

Time for
volleyball
D-4



How to grill
fish
D-5



Fallbrook & Bonsall
VILLAGE NEWS
ALSO SERVING THE COMMUNITIES OF DE LUZ, RAINBOW, CAMP PENDLETON, PALA, AND PAUMA

Sales tax included
at news stand 50¢

August 8, 2019

www.VillageNews.com

Volume 30, Issue 32

Iglesias named new FUHS principal

Jeff Pack
Writer

After a unanimous vote in closed session by the Fallbrook Union High School District Board of Trustees, recently hired FUHSD Superintendent Ilsa Garza-Gonzalez announced that a familiar face was appointed to become Fallbrook High’s next principal.

Dr. Narciso Iglesias, who has spent almost two years as Principal of Alternative Education at Ivy Continuation High School and Oasis Independent Study School, will assume his new role immediately.

“Yes,” Garza-Gonzalez said. “So excited about that.”

Dr. Iglesias previously worked at Fallbrook High as a House Principal for a year and a half, from 2016 to 2017.

“I am excited, yeah,” Dr. Iglesias said. “I shared with the board right now that I am absolutely humbled and honored at the same time to take on, um, this humongous, enormous task of educating our youth. And so, I’m super excited.

“But I know that it’s not just a one-man show. I know it’s gonna take a team. And so for me, I’m very conscientious of that and while I’m well-prepared, I stay humble because I know I need all staff members and teachers to come along.”

Dr. Iglesias graduated from Rancho Buena Vista High School in 1989 before obtaining an associate degree in psychological and social services from Palomar College in 1994 and earning his Bachelor of



Dr. Narciso Iglesias was named principal of Fallbrook Union High School following a unanimous vote by the FUHSD Board of Trustees on Monday, Aug. 5.

Jeff Pack photos

Arts degree in psychology from Cal State University San Marcos in 1996.

Dr. Iglesias earned his Masters in Education from CSUSM in 2002 with an emphasis on bi-literacy, language, and culture, and he earned his Doctor of Education degree from the University of California at San Diego in 2009.

Prior to coming to Fallbrook, Dr. Iglesias served as the Director of Integrated Student Supports at the

Escondido Union School District for almost two years and was the Community Day School principal.

Union High School District for The Academy Community Day School, Perris Lake Continuation

“But I know that it’s not just a one-man show. I know it’s gonna take a team.”

- Dr. Iglesias

From 2011 to 2014, he was the principal of Alternative Educational Programs at Perris

High School, Perris Community Adult School, and Independent Study Program/Options.

He spent a year as principal of Borrego Springs Elementary, Borrego Springs Middle School, Borrego Springs High School, Palm Canyon Continuation High, Santa Rosa Community Day School and director of Title III/English Learner programming and testing.

Before that, he spent more

see IGLESIAS, page A-8

thisweek

Announcements.....A-2
Business.....D-2
Business Directory.....C-6
Calendar.....A-2
Classifieds.....C-3
Dining.....D-5
Education.....B-8
Entertainment.....B-4
Health & Fitness.....B-2
Home & Garden.....C-2
Legals.....B-6
Obituaries.....C-9
Opinion.....A-3
Real Estate.....C-2
Sheriffs Log.....C-9
Sports.....D-1
Wine.....D-6

New start for Warriors



Fallbrook Warrior football players prepare for the fall season during a summer practice, July 30. See page D-1 for story and photos.

Shane Gibson photos

Marrs takes
role in rallies
to support
horse racing

Joe Naiman
Village News Correspondent

Rallies to support horse racing are taking place every Saturday during the Del Mar Thoroughbred Club summer meet and San Luis Rey Training Center trainer Kimberly Marrs is among those taking a role in the pro-racing rallies.

“We’re doing these every Saturday until the meet ends,” Marrs said.

That will include Aug. 17, when the Pacific Classic will be among the day’s races at Del Mar. Approximately 50 trainers and backstretch workers were present for the first Del Mar rally July 20, although not all of those were there for the full two hours of the rally from noon to the 2 p.m. post time.

The July 27 rally had approximately 60 participants. “We had a lot of people out this week. It’s building,” Marrs said.

More horses than normal died during this year’s Santa Anita Park meet, which drew attention to the horse racing deaths. “It’s just an anomaly,” Marrs said of this year’s fatalities at Santa Anita.

Marrs noted that track conditions caused by more rainfall than normal were a contributing factor. “To put that much water on a racing track is really tough,” Marrs said.

The horse racing industry itself desires safety improvements and steps have been taken regarding pre-race screening of horses and an examination of the Santa Anita track surface.

Some animal-rights groups used the deaths to call for an end to horse racing. People for the

see MARRS, page A-6

Vallecitos School District transitions
to elections by trustee area

Joe Naiman
Village News Correspondent

Future Vallecitos School District board elections and board member appointments will be by trustee area.

A 4-0 Vallecitos School District board vote June 25, with Sally Forester absent, approved one of the three map options presented to the board.

“It’s gone smoothly,” said Vallecitos Superintendent Maritza Koeppen.

In 2002, the state legislature and Governor Davis amended

the California Elections Code to prohibit the use of at-large elections of school district governing board members if the at-large elections impair the ability of a politically protected class to elect candidates of its choice or to influence the outcome of an election.

An attorney has been sending multiple letters at a time to school districts threatening lawsuits if those districts do not change to trustee area elections. The Vallecitos School District did not receive the threat of a lawsuit.

“We decided to do it on our own,” Koeppen said. “It was in

the best interests of the district to be proactive and start the process.”

Koeppen is also the principal of Vallecitos Elementary School. The Vallecitos School District is one of four in San Diego County with a single elementary school and a superintendent who also serves as the school principal. The other three single-school districts are the Dehesa, San Pasqual, and Spencer Valley (Santa Ysabel) districts.

Based on the 2010 census, the Vallecitos School District has a

see ELECTIONS, page A-6

USPS Residential Customer

VILLAGE NEWS



ANNOUNCEMENTS

Scarecrow workshops are in full swing



ScareCREW designer Vickie George paints details on a sunflower head piece. Courtesy photos



Sunflower Lady is ready for finishing touches so it will be ready for Scarecrow Days, Oct. 1-30.

