Why is California prone to mudslides?

California has relatively young mountains from a geology standpoint, meaning much of its steep terrain is still in motion and covered in loose rocks and soil that can be sloughed off easily, especially when the ground is wet, according to geologists.

Almost all of the state has received rainfall totals of 400% to 600% above average since Christmas, with some areas receiving as much as 30 inches of precipitation, causing massive flooding. The severe weather has killed at least 19 people since late December.

Since New Year’s Eve, the California Department of Conservation’s landslide mapping team has documented more than 300 landslides.

The state’s prolonged drought has made matters worse.

Dan Shugar, an associate professor of geoscience at the University of Calgary, said drought can have a counterintuitive effect when combined with the incredible rainfall California has seen in recent days.

“You’d think if the ground is dry it should be able to absorb a lot of water, but when ground becomes too dry, the permeability of the ground actually decreases,” he said. As water runs off the hardened soil, moving downward and picking up energy, it can begin carrying soil and debris away, he said.

Added to that, wildfires have left some hillsides with little to no vegetation to hold the soil in place.

What are the most vulnerable areas?

The most vulnerable areas are hillsides that have burned in the past two to three years with communities below them, said Jeremy Lancaster, who leads the California Department of Conservation’s geological and landslide mapping team.

That includes areas that recently burned in Napa, Mariposa, and Monterey counties, he said.

In 2018, the deadly mudslides in Montecito occurred about a month after one of the largest fires in California’s history tore through the same area, charring 280,000 acres.

Montecito is sandwiched between the Santa Ynez mountains and the Pacific coast. On the fifth anniversary of that tragedy, the entire community was ordered

to evacuate on Jan. 9 as rains pummeled the area and debris blocked roads.

Lancaster warned that the threat of landslides will linger long after the rains have subsided as the water seeps 50 to 100 feet into the soil, dislodging things.

“They can occur weeks later, if not months,” he said.

What can be done to protect communities?

Lancaster said California has dramatically increased its efforts to identify hotspots since the Montecito mudslides. His department continually updates its map so local communities are aware and can make decisions, including whether to evacuate an entire community.

The state is also working on a system to better pinpoint how much rain might trigger a landslide.

Marten Geertsema, who studies natural hazards and terrain analysis at the University of Northern British Columbia, said agencies use a variety of tools to gauge the likelihood of landslides in a given area, including terrain maps and lidar – pulsed light from lasers to penetrate foliage to see the ground. Then they can watch for early warnings, such as changes over time in photos taken from the air, or from satellites, or in data from GPS monitoring stations, tilt meters and or other on-site instrumentation.

What is the most effective defense against mudslides?

One of the best ways to manage landslides is with debris basins – pits carved out of the landscape to catch material flowing downhill.

But basins, which can require a lot of land, can also disrupt the natural ecosystem and lead to beaches needing to be replenished by collecting sediment that flows out of the canyons, according to experts.

And they are costly, said Douglas Jerolmack, a professor of environmental science and mechanical engineering at the University of Pennsylvania. And if old debris isn’t removed, they can be overwhelmed by new landslides or mudslides.

Some might also not be big enough to deal with future slides worsened by climate change, Jerolmack said.

After the 2018 mudslides hit Montecito, the Los Angeles Times reported that debris basins above the community were undersized and hadn’t been sufficiently emptied.

The tragedy galvanized the community, which raised millions to address the problem, said Patrick McElroy, a retired Santa Barbara fire chief who founded the nonprofit organization, The Project for Resilient Communities.

The organization hired an engineering company to map the canyons and installed debris nets. He said the recent storms put them to the test: One net measuring 25 feet tall filled nearly to capacity.

McElroy said he’s still haunted by memories from 2018 but feels better, knowing that the community might be safer now.

“I’m not over it yet. But to wake up, you know, the other day and see no injuries and no fatalities. I just can’t tell you how impressed I am,” he said of the nets.

The best solution for the Montecito and Santa Barbara area is to have both nets and debris basins, according to Larry Gurrola, the engineering geologist hired by the organization.