FALLBROOK – The first Scarecrow workshop kicked off Aug. 1 in preparation for Scarecrow Days, Oct. 1-30. The ScareCREW invites businesses, community groups, or individuals to the workshops to join the fun. They can create, buy, rent, or partner a scarecrow.

Scarecrow workshops are now in full swing. Members have worked all year long building frames and parts for kits, gathering supplies, creating and building scarecrows. The ScareCREW has the equipment, supplies, and design elements needed to help create any type of scarecrow.

Many dates for workshops are still available: Aug. 8, 15, 17, 22, 29, 31 and Sept. 5, 12, 14, 21 and 26. They are open from 9 a.m. to 12 p.m. To make an appointment, fill out the form available at Fallbrook

Chamber of Commerce, www.fallbrookchamberofcommerce.org or fallbrookscarecrows@gmail.com. Workshops are held at 300 N. Brandon St. #8.

For business owners or residents who do not have time to build their own scarecrow, the ScareCREW has many scarecrows to rent or buy. Choices include many new unique and original scarecrows created by members. Contact fallbrookscarecrows@gmail.com for more information.

If competing, the categories are: Artistic merit, Funniest/humor, Kids/family/group, Mechanical, Promoting business, Reduce/reuse/recycle and WOW factor. Or create an original.

Submitted by BJ Maus, ScareCREW.

Woodstock tribute to be found on Rez Radio



Pala Rez Radio's Woodstock tribute hippie bus "Daisy Sunshine" will be taking part in Woodstock events. Courtesy photo

PALA – Pala Rez Radio's Woodstock tribute hippie bus "Daisy Sunshine" will be spreading peace and love at the Woodstock 50 event at Winston's in Ocean Beach on Sunday, Aug. 18, 50 years to the day since the famous music festival wrapped up in Bethel, New York.

Daisy will be there beginning at 2 p.m. Hint – she's very photogenic. The first of three bands begin at 4 p.m. – Strange Days, Fish & the Seaweeds, and Calamity.

John Fox from Rez Radio will emcee. Tickets are \$10. Daisy's assistants will be giving out souvenir peace medallions at the event while they last. For more

information and how to get tickets, visit www.RezRadio.FM.

Meanwhile, Rez Radio 91.3 will jettison all regular programming Friday, Aug. 16 through Sunday, Aug. 18 and replace it with 72 straight hours of music recorded live 50 years ago at Woodstock.

The playlist will include songs from every artist who played during the original "3 days of peace, love, and music." It'll be just as if listeners were there – without the traffic jam, and the rain, and the mud, and the lack of facilities, and about 400,000 new friends.

Rez Radio, owned and operated by the Pala Band of Mission

Indians, broadcasts on 91.3 FM in Pala and streams live on the internet through iHeartRadio, TuneIn.com, Radio Garden, and the link on the website, www.RezRadio.FM.

Daisy was donated to Rez Radio by the Bonsall Unified School District. Her custom paint job comes courtesy of the students of the Fallbrook High School Art Department. She is available for appearances as staffing limitations allow. Questions about this event and future bookings for Daisy can be directed to John Fox at 91.3@palatribe.com.

Submitted by Rez Radio.

Line dancers invite public to join them

FALLBROOK – Fallbrook Country Line Dancers will be performing during the Aug. 16 Fallbrook Summer Nights at 5:45 p.m. on the corner of Main and Fig (near Brooktown). They will invite the audience to join them for "The Git Up" challenge, just for fun around 6 p.m.

For more information about the challenge, interested dancers can go on you-tube and find 100's of videos on this new "Country-Rap" song and dance by Blanco Brown.

Submitted by the Fallbrook Country Line Dancers.

The Fallbrook Country Line Dancers line up for a photo at the Grand Tradition after performing at a brunch there in July. Courtesy photo



EVENTS CALENDAR

Aug. 13 – 10-11 a.m. – Foundation for Senior Care hosts Alzheimer's Association's Alzheimer's Disease Education Series, continuing with "Effective Communication Strategies." The workshop will be held at 135 S. Mission Rd. To register, call (760) 723-7570.

Aug. 13 – 12-1:30 p.m. – Foundation for Senior Care so-hosts Senior Concern Seminar, "The 5 Essential Documents" at Christ the King Lutheran Church, 1620 S Stage Coach Lane. Free of charge and lunch will be provided. Register at www.SCIInstitute.org/FSC or call (760) 723-7570.

Aug. 16 – 5 p.m. to sunset – Fallbrook Summer Nights holds "Military Appreciation

Night" at Main and Alvarado, a Downtown Fallbrook Block Party with live music, kids zone, food, classic cars, beer & wine garden. Free admission. Sponsored by Fallbrook Village Association.

Aug. 24 – 9-11 a.m. – Keeping Fallbrook Litter Free Group Cleanup will be held at Ingold Sports Park, 2551 Olive Hill. All ages welcome.

Sept. 10 – 10-11 a.m. – Foundation for Senior Care hosts Alzheimer's Association's Alzheimer's Disease Education Series, continuing with "Understanding and Responding to Dementia-Related Behaviors." The workshop will be held at 135 S. Mission Rd. To register, call (760) 723-7570.

Oct. 20 – 11 a.m. to 3 p.m. – Fallbrook Alumni Association holds annual Picnic in the Park at Live Oak Park. All former FUHS students are invited. An optional tri-tip lunch will be prepared and served by FUHS Ag students, (\$20), plus there will be an opportunity drawing. Contact Jan Mahr Owen for reservations, (760) 421-8038.

Nov. 12 – 12-1:30 p.m. – Foundation for Senior Care so-hosts Senior Concern Seminar, "Taking the Handcuffs Off the Surviving Spouse" at Christ the King Lutheran Church, 1620 S Stage Coach Lane. Free of charge and lunch will be provided. Register at www.SCIInstitute.org/FSC or call (760) 723-7570.

Fallbrook Regional
HEALTH DISTRICT

Free Screening for residents of
Bonsall, De Luz, Fallbrook and Rainbow



FREE PROSTATE
CANCER SCREENING

Includes PSA Blood Test and Digital Exam

Saturday, September 7 • 7am-9am

Fallbrook Family Health Center
1328 South Mission Road
Next to Northgate Market



Digital and PSA screening is recommended annually for men over the age of 50 and for men over 40 with a family history of prostate cancer.

CALL 760-731-9187 FOR AN APPOINTMENT

Fallbrook Regional
HEALTH DISTRICT

Gratis para los residentes de
Bonsall, De Luz, Fallbrook y Rainbow



PRUEBA DEL CÁNCER DE
PRÓSTATA GRATIS

La Prueba Gratis Incluye Exámen de Sangre PSA y Exámen Digital

sábado, 7 de septiembre • 7am-9am

Fallbrook Family Health Center
1328 South Mission Road
A lado de la tienda Northgate Market



Exámen digital y PSA se recomienda anualmente para los hombres mayores de 50 años de edad y para los hombres mayores de 40 años con antecedentes familiares del cáncer de próstata.

LLAME AL 760-731-9187 PARA UNA CITA

Autoheim

Service & Repair For ALL
European & Import Autos



760-728-2338

1236 S. Main St. Fallbrook

We do most extended warranties!



the
village
beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at

thevillagenews.com

Check it out. Often.

 Village News 760 723-7319

OPINION

Helping wildlife



Assemblymember Marie Waldron
AD-75 (R)

Caring for animals, including California’s native wildlife, is one of my passions. Last session my legislation setting up the Native California Wildlife Rehabilitation Fund was signed into law, allowing voluntary contributions when you file your tax return to support injured, orphaned or sick wildlife. Helping finance organizations that support native wildlife is important. If you’ve found an injured animal and need information on where to take it, please call (619) 225-WILD (9453) for Project Wildlife. Fortunately, we have a number of outstanding local wildlife organizations in this region that can help, including Project Wildlife’s North County drop off locations: Humane Society – Escondido Campus, 3500 Burnet Drive, Escondido, CA 92027, (619) 299-7012, ext. 2737.

Be a dream maker

Emotional abuse and hate mail damage the heart. Do words really hurt? Did you ever hear the words “I don’t love you” or “your mom or dad is dead.” The moment you heard them, those emotions start cutting your heart. I have recently been released from a 72-hour suicide watch. How often do we kill a person’s dreams or creativity? We are all guilty of expressing words that kill imagination and hope. We have said or heard the following words: “We have tried that before.” “That’s not our problem.” “We have always done it that way.” “It is just easier if we do it this way.” “If it is not broken, why fix it?” I am the founder and CEO of Team Up Cancer, a grassroots organization that speaks to state legislators about the needs of young adults battling cancer. I don’t get paid and take a daily cancer pill, called Sprycel, for Chronic Myeloid Leukemia. The monthly cost of Sprycel is as much as a brand new entry-level car. The past couple of years, I have been living out of my car, and personally contacted over 850 state legislators. I have driven to 48 state capitols and had meetings with 89 state legislators. In 2019, 10 bills were introduced and successfully advocated for four bills that are now state law. These past two months have been earth-shattering, to say the least. Some days, I am treated as a homeless beggar. I typically live off 25 dollars a day to cover my daily food allowance and a cup of coffee at Starbuck to work on the organization. Every day on the road, I must take time to find funds for basic needs to pay for food, gas, car insurance, and cell phone. People tell me to get a job. It is easy to tell someone to get a job, yet most people do not think that employers would not hire an employee who would leave at a moment notice to meet with a legislator. Let us not forget the cost of airfare and car rental to have an in-person meeting with a state legislator. It is much easier to meet a legislator in person than on the phone. My cancer medication can cause suicidal ideation. I can normally rationally overcome

Injured wild animals can also be dropped off at Oceanside Humane Society, 572 Airport Road or the Mission Animal Bird Hospital, located at 655 Benet Road, also in Oceanside. Other North San Diego County sites include Acacia Animal Hospital, at 755 W. Citracado Parkway, Escondido, and in Ramona, the Fund for Animals Wildlife Center, focusing on rehabbing predators, including bobcats, coyotes and hawks. In the Temecula area, Animal Friends of the Valleys accepts wildlife and will transfer injured or sick animals to Project Wildlife. They are located at 33751 Mission Trail, in Wildomar. If you need assistance containing a wild animal, call Wildlife Assist at (858) 278-2222. For emergency transport options, call the Humane Society at (619) 299-7012. Do not attempt to care for the animal yourself. Do not give it food or water because it could cause further injury. Please do keep the animal in a dark, quiet box or crate and bring it to a wildlife drop-off location. We Californians are blessed with amazing habitats and truly special native species. In so many ways, their well-being is up to us. These outstanding organizations can help us fulfill that responsibility. *Assembly Republican Leader Marie Waldron, R-Escondido, represents the 75th Assembly District in the California Legislature, which includes the communities of Bonsall, Escondido, Fallbrook, Hidden Meadows, Pala, Palomar Mountain, Pauma Valley, Rainbow, San Marcos, Temecula, Valley Center and Vista.*

these emotions, but have had three nights of good sleep in one month and this is now the fourth time I had to fix the transmission on the car. On a side note, the 2012 Ford Focus that I drive may have a defective transmission. My uncle is putting in the 3rd transmission this month. The first one was bad the next day, and the second one had computer issues. Hopefully, the third time is the charm. I would have traded the car in but there is \$7,428 left on the loan, and the trade-in value is \$1,400. Here is a list of few things I do on a regular basis: send emails to legislators, make phone calls, manage volunteer interns and find networking places in hopes of finding funds. I am unable to do fun things because I don’t get paid, yet it is a labor of love. I have not found enough regular supporters. Why I do this for no pay? Why I am meeting with legislators? I do this for cancer patients who are too sick to advocate for themselves. CML is treatable cancer and I believe it is our responsibility as cancer patients today to help pave the way for the cancer patients of tomorrow. People who do not take time to understand things so they say hurtful words. I have gotten emails saying stop deceiving people or preying on people. These words hurt. When we encourage people, people accomplish more. We can do so much more when we take the time to learn about a person’s dream and ask them how they think they might accomplish it, or what do you need help with. I get more people to tell me to get a job to prove I can make money. I have seen no one come along beside me and say they are going to invest in me to get better training in becoming better in my project or going to support me to attend a marketing conference, or even create an ad for me. Instead of discouraging people, take the time to encourage them. Maybe we would have fewer problems in the world if we do that. Stop being a dream killer, help be a dream maker.