Ryan Orosco, of Brentwood, carries his wife Amanda Orosco, from their flooded home on Bixler Road in Brentwood, Calif., on Monday, Jan. 16, 2023. The last in a three-week series of major winter storms is churning through California.
(Jose Carlos Fajardo/Bay Area News Group via AP)



Rocks and vegetation cover Highway 70 following a landslide in the Dixie Fire zone on Oct. 24, 2021, in Plumas County, Calif.
(AP Photo/Noah Berger, File)



Water floods part of a road by the San Ysidro creek on Jameson Lane near the closed Highway 101 in Montecito, Calif., Jan. 10, 2023. Relentless storm from a series of atmospheric rivers have saturated the steep, majestic mountains and bald hillsides scarred from wildfires along much of California’s long coastline.
(AP Photo/Ringo H.W. Chiu, File)

But nothing is cheap. Santa Barbara County’s spent \$20 million on a new basin after 2018, while McElroy’s organization spent close to \$2 million on installing the nets, which includes liability insurance and other fees. They have a five-year permit for the nets, which will be removed if it is not renewed.

Gurrola said the alternative is more costly. With the recent storms, more than half of California’s 58 counties have been declared disaster areas and repairing the damage may cost more than \$1 billion.

“Most importantly these things protect the community and save lives,” he said.

Glass reported from Minneapolis.

Climate bill sparks potential green trade war with Europe

John Hugh Demastri,
Contributor
The Daily Caller

Leaders in the European Union are intensifying efforts to compete with the U.S. on green energy, after the Biden administration’s signature climate bill was perceived as siphoning manufacturing from Europe, The Associated Press reported Monday.

Ahead of a special economic summit from Feb. 9 – 10, E.U. politicians and diplomats have discussed developing massive

subsidies to compete with the \$369 billion of subsidies in the U.S. Inflation Reduction Act (IRA), such as electric vehicle tax credits, designed to promote domestic green energy and manufacturing, the AP reported. European and Asian allies, particularly in the automotive industry, have been vocal in their opposition to the law, which they believe unfairly promotes U.S. companies at the expense of foreign firms.

“We need to send a strong message that we will act to safeguard our industrial base. It is crucial that the EU remains

an attractive place to invest, innovate and produce,” said E.U. Council President Charles Michel in Stockholm, Monday, the AP reported. French Finance Minister Bruno Le Maire similarly said that the trading bloc needed to “shock” the system and simplify subsidies to give companies easier access to investments.

“We want state aid that can be much more massive for certain sectors that we clearly identify — hydrogen, electric batteries, solar panels, semiconductors,” Le Maire said, according to the AP. “There is not a moment to lose.”

France and Germany, the two largest economies in the E.U., are leading the charge in calling for subsidies large enough to compete with the IRA and promote green manufacturing in Europe, according to the AP. The E.U. loosened subsidy regulations in 2020 to compensate for the impact of the Russian invasion of Ukraine, with more than 75% of the €672 billion (roughly \$725 billion) going to France and Germany.

Diplomats from the two E.U. economic titans are scheduled to visit D.C. in February to lobby for exemptions allowing E.U.

companies to qualify for the IRA.

The U.S. Treasury Department released several documents detailing proposed guidelines for the implementation of the IRA on December 29, significantly relaxing the eligibility requirements for foreign manufacturers to receive a \$7,500 consumer tax credit for electric vehicles. Prior to these guidelines being published, several foreign automakers spent billions investing in factories for electric vehicles and batteries in the U.S., amid a worldwide surge in demand for electric vehicles.



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OBITUARIES



Billie Foli, a longtime resident of Bonsall and Fallbrook, passed away on Dec. 29, 2022. She was 91.

Born on July 12, 1931, in Cleveland, Ohio, she lived her childhood in Chattanooga, Tennessee. In 1954, she was employed as a stewardess for Delta Airlines, where she met Victor Foli, a pilot. Based in Florida, the two were married six months later. They moved to Bonsall in 1963 with their four small children. They were married for 67 years.

Billie had a variety of interests, including tennis and golf. She golfed at Vista Valley Country Club for 30 years where she was most proud of winning the Hidden Jewel Golf Tournament with her granddaughter in 2019. She was a member of the Fallbrook Tennis Club for 20 years. She also enjoyed traveling and took her family on many trips all over the world.