Rico Dence

Bogus investigation was a waste

Now that we all know that the whole Russia investigation was false, fake, fabricated and paid for by Team Hillary, it is time heads start to roll and these horrific people need to do some serious jail time. If you think Watergate was serious and President Nixon resigned for it, then all these people should be doing hard labor for their complicit law-breaking, entrapment, career destroying efforts of several people in order to take down a sitting president that was fairly elected by the people, for the people. Our own FBI and CIA are filled with crooked, corrupt, politically biased monsters who will do anything to unseat their Commander-in-Chief and sacrifice the very country they have vowed to protect. Who will protect us from you? While accusing innocent people of conspiracy, they conspired to do a lot of bad things, to abuse their power, to defraud the United States and to deceive a FISA court. My apologies Mr. George

Dianna Miller

Papadopoulos for them trying to destroy your life, career and your fiancée. God bless her for standing firm on her faith and love for you! Clapper, Brennan, McCabe, Comey, Hillary Clinton just to name a few and, yes, even Barrack Obama. Don’t think for a minute that Obama didn’t know about this and at the very least looked the other way...perhaps even gave his blessing as he and Hillary made it difficult to tie it directly to them. Both are complicit in letting others do their dirty work and take the fall...fine, take them all down! Think of the millions of tax dollars wasted on this bogus investigation that should be paid back to the American people by all convicted of their crimes. They should never be allowed to profit from their deeds with book deals, TV talk shows, etc. until all the money has been re-paid to the American people’s government. Even though I love my Country deeply, for the first time in my life I am ashamed of my Country and what we are becoming.

Time for impeachment

Mueller’s testimony to Congress made it clear: it’s time for an impeachment inquiry. Hearing Mueller describe the extent of Trump’s crimes and corruption in his own words convinced me that Congress can no longer stand idly by. Mueller did not exonerate Donald Trump – not by a long shot. His investigation found extensive criminal activity and resulted in 37 indictments and at least seven convictions or guilty pleas, including Trump’s national security advisor, personal lawyer and campaign chairman. Mueller uncovered over 100 secret meetings and communications between Trump’s team and Russia and their cronies – and found at least 10 episodes of obstruction of justice by Donald Trump, in which he tried to bury the truth.

Obstruction of justice is a serious crime. If anyone else did what Trump did, they’d be in jail. Mueller made it clear that the Department of Justice prevented him from indicting Donald Trump. That’s why it’s up to Congress to hold him accountable. No one is above the law in our country, not even the president. That’s why it’s time for our representative and the rest of Congress to take action to hold Trump accountable by moving forward with a formal impeachment inquiry. Doing nothing will only embolden Trump to continue breaking the law and will set a dangerous precedent for our democracy. That’s not the America I know.

Micaela El Fattal

Firefighters put their lives on the line

Supervisor Jim Desmond
Fifth District

We often take many things for granted. The beautiful county we live in, the opportunities we are given and, most importantly, protection from our military, police and firefighters are things to be grateful for. Last week, we lost a young man named Yaroslav Katkov, an experienced CAL FIRE Firefighter from De Luz Station 16. Yaroslav proudly dedicated his life to serve and protect our community. Yaroslav was the definition of the American Dream. Having immigrated when he was a child from Russia, he graduated from

Scripps Ranch High School in 2009. Then, he pursued his education at San Diego State University before becoming a firefighter. We’ve already seen several fires pop up across the county this summer. As we’ve seen time and time again here in San Diego, when the Santa Ana winds pick up and the heat rises, the fire conditions become nearly impossible. Yet, our firefighters always rise to the challenge to defend lives and property in our county. I encourage everyone to take time this week and think about Yaroslav and all firefighters who put their lives on the line to serve and protect us.

Clayton T. Cooke, D.D.S.

ADULT AND CHILDREN DENTISTRY

Dr. Cooke's 35 years of expertise offers the highest quality in...

Prosthetics

(crowns, bridges, partials, full dentures)

Dental Implants

(root replacement to support dental restorations)

Restorative

(composite and porcelain fillings)

Periodontics

(gum disease)

Endodontics

(root canal therapy)

Complete Family Dental Services

425 E. Alvarado Street, Suite A, Fallbrook

760-728-5011

"We look forward to serving you."

www.villagenews.com

Village News

A limited number of previous issues of the Village News (more than one month old) are available for \$1.50 each, plus \$1.00 postage and handling (\$2.50 total cost). Call 760-723-7319 to order.

VILLAGE NEWS IS ADJUDICATED

Village News has been granted by the courts of San Diego County the right of adjudication, legal No. GIN013243. We can accept legal notices for publication.

PUBLISHER

Julie Reeder, *Publisher/Editor*

EDITORIAL

Kim Harris, *Managing Editor*
Lucette Moramarco, *Associate Editor*
Shane Gibson, *Staff Photojournalist*
Joe Naiman, *Correspondent (Ind.)*
Christine Rinaldi, *Photojournalist (Ind.)*

ADVERTISING SALES

Michele Howard
Josephine MacKenzie
Anna Mullen
Lauriana Brianna
Tammy Birmingham
Cindy Davis
Shelby Cokely

DIGITAL SERVICES

Shelby Cokely
Mario Morales

MULTIMEDIA

Jeff Pack

PRODUCTION

Karina Ramos Young, *Art Director*
Forest Rhodes, *Art Director*
Samantha Gorman, *Graphic Artist*

Copyright Village News, 2019
A Village News Inc. publication
Julie Reeder, President

The opinions expressed in Fallbrook/Bonsall Village News do not necessarily reflect the opinions of Fallbrook/Bonsall Village News staff.

Advertising Policy: Acceptance of an advertisement by Village News does not necessarily constitute an endorsement of its sponsors or the products offered. We will not knowingly publish advertisements that are fraudulent, libelous, misleading, or contrary to the policies of Village News. We reserve the right to reject any advertisement we find unsuitable. Please direct all advertising inquiries and correspondence to the address below.

Subscriptions: Fallbrook/Bonsall Village News weekly edition is published by Village News, Inc. The price is \$69.95 per year. We only accept cash, checks, money orders, visa, or mastercard.

Letters to the Editor: Please submit all correspondence to our corporate office by e-mail, villageeditor@reedermedia.com, or by fax, (760) 723-9606. 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 the publication's format. Word limit 350.

Fallbrook/Bonsall Village News

Published weekly

Periodical postage paid at

111 W. Alvarado St

Fallbrook, CA 92028

Phone (760) 723-7319

Fax (760) 723-9606

ISSN# 153-35-208

USPS# 019-456

Postmaster send

postal change of address to

111 W. Alvarado St

Fallbrook, CA 92028

Village News E-mail

villageeditor@reedermedia.com

circulation@reedermedia.com

sales@reedermedia.com

the village beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at

thevillagenews.com

Check it out. Often.

Village News

760 723-7319

LOCAL

Fallbrook Blanket Project warms up the Boys & Girls Clubs of North County



Fallbrook Blanket Project volunteers surprise members of the Boys & Girls Clubs of North County with handmade blankets, from left, Cathy Wick, Sherry McFarland, Julyanna Camacho, Hazel Stella Smith, Max Barone, Abraham Macias, Analyze Muniz, Lisa Ware and Emily Kenner.

Courtesy photo

FALLBROOK—Representatives from the Fallbrook Blanket Project came bearing gifts for members of the Boys & Girls Clubs of North County, July 24. In all, 32 beautifully hand crafted one of a kind blankets were donated to the club.

Every year the Boys & Girls Clubs of North County accepts donations from organizations, clubs and individuals for their annual Back to School and Holiday gift drives.

With their Holiday gift drive, the club attempts to secure a gift for each of their 800 daily club members. The donation of blankets from the Fallbrook Blanket Project will be a great holiday gift for 32 lucky members this holiday season.

“Our members love giving back to the community,” said Carmen Willard, president of the Fallbrook Blanket Project. “Our members put so much in to each of these pieces and we are grateful to be able to donate them to an organization like the Boys & Girls Clubs of North County.”

The Fallbrook Blanket Project provides the opportunity and materials for volunteers to create crocheted and knitted blankets and other items for needy individuals who are clients of social service agencies.






The group meets every Monday and Friday from 10 a.m. to 12 p.m. at the Fallbrook Library. For those interested in joining this philanthropic group or in donating, please contact Carmen Willard at carmenwillard@gmail.com.

For more information on ways to give to the club, call (760) 728-5871 or visit www.bgcnorthcounty.org.

Submitted by the Boys & Girls Clubs of North County.

THESE TIPS ARE JUST IN TIME FOR SUMMER.

Here are a few of my favorite summer tips to help you save between 4pm and 9pm when energy prices are highest:

-  Use a portable or ceiling fan to save big on AC.
-  Keep blinds and curtains closed during summer days to block out direct sunlight and reduce cooling costs.
-  Cool down your home until 4pm; set your AC 7° higher until 9pm. Take advantage of off-peak period pricing.
-  Charge an electric vehicle before 4pm or after 9pm.
-  If you have a pool, run the pump before 4pm or after 9pm.

Find more tips at sdge.com/whenmatters



Time to save.

Custom Design & Repair
by appointment: 760-726-7767
www.WardsJewelers.com

Thank you for supporting us by supporting our advertisers

Ragland wins plein air contest, has work in show



"Heading for the Surf" is by Jack Ragland.

Courtesy photos



Shea Brandt, left, presents Jack Ragland with his first place award for "Fresh Made Pretzels" at the plein air competition at the San Diego County Fair.

FALLBROOK – Jack Ragland won first place in the Plein Air contest at the San Diego County Fair, June 23. There were so many participants in the competition, that there weren't enough display easels to hold all the paintings and Ragland's was displayed on a bench for the judging. The judge did not look at his painting for very long so, Ragland was surprised when she called his name as the winner.

Ragland will now be part of a large show at Temecula Valley Museum for the artists who won Best of Show in the Annual Ralph Love Plein Air Competition two times or more, plus other awards over the past 10 years. His paintings will reflect the local landscapes, dancing, and activities. There will also be works by the late founder, Ralph Love.



"Ponti Inn" by Jack Ragland will be on display at Temecula Valley Museum.

The public is invited to the reception, the day the show opens, Friday, Aug. 23, 6:30 p.m. at the museum, 28314 Mercedes Street, Temecula. The exhibit will be up for three months, closing on Nov. 10. Open hours are Tuesday through Sunday, 10 a.m. to 4 p.m.. Closed Mondays.



Jack Ragland poses with "Wine Wagon," one of his paintings to be on display at Temecula Valley Museum starting Aug. 23.

REINS chosen as beneficiary of Honorary Mayor campaign

FALLBROOK – As Fallbrook's Honorary Mayor fundraising campaign kicks off this month, REINS Therapeutic Horsemanship Program is excited to be chosen as Marianne Martini Nolte's charity partner.

When Martini Nolte was first asked to participate in the Annual Honorary Mayor fundraising campaign for the Fallbrook Chamber of Commerce, she said she immediately realized what a great opportunity it would be to fundraise and bring awareness to REINS. She is passionate about the therapeutic benefits horses provide for people.

As a volunteer at REINS, Martini Nolte said she has seen firsthand how "these powerful and graceful animals have the uncanny ability to heal a person mentally, physically, and emotionally."

Visit reinsprogram.org/marianne-for-mayor for more information about fundraising events and to RSVP. Her fundraising campaign supports Fallbrook Chamber of Commerce with 30% going to REINS as the charity partner.

REINS (Riding Emphasizing Individual Needs and Strengths) is a 501(c)(3) non-profit Therapeutic Riding Program located in Fallbrook. Its mission is to provide physical and emotional therapy to a wide range of disabled children and adults through the use of carefully supervised horseback riding.

The current enrollment is nearly 200 weekly students who come from all over the counties of



Marianne Martini Nolte REINS presents a ribbon to a rider at the REINS Fun Day Horse Show, July 27 and 28. This year REINS had 72 riders showcase their riding skills and what they have learned over the course of the year.

Courtesy photo

Orange, Riverside and San Diego. REINS has 100 weekly volunteers who assist in all aspects of the program.

To learn more about REINS, visit reinsprogram.org.