In 1990, she joined the Angel Society of Fallbrook, a local philanthropy where she was a member of its board of directors until 2021. Her legacy also included two terms as president, from 1995 to 1997, and again from 2015 to 2017. The organization raises funds for local nonprofits and other worthy causes through

the operation of its Angel Shop, a thrift store at the corner of Main and Aviation.

Well known among customers and volunteers alike, Billie continued to work in the shop until last year, even cashiering on Saturdays, the shop’s busiest day. Over the years, her contributions to the organization were many, including helping to shepherd the group’s move to its current shop location, a former bank building that was purchased by the Angels in 2007. It was also Billie’s idea to require shop volunteers to wear uniforms, and the blue “Team Angels” T-shirts were born.

Over the years, Billie was also known for her shop “stories,” including one that took place several years ago during the holiday season when she and others stayed after hours to outfit a mother and her daughters for a wedding. The family not only found the mother a perfect wedding dress at the shop, but also three bridesmaids’ dresses in burgundy, plus matching shoes for her daughters, in each of their sizes. It truly was a “Christmas miracle,” as Billie recalled, especially since one of the girls wore a size 14 shoe.

Billie will be remembered for her lifetime of service in a variety of capacities. She was lovely, kind and generous. Her absence will be felt by many as she touched all who had the great pleasure of knowing her.

She is survived by her husband, Victor; her three children, Fran White; Andy Foli and his wife, Claudia; and Mike Foli and his wife, Bobbie. Billie had seven grandchildren and two great-grandchildren, and was preceded in death by her son, Peter Foli, in 1978.

A Celebration of Life is planned for later this year. Donations in Billie’s name should be made to the Angel Society’s scholarship fund.



Florence Harris, age 65, passed away on Dec. 14, 2022. Flo was born Nov. 9, 1957, in Ridgecrest, California. Her family moved to Fallbrook in 1966. She graduated from Fallbrook High School in 1974.

While in high school, she was a waitress for Bud Stark in Bonsall and this is where her networking career began. She was united in

holy matrimony to Philip Harris Oct. 14, 1978, at the Presbyterian Church in Fallbrook.

She was an avid animal lover her entire life. In 1986, she became a veterinarian tech for Dr. Aichle at Alvarado Animal Hospital in Fallbrook. She worked there till he retired in 2011. In 2019 through 2021, she worked at North Orange Vet in Fallbrook.

She also recently had been working at the Fallbrook Art Center. She was also quite crafty and made the most beautiful handmade cards.

Florence is survived by her husband Philip, dogs Cabernet and Merlot, brother Bill Peel, cousins John in Colorado, Alex in Murrieta, Joe in Pennsylvania, Mike in Japan and many, many more.

A Celebration of Life is scheduled for March 4, 2023, at 11 a.m. at Live Oak Park in Fallbrook, California.



We are sad to announce the loss of **Cristina Villasin DeGuzman** who fought a brave and courageous battle against esophageal cancer. Cristina transitioned on Jan. 10, 2023, and is now with

the ancestors.

Cristina is survived by her daughters Genevieve and Lorraine DeGuzman and her husband Benjamin DeGuzman. Cristina loved unconditionally and helped anyone in need without hesitation. She was a person people went to for guidance, to vent frustrations, or to ask for help. She loved bringing sweetness and joy into anyone's day, so she always had a candy bar on hand for anyone who needed it.

Cristina was a talented pianist and devoted mother. One of her favorite things to do was going on adventures with her two daughters and husband. Thank you for teaching us how to love and be loved.

A funeral service will be held on Jan. 26, 2023, at 11 a.m. at St. Peter's Catholic Church at 450 S. Stagecoach Lane, Fallbrook, CA 92028.