Curtain Call Company

LUANN
SCENES IN A
TEEN'S LIFE
A COMICAL NEW MUSICAL BY GREG EVANS

August 9, 10, 16 & 17, 2019 @ 7:30 PM
August 10 & 17, 2019 @ 2:00 PM

CHRIST THE KING LUTHERAN CHURCH
1620 S. STAGE COACH LANE, FALLBROOK

WWW.CURTAINCALLCOMPANY.ORG 760.468.6302

New High Tech Solar System
Just Recently Available!
Stores and uses electricity 24 hours
a day without sun

SAVE
AN AMAZING AMOUNT OF
MONEY

Gregg R. Kirkpatrick, Solar Electrical Engineer
Cell 858.829.8953
Office 760.645.0556
or email Gregg at gkirk.net@gmail.com

Get excited to receive
the news again!

SUBSCRIBE!

The Fallbrook/Bonsall
Village News
(760) 723-7319

ELECTIONS

from page A-1

total population of 1,962 residents with 1,744 of those being at least 18 years old. The district consists of 1,249 Caucasians including 1,094 who are at least 18, 794 Hispanics including 547 at least 18 years old, 64 Asians including Polynesians with 60 of those being 18 or older, 18 blacks with 15 of those being 18 or older, nine American Indians including seven of voting age, and 28 residents of more than one race including 21 who are at least 18.

The trustee areas utilize total population rather than the number of registered voters. The maximum allowable variance between the highest-populated and lowest-populated trustee area is 10 percent, and the variance for the adopted Vallecitos map is 9.02 percent.

Trustee Area 1 is in the north central part of the district and

is on both sides of Interstate 15. The population consists of 263 Caucasians, 148 Hispanics, 15 Asians and Polynesians, five American Indians, and five people of more than one race.

Trustee Area 2 is in the central part of the district and includes Vallecitos Elementary School. It is east of Interstate 15 and mostly west of Camino Rainbow. The area is home to 212 whites, 210 Hispanics, seven Asians, two American Indians, two blacks, and four residents of multiple races.

Trustee Area 3 is east of Camino Rainbow and Rice Canyon Road. It is inhabited by 250 whites, 168 Hispanics, 17 Asians including Polynesians, and 11 people of more than one race.

Trustee Area 4 is the eastern area of the district. It has 292 whites, 116 Hispanics, 16 blacks, seven Asians or Polynesians, one American Indian, and four residents of multiple races.

Trustee Area 5 is the western

part of the district. It is populated by 232 whites, 152 Hispanics, 18 Asians and Polynesians, one American Indian, and four people of multiple races.

In addition to ensuring compliance with the state prohibition of at-large elections which might impair the electoral ability of a protected class, elections by trustee area protect against special interests.

While an ethnic group can be considered a special interest, by-trustee area elections are more likely to protect a district against geographical, professional, or ideological special interests.

In the case of a geographical special interest it would no longer be possible for three candidates from that neighborhood to run for the board, sweep the election, and hold a majority. Although professional or ideological special interests could still win three individual seats and could still run as a slate, elections by trustee area increase the chance

of an independent candidate being elected.

In at-large elections in which voters select no more than two or no more than three candidates, an independent running against a slate is at a considerable disadvantage since a voter can select that independent plus one (in the case of two seats) or two (in the case of three seats) slate members or the voter could cast a ballot for the slate members.

A single candidate against two or three incumbents also has that disadvantage with at-large elections, so elections by trustee area increase the chance of one challenger unseating an incumbent.

Three of the Vallecitos School District four-year terms will expire at the end of 2022 while the other two seats have terms which will expire at the end of 2020. The incumbents will be allowed to retain their seats until their terms expire, although if any candidate dies, resigns, or is recalled prior

to the filing deadline for the November 2020 election the remainder of that term will be filled through a by-trustee area election.

Local agencies are allowed to revise their trustee area boundaries, contingent upon the areas having approximately equal population and the boundaries not being drawn to disenfranchise any specific group, as the district feels is warranted.

The boundaries may be revised in 2021 if the 2020 census reveals significant population changes. A district normally utilizes the census every 10 years to revise its boundaries although a school district could change its boundaries earlier if growth in an area creates an unequal population.

For a longer version of this article with recent election results for School District, visit www.villagenews.com.

MARRS

from page A-1

Ethical Treatment of Animals held protests at Santa Anita as well as during Opening Day at Del Mar. “We’re a target now,” Marrs said.

The pro-racing rallies were initiated in response to the protests. “It’s never been challenged before, and now we’re challenging them,” Marrs said.

Trainer Doug O’Neill, who has horses at San Luis Rey, and backstretch worker Oscar De La Torre initiated the pro-racing rallies. “It just kind of took on a life of its own,” Marrs said.

The activities included a June 20 press conference at Santa Anita at which Marrs spoke.

Horse racing opponents claim horses are victims of the greed of owners and trainers. “That’s not the case,” Marrs said. “These people don’t understand how much these animals mean to us.”

More horses died in the December 2017 Lilac fire than during this year’s Santa Anita meet. Approximately 200 stalls at San Luis Rey were destroyed in

the fire and 46 horses, including one trained by Marrs, lost their lives. “My barn was the first one to burn. My client’s horse was the first one to perish,” Marrs said.

Two San Luis Rey trainers were burned trying to save horses and other trainers and backstretch workers placed the horses’ safety above their own. “We were fighting the fire before it even hit the property,” Marrs said.

The actions of the trainers and backstretch workers included releasing the horses from their stalls and preparing to evacuate the animals to a safer site. “I was actually there the whole day. I went through the barn and counted the bodies,” Marrs said.

Marrs had two horses at San Luis Rey on Dec. 7, 2017. The horse which survived was found late that night. “I think I left about ten o’clock that evening,” she said.

The personal risk the trainers and backstretch workers took during the evacuation effort wasn’t limited to being burned. “I could have died three separate times that day from being trampled,” Marrs said. “We all put our lives at risk that day.”

The more severely burned trainer, Martine Bellocq, had second-degree and third-degree burns over more than half of her body and lost a leg. Joe Herrick had second-degree burns on between 20 and 25 percent of his body including his arms, his face, and the back of his head and spent 12 days in the Burn Center at UCSD Hospital in San Diego.

The injuries to the two trainers wouldn’t deter Marrs from putting herself at risk again if necessary. “It’s probably something we would do again if we had to,” she said.

Marrs noted that the actions during the Lilac fire showed the true difference between equestrian personnel and animal-rights activists in terms of supporting animals. “During the Lilac fire

nobody saw a PETA person. They were nowhere to be found,” she said. “If they were concerned about animals they should have been out there helping.”