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1375 Rex Lane, El Cajon, CA 92021
County: San Diego
This business is registered by the following:
Alexis Ruiz, 1375 Rex Lane, El Cajon, CA 92021
This business is conducted by an Individual
Registrant commenced to transact business
under the fictitious name listed above as of
12/14/2022
THIS STATEMENT WAS FILED WITH THE
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COUNTY ON Jan 03, 2023
LEGAL: 6060
PUBLISHED: January 12, 19, 26,
Feb. 2, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9000384
Name of Business
JARAMILLO'S GREEN FLOWERS
10090 Covey Ln, Escondido, CA 92026
Mailing address: 10090 Covey Ln, Escondido, CA 92026
County: San Diego
This business is registered by the following:
Josue Jaramillo Millan, 10090 Covey Ln, Escondido, CA 92026
This business is conducted by an Individual
Registrant first began to transact business under
the fictitious name listed above as of 1/3/23
THIS STATEMENT WAS FILED WITH THE
RECORDER/COUNTY CLERK OF SAN DIEGO
COUNTY ON Jan 06, 2023
LEGAL: 6061
PUBLISHED: January 12, 19, 26,
Feb. 2, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9000375
Name of Business
AUTO APPRAISAL NETWORK SAN DIEGO
275 Tom McGuinness Jr Cir, Fallbrook, CA 92028
Mailing address: SAME
County: San Diego
This business is registered by the following:
Mark W. Peterson, 275 Tom McGuinness Jr Cir, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant commenced to transact business
under the fictitious name listed above as of
11/06/2023
THIS STATEMENT WAS FILED WITH THE
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COUNTY ON Jan 06, 2023
LEGAL: 6062
PUBLISHED: January 12, 19, 26,
Feb. 2, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9027314
Name of Business
a. STYLISH CULTURE APPAREL
b. STYLISH CULTURE NATIVE
c. STYLISH CULTURE FAMILY
d. STYLISH CULTURE KIDZ
e. STYLISH CULTURE SAVAGE
f. STYLISH CULTUREWOMENS
g. STYLISH CULTURE MX
h. STYLISH CULTURE PRODUCTIONS
i. STYLISH CULTURE MEN
j. FEATHER HEADS PRODUCTIONS
k. FEATHER HEADS
l. SAVAGE MOTO KIDZ
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n. NATIVE KIDZ
o. ROADRUNNER NATIVE
p. STYLISH CULTURE
q. SELF MADE SAVAGE
r. SELF MADE NATIVE
s. SELF MADE FAMILY
t. ROAD RUNNER CLOTHING
u. ROAD RUNNER APPAREL
53004 Sycamore Ln, Pala, CA 92059
Mailing address: 53004 Sycamore Ln, Pala, CA 92059
County: San Diego
This business is registered by the following:
Anthony Luna Trujillo, 53004 Sycamore Ln, Pala, CA 92059
This business is conducted by an Individual
Registrant first began to transact business under
the fictitious name listed above as of 11/23/2015
THIS STATEMENT WAS FILED WITH THE
RECORDER/COUNTY CLERK OF SAN DIEGO
COUNTY ON Dec 15, 2022
LEGAL: 6063
PUBLISHED: January 12, 19, 26,
Feb. 2, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9027682
Name of Business
a. NORTH COUNTY DRYWALL
b. NORTH COUNTY DRYWALL
255 Vista del Indio, Fallbrook, CA 92028
Mailing address: same
County: San Diego
This business is registered by the following:
Brown & Sons Inc, 255 Vista del Indio, Fallbrook, CA 92028
This business is conducted by a Corporation
This Corporation is registered in the state of
California
Registrant first began to transact business under
the fictitious name listed above as of 1-1-1999
THIS STATEMENT WAS FILED WITH THE
RECORDER/COUNTY CLERK OF SAN DIEGO
COUNTY ON Dec 22, 2022
LEGAL: 6056
PUBLISHED: December 29, 2022;
January 5, 12, 19, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9027792
Name of Business
DIRTY DEEDS DIRTWORK
1104 Sierra Bonita, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
a. Joseph Raymond Sandoval, 1104 Sierra Bonita, Fallbrook, CA 92028
b. Michael Allen Sandoval, 1104 Sierra Bonita, Fallbrook, CA 92028
This business is conducted by a General
Partnership
Registrant first began to transact business under
the fictitious name listed above as of 12/12/2022
THIS STATEMENT WAS FILED WITH THE
RECORDER/COUNTY CLERK OF SAN DIEGO
COUNTY ON Dec 23, 2022
LEGAL: 6057
PUBLISHED: December 29, 2022;
January 5, 12, 19, 2023

Notice of Destruction of Records
Attention Special Education Students:
The Special Education Department of
the Bonsall Unified School District intends
to destroy all the special education student
records in its possession for students who
graduated or otherwise dis-enrolled from
the District on or before June 30, 2019.
Records will be destroyed February 1,
2023. Therefore, if you would like to have
a copy of your records, please contact
our office at 760-631-5200 Ext. 1017
Chelsie Smith.