Bellocq and Herrick were the only trainers who had physical injuries from the Lilac fire, but during the June 20 press conference Marrs noted that seeing the bodies of the dead horses caused emotional trauma. “The only thing that kept me going was wanting to get back to my horses,” Marrs said during the press conference. “They were the only thing I knew that would heal me. And over time they have. They are as much my therapy today as I am theirs.”

Marrs has also worked as a physiotherapy technician and has

been involved in horse racing for 38 years. She is originally from northeastern Ohio and moved to San Diego County in 1994. She moved to Bonsall in 1999 due to the proximity to San Luis Rey. “I knew I was going to train horses there,” she said.

The California Horse Racing Board issued Marrs a trainer’s license in 2004.

Other than the 46 horses that died in the Lilac fire, the only San Luis Rey horse who died as a result of racing was Jentzen, who was trained by Fabio Nor and was involved in a five-horse collision at Del Mar on Aug. 11, 2003.

“We have a really safe track out here,” Marrs said. “It’s one of the best tracks.”

Trump opens membership eligibility for The American Legion

SANGER, California – President Donald Trump on July 30 signed a bipartisan bill expanding eligibility for membership in the biggest and most politically influential veterans service organization in the country, prompting celebration in California, whose veterans population is the largest in the country.

Prior to the “LEGION Act,” if veterans wanted to join The American Legion, they had to have served during one of the six federally-designated eras dating back to America’s declaration of war on Germany during WWI. Because The American Legion is a congressionally-chartered veterans service organization, Congress determines its membership eligibility.

“The problem was that there are 12 war eras the U.S. doesn’t recognize where American troops were killed,” said Ed Grimsley, commander of The American Legion’s Department of California. “Those veterans who survived weren’t eligible to

join their brothers and sisters in continued service to our country. Now they are.”

Reps. Lou Correa and Gil Cisneros of California and others in the House introduced a companion measure to that of Sen. Krysten Sinema, D-Arizona, who brought forth the original bill in February. Congress passed S.504 on July 23.

“Today is a good day for America’s veterans,” Correa said. “President Trump’s signing of the LEGION Act means all veterans will finally have access to the American Legion. Regardless of when a service member served, every veteran is a hero and has earned our respect and full access to their benefits.”

Now that the legislation has been signed, The American Legion’s eligibility criteria immediately changes from seven war eras to two – April 6, 1917, to Nov. 11, 1918, and Dec. 7, 1941 – to a time later determined by the federal government. No other restrictions to American Legion membership are changed. Many of

the gaps between those recognized eligibility periods were during the Cold War, when an estimated 1,600 U.S. service members were killed or wounded in hostile operations.

“Veterans and their families have made incredible sacrifices for our country, and their service should not be defined by a period in time or some unrecognized war era,” Cisneros said. “All veterans are deserving of recognition and membership in The American Legion, and our legislation will ensure these veterans have the opportunity to gain those benefits.”

Chartered by Congress in 1919, The American Legion works to serve the community, state and nation through its four pillars of Veterans Affairs & Rehabilitation, Americanism, Children & Youth, and National Security. Chartered the same year, the Department of California works to serve the roughly 2 million veterans currently living in the state.

Submitted by American Legion Dept. of California.



MARKET STYLE DISTRIBUTION

Monday-Friday 9:30am-12:30pm
1042 S. Mission Road, Fallbrook, CA 92028
760.728.7608
www.fallbrookfoodpantry.org
“when you are hungry, nothing else matters.”

Your Agent for Life

Allstate
The Good Hands People

AUTO • HOME
COMMERCIAL AUTO

CONDO • LIFE
BUSINESS

ROSS E. CURTIS
723-1331
305 W. AVIATION RD., FALLBROOK

Quality Service Since 1931
Allstate Insurance Corporation
LUTC CA LIC #0710671

Summer SMOG SPECIAL
\$10⁰⁰ Off Any Vehicle!
Expires 8/31/19

Smog Bros.
WE SMOG ALL VEHICLES
SE HABLA ESPAÑOL

760.731.7558
418 W. Aviation Rd.
Fallbrook
Mon-Sat 8am-6pm



Newsom signs bill requiring “Know Your Rights” insurance disclosures for mobilehome and condo residents

SACRAMENTO – After earning strong bipartisan support in the Senate and Assembly, Governor Gavin Newsom signed Senate Bill 508 authored by Senator Connie M. Leyva (D-Chino) that will require insurers to provide timely disclosures and information to mobilehome and condominium residents regarding their residential property insurance policies and their rights associated with their policy.

Many California residents have endured back-to-back years of deadly and destructive wildfires that have resulted in over 25,000 structures being destroyed or damaged, including numerous mobilehome parks. Many of the victims of these disasters were not aware of their insurance information or rights and could not begin the process of rebuilding their homes.

It is important that all homeowners and renters, including those who live in mobilehomes

and condominiums, be informed of their rights under the California Residential Property Insurance Bill of Rights.

Under current law, homeowners receive these forms before issuing or renewing an insurance policy. However, that standard is unclear when it comes to mobilehome owners and renters, so SB 508 sets that requirement into law.

“Following the recent devastating wildfires here in California, it became clear that many residents did not have the insurance information they needed or knew where to go precisely when they needed help the most,” Senator Leyva said. “SB 508 will equip mobilehome and condo residents with this critical information before the insurer issues or renews these insurance policies. As Chair of the Senate Select Committee on Manufactured Home Communities, I appreciate Governor Newsom continuing to stand with mobilehome and condo

residents by making sure that they receive these disclosures before they might ever need to avail themselves of the coverage in the policies.”

“Seeing the mobilehome communities in Paradise destroyed by the Camp fire, I knew we had to do more to inform residents about their insurance coverage,” said Insurance Commissioner Ricardo Lara, who sponsored SB 508. “SB 508 will put residents of mobilehomes, condominiums and rental housing on equal footing with homeowners when it comes to knowing about their rights under California law.”

SB 508 has also earned the support of AARP California and the Golden State Manufactured-Home Owners League. This measure will take effect on January 1, 2020.

Submitted by Sen. Connie Leyva’s office.

Finding local resources for grandparents raising grandchildren

Kathryn Adams
Special to Village News

According to the 2010 U.S. Census, there were more than 2.7 million households in which grandparents were raising their grandchildren in the United States in 2010, and that number did not take into account other relatives who may be raising the children.