Published January 5, 12, 19, 26,
February 2, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9027882
Name of Business
SAFE LAND SECURITY
7490 Opportunity Rd #2950, San Diego, CA 92111
Mailing address: 5968 Kantor St, San Diego, CA 92122
County: San Diego
This business is registered by the following:
Niazsons Corp, 7490 Opportunity Rd #2950, San Diego, CA 92111
This business is conducted by a Corporation
This Corporation is registered in the state of
California
Registrant first began to transact business under
the fictitious name listed above as of N/A
THIS STATEMENT WAS FILED WITH THE
RECORDER/COUNTY CLERK OF SAN DIEGO
COUNTY ON Dec 28, 2022
LEGAL: 6058
PUBLISHED: January 5, 12, 19, 26, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9026464
Name of Business
a. TREEHOUSE SUCCULENTS
b. TREEHOUSE SUCCULENTS BUENA CREEK GARDENS
418 Buena Creek Rd., San Marcos, CA 92069
Mailing address: 1361 Clarence Dr, Vista, CA 92084
County: San Diego
This business is registered by the following:
Jill Steffan, 1361 Clarence Dr, Vista, CA 92084
This business is conducted by an Individual
Registrant first began to transact business under
the fictitious name listed above as of 11/1/22
THIS STATEMENT WAS FILED WITH THE
RECORDER/COUNTY CLERK OF SAN DIEGO
COUNTY ON Dec 06, 2022
LEGAL: 6059
PUBLISHED: January 5, 12, 19, 26, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9000863
Name of Business
GEODES
1116 Sea Larke Dr, Fallbrook, CA 92028
Mailing address: same as above
County: San Diego
This business is registered by the following:
Jean Palculich Bucher, 1116 Sea Larke Drive, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant commenced to transact business
under the fictitious name listed above as of
01/13/2023
THIS STATEMENT WAS FILED WITH THE
RECORDER/COUNTY CLERK OF SAN DIEGO
COUNTY ON Jan 13, 2023
LEGAL: 6065
PUBLISHED: January 19, 26, Feb. 2, 9, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2022-9027856
Name of Business
a. CLEARLY WRITTEN
b. THE BOOK EDITOR
35450 Brown Galloway Ln, Fallbrook, CA 92028
Mailing address: 27475 Ynez Rd #429, Temecula, CA 92591
County: San Diego
This business is registered by the following:
Helen Gordon, 35450 Brown Galloway Ln, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first began to transact business under
the fictitious name listed above as of 06/24/2019
THIS STATEMENT WAS FILED WITH THE
RECORDER/COUNTY CLERK OF SAN DIEGO
COUNTY ON Dec 27, 2022
LEGAL: 6066
PUBLISHED: January 19, 26, Feb. 2, 9, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9000288
Name of Business
a. ALLEGRO APPRAISAL & VALUATION
b. PIANOAPPRAISALSHOP.COM
2495 Via Rancheros, Fallbrook, CA 92028
Mailing address: PO Box 1612, Fallbrook, CA 92088
County: San Diego
This business is registered by the following:
Allegro Musical Ventures, Inc., 2495 Via Rancheros, Fallbrook, CA 92028
This business is conducted by a Corporation
This Corporation is registered in the state of
California
Registrant commenced to transact business
under the fictitious name listed above as of
07/20/2022
THIS STATEMENT WAS FILED WITH THE
RECORDER/COUNTY CLERK OF SAN DIEGO
COUNTY ON Jan 06, 2023
LEGAL: 6067
PUBLISHED: January 19, 26, Feb. 2, 9, 2023