In 2012, the U.S. Census Bureau released a news report titled, “Coresident Grandparents and Their Grandchildren: 2012,” which stated that the percentage of children who lived with a grandparent in 2012 was 10%, while only 7% of grandparents were raising their grandchildren, and approximately 39% of the grandparents had been the primary caretakers for the grandchildren for five years or more.

The U.S. Census Bureau news report also stated that more than 60% of the households with grandparents and grandchildren under the age of 18 were maintained by a grandparent, and approximately one out of the three households had no parent present.

Renee Ellis, a demographer who works in the Census Bureau’s Fertility and Family Statistics Branch said, “Recent trends in increased life expectancy, single-parent families and female employment increase the potential for grandparents to play an important role in the lives of their grandchildren. Increases in grandparents living with grandchildren are one way that the grandparent role has changed.”

Janine Loescher, coordinator of the Fallbrook Smiles Project, explained that as part of the monthly Fallbrook Community

Collaborative for Health and Wellness, a meeting that is facilitated by the Fallbrook Smiles Project and the Fallbrook Regional Health District, the groups have been looking into resources for grandparents raising grandchildren in the local community.

Loescher shared that together they have identified an increasing number of grandparents, as well as other relatives, who are raising children whose parents are unable to care for them in this community.

Loescher explained that the reasons for these situations vary and that grandparents and other relatives raising children, “might be from substance abuse, mental health issues, incarceration, economic hardship, domestic violence, divorce or death.”

Unfortunately, the groups have not been able to identify any current local programs for grandparents raising grandchildren. Donna Presley, a local grandmother who is currently raising her two grandchildren, reported that Fallbrook had a Grandparents Raising Grandchildren group for about three years, and she facilitated the group at the Fallbrook Library. Unfortunately, Presley became too busy to facilitate the group and she was unable to find anyone to take over for her so the group ended.

While the County of San Diego Department of Aging and Independent Services holds conferences for grandparents raising grandchildren, the nearest

one is in Escondido. Loescher explained that many local residents have difficulty with transportation, so that is a hardship.

The Fallbrook Smiles Project and the Fallbrook Regional Health District learned that the YMCA of San Diego has a Kinship Program which includes individual case management and it is available to anyone in the community. The YMCA of San Diego’s Kinship Program also provides support and education groups in English and Spanish, family events, financial and goods assistance, as well as respite care.

Individuals who are interested in the YMCA of San Diego’s Kinship Program may self-refer or be referred by an outside agency for assistance. If interested in learning more about the YMCA of San Diego’s Kinship program, visit the website: <https://www.ymca.org/community-support/ymca-youth-and-family-services/family-support-and-preservation/kinship-support-services>

The YMCA of San Diego also has support groups throughout the county, and The Fallbrook Smiles Project and the Fallbrook Regional Health District inquired about establishing a support group here. Unfortunately, at this time, the YMCA of San Diego does not have the funding to start a support group in Fallbrook.

However, Loescher explained that the YMCA of San Diego’s next funding cycle is in 2020, and the community may be able to

get services in the next funding cycle. Loescher reports that in the meantime, the CCHW is trying to establish a support group for the community that will include socialization, education about resources, and peer support.

Anyone interested in learning more about the CCHW’s efforts to help grandparents raising grandchildren may attend the next CCHW on Aug. 21, from 10:30 a.m. to 12 p.m. at the Fallbrook Regional Health District Admin Building, 138 S. Brandon Road in Fallbrook. The CCHW meetings are held there on the third Wednesday each month from 10:30 a.m. to 11:30 a.m.

The County of San Diego also provides resources for grandparents raising grandchildren and other relatives raising children. The county is holding its 8th Annual North County Grandparents Raising Grandchildren Relative Caregiver Symposium on Aug. 24, from 8 a.m. to 1:30 p.m. at the North Island Live Well Center located at 649 W. Mission Avenue in Escondido.

This year’s theme is “Growing Wings: Embracing the Beauty and Power of Change,” and will feature speakers and resources for grandparents raising grandchildren and other relatives raising children. The event also features free health screenings, a resource fair, free shingles vaccines (as available), opportunity drawings, and individual consultations.

Attendees are also invited

to bring expired or unused prescriptions to the event for proper disposal. This event is hosted in collaboration with 2-1-1 San Diego, the YMCA of San Diego, Live Well San Diego and the County of San Diego Health and Human Services Agency.

Lunch and childcare are provided with pre-registration, and Spanish interpretation is also available. Registration for the event is available until Aug. 14, and interested parties may call 2-1-1 to register or they may apply online at: <https://211sandiego.org/resources/highlighted-resources/grandparents-caregivers>.

the
village
beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at

thevillagenews.com

Check it out. Often.

The Fallbrook Thread
Village News
760 723-7319

PACC to host ‘Taste of Oasis’ in North County

ESCONDIDO –The Park Avenue Community Center in Escondido will be hosting “Taste of Oasis” on Wednesday, Aug. 28 from 10 a.m. to 12 p.m. in their auditorium, 210 E Park Ave.,

This free event will highlight upcoming programs and activities sponsored by San Diego Oasis, a non-profit organization supporting successful aging through lifelong learning, healthy living, and community service.

San Diego Oasis also operates an intergenerational literacy tutoring program that encourages older adults to work with at-risk children to improve reading skills and self-esteem in Title One designated elementary schools throughout San Diego.

“You can help bring a smile to the face of an at-risk student by bringing a new or slightly used age appropriate book for students K-4 to the Taste of Oasis event, and help us reach our goal of distributing 100,000 books to these students,” says Simona Valanciute, San Diego Oasis President and CEO.

Over 700 older adult tutors work in 11 school districts, (including Bonsall Unified), sharing their time, talents and wisdom with students who need their help.

San Diego Oasis offers almost 3,000 classes, activities, and trips throughout the year with lectures and sessions in health and wellness, exercise and dance, arts and crafts, history and humanities, finance, technology, languages and personal development at more than 45 partner locations.

Oasis was most recently awarded 2019 Impact Awards from both the North San Diego Business Chamber and the Escondido Chamber of Commerce. “This is a wonderful opportunity for community members to meet many of our instructors and community sponsors