NOTICE OF SALE OF ABANDONED PROPERTY
NOTICE IS HEREBY GIVEN THAT PURSUANT TO SECTIONS 21701-21715 OF THE BUSINESS AND PROFESSIONAL CODE SECTION 2328 OF THE COMMERCIAL CODE SECTION 535 OF THE PENAL CODE TAYLOR SELF STORAGE 1200 EAST TAYLOR ST., VISTA CA 92084 WILL SELL BY COMPETITIVE BIDDING ON JANUARY 18TH, 2023 AT 12:30 PM AUCTION TO BE HELD AT THE ABOVE ADDRESS, PROPERTY TO BE SOLD AS FOLLOWS: MISC GOODS, PERSONAL ITEMS, FURNITURE AND CLOTHING.
ANGEL LOPEZ SANTIAGO
MARISA VALADEZ
HOLLY LEAL
MARIA CASTILLO
DIANA MARTINEZ
KELLY KRUEGER
JOHN BLANKEMEIER
MARK WALLACE
TIFFANY PREYER
EFFIE MILLER
LISA LEBLANC
THAMARA CRAWFORD
RONALD HOGUE
JUAN REMIGIO IBANEZ
IAN HRONEK
SHELBY LOPEZ
ASHLEA KNIPPENBERG
RAMON HERNANDEZ
KORAN FIELDS CAMERO

Published January 12, 19, 2023

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2022-00050765-CU-PT-NC TO ALL INTERESTED PERSONS
Petitioner:
STEPHANIE DANIELLE RIVERA
Present Name:
STEPHANIE DANIELLE RIVERA
Proposed Name:
MOAKEAH DANIELLE RIVERA

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.*
NOTICE OF HEARING
Date: 2/7/2023 Time: 8:30 AM Dept: 25
The address of the court is 325 S. Melrose Dr, Vista, CA 92081 North County Regional Center

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

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120). If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to the petitioner.

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

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

A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date.
Date: DEC 20 2022 Signed: James E. Simmons Jr., Judge of the Superior Court.

LEGAL: 6064
PUBLISHED: January 12, 19, 26,
February 2, 2023



Shoot to WIN!

photo contest!

2023

THE GREATER FALLBROOK AREA SOURCEBOOK

We're looking for photos that represent Fallbrook & Bonsall!

1st Prize: \$100 Plus photo credit in Sourcebook

2nd Prize: \$50 Plus photo credit in Sourcebook

Featured Photos:
Receive a gift certificate to a local business plus photo credit in Sourcebook if your photo is chosen for print.



Enter all your favorite photos!

Email your photo submissions by 2/1/23 to sourcebook@reedermedia.com

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

APN: 129-292-36-00 & 185-041-13 ORDER: 05946759 FILE: TS-220902 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER AN NOTICE OF DELINQUENT ASSESSMENT (CIVIL CODE SECTION 5675), DATED 8/04/2022. 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. NOTICE is hereby given that on 2/08/2023 at 10:00 a.m. C.N.A. FORECLOSURE SERVICES, INC. A CALIFORNIA CORPORATION, as trustee, or successor trustee, or substituted trustee pursuant to the above referenced Notice of Delinquent Assessment Lien which was caused to be recorded by Blackinton Airport Property Owners Association (Creditor Association) pursuant to the authority of Civil Code Section 5675 in order to secure obligations in favor of the Creditor Association, which Notice of Delinquent Assessment, recorded 8/10/2022 as Instrument No. 2022-0323280 of Official Records in the Office of the Recorder of San Diego County, California, and pursuant to that certain Notice of Default and Election to Sell recorded 10/11/2022 as instrument # 20220395713 of Official Office of said County will sell at PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at the time of sale in lawful money of the United States), At the entrance to the East County Regional Center by the statue, 250 E. Main St., El Cajon, CA 92020, all rights, title and interest in the property situated in San Diego County, State of California describing the land therein: As more fully described in Notice of Delinquent Assessment The property address and other common designation, if any, of the real property described above is proposed to be: 11146 Old Castle Road, Valley Center, CA The owner of record of the above described property is: VC Airport Properties, LLC, a California limited liability company The undersigned Trustee disclaims any liability for any inaccuracy of the property address and other common designation, if any, shown herein. The total amount of 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: \$91,110.58 (estimated). In addition to cash, the Trustee will accept a cashier's check drawn by a state or federal credit union or a check drawn by 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. In the event tender other than cash is accepted the Trustee may withhold the issuance of the Trustee's Deed until funds become available to the payee or endorsee as a matter of right. Said sale will be made, but without covenant or warranty, express or implied regarding title, possession or encumbrances, to satisfy the unpaid balance currently due and owing under the aforesaid Notice of Delinquent Assessment and/or late fees, cost of collections (including attorney fees), and interest, which said Owner is obligated to pay Creditor Association under Civil Code 5650 and fees, charges and expenses of the Trustee. This property is being sold subject to a right of redemption in accordance with California Civil Code section 5715 NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned 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 telephone number for information regarding the trustee's sale 916-939-0772 or visit this Internet Web site www.nationwideposting.com for information regarding the sale of this property, using the file number assigned to this case 220902. 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. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction, pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call 916-939-0772, or visit this internet website www.nationwideposting.com, using the file number assigned to this case 220902 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding potential right to purchase." FOR SALES INFORMATION CALL : 916-939-0772 C/O C.N.A. FORECLOSURE SERVICES, INC., A CALIFORNIA CORPORATION as said Trustee. 2020 CAMINO DEL RIO N. #230, SAN DIEGO, CALIFORNIA 92108 (619) 297-6740 DDATE: 1/09/2023 KIMBERLY CURRAN, Trustee Sale Officer NPP0420065 To: VILLAGE NEWS INC 01/19/2023, 01/26/2023, 02/02/2023

APN: 160-663-20-00 TS No.: 22-02383CA TSG Order No.: 8775756 NOTICE OF TRUSTEE SALE UNDER DEED OF TRUST YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED JUNE 20, 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. 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 June 21, 2017 as Document No.: 2017-0280214 of Official Records in the office of the Recorder of San Diego County, California, executed by: WILLIAM V. CURTIS, AS SINGLE MAN, as Trustor, will be sold 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: February 10, 2023 Sale Time: 9:00 AM Sale Location: Entrance of the East County Regional Center, East County Regional Center, 250 E. Main Street, El Cajon, CA 92020 File No.: 22-02383CA The street address and other common designation, if any, of the real property described above is purported to be: 4038 Ivey Vista Way, Oceanside, CA 92057. The undersigned Trustee disclaims any liability for any inaccuracy of the street address and other common designation, if any, shown herein. Said sale will be made 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: \$579,268.84 (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, (800) 280-2832 for information regarding the trustee's sale or visit this internet website, www.auction.com, for information regarding the sale of this property, using the file number assigned to this case, T.S.# 22-02383CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the internet website. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (800) 280-2832, or visit this internet website www.auction.com, using the file number assigned to this case 22-02383CA to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. File No.: 22-02383CA 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. For Trustee Sale Information Log On To: www.auction.com or Call: (800) 280-2832. Dated: December 20, 2022 By: Kellee Vollendorf Foreclosure Associate Affinia Default Services, LLC 301 E. Ocean Blvd., Suite 1720 Long Beach, CA 90802 (833) 290-7452 NPP0419437 To: VILLAGE NEWS INC 01/12/2023, 01/19/2023, 01/26/2023



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DRE# 00800277



ABBY ELSTON
DRE# 01113234



CARRIE FULLER
DRE# 02104579



CHERYL PIZZO
DRE# 00815495



CYNDI HAUFF
DRE# 01274144



DON BENNETTS
DRE# 01450115



DONNA SHANAHAN
DRE# 01193680



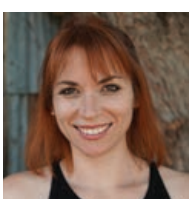
GERI SIDES
DRE# 00414751



VICKI ROBERTSON
DRE# 01172404



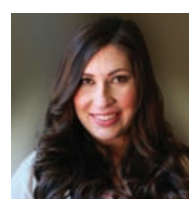
TOM VAN WIE
DRE# 01412145



KAITLIN MITCHELL
DRE# 02154448



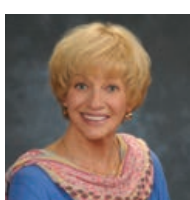
EDDIE HARRISON
DRE# 00584175



KATIE MULLIN
DRE# 02126350



HEIDI DICKENS
DRE# 01268111



LORENE JOHNSON
DRE# 00612840



PETER THOMPSON
DRE# 01934791



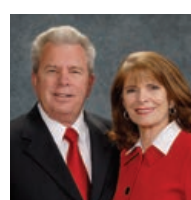
ERICA WILLIAMS
DRE# 02037408



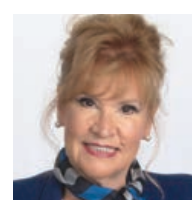
JUDY & PATRICK BRESNAHAN
DRE# 00949710, DRE# 00582591



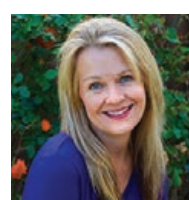
HARLEE ROBINSON
DRE#02063238



JERRY & LINDA GORDON
DRE# 01140954, DRE# 01035328



JEAN E. ESOP
DRE# 01003649



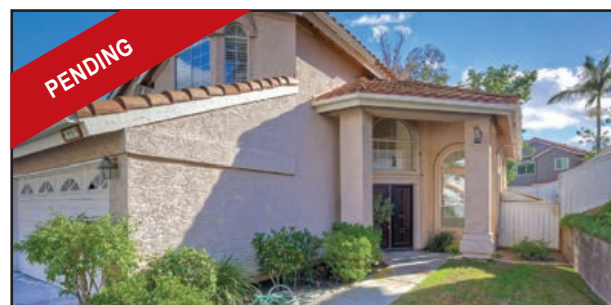
JANE FELTON
DRE# 01942026



3974 Flowerwood Lane, Fallbrook **\$1,239,000**



3331 Via Loma, Fallbrook **\$350,000**



1045 Felicidad, Fallbrook **\$720,000**



4677 La Canada, Fallbrook **\$919,000**



00 Chisholm, Bonsall **\$1,698,000**



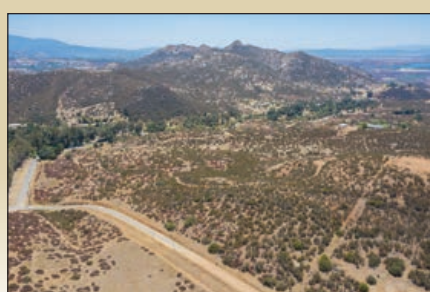
1366 Chariot Court, Bonsall **\$2,699,000**



0 So. Mission Road, Fallbrook

Hilltop Location with panoramic views on 4.09 acre parcel. Paved access with stone walls lining the drive private gated entrance. Recent Septic Layout for 4BD home. Unique opportunity to build your dream home with unobstructed views. Parcel overlooks several large Equestrian ranches and is adjacent to Heller's Bend Preserve Trail with hiking trails. Great location with easy access to HWY 76.

Offered at \$239,000



0 Tack Road, Temecula

Rare 21.29 Acre homesite on paved road with oaks and views. Zoned for horses with miles of dedicated/groomed riding trails. Just 10 minutes east of Temecula Wine Country in Oak Ridge Ranches. Split potential paved road, power & phone @ property. MSHCP/ERP completed. Great area with unlimited potential to build your dream home or family compound. Views of Lake Skinner and more.

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Sycamore Ranch

Highly desirable Sycamore Ranch home. 3540 sf, 4BD, 3.5BA. Open

floor plan with well-appointed kitchen. Spacious family room with beautiful fireplace & built-ins. Large en-suite primary with fireplace & walk-in closet. Paid for solar. **\$1,239,000**

GERI SIDES,
GRI, BROKER ASSOCIATE

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DRE# 00414751



New Opportunities in the New Year
Contact Me and ...
Let's Get Started!



Cynthia "Cyndi" Hauff
760-468-2909

Cyndihauff@gmail.com
f CynthiaHauff-Realtor
DRE# 01274144



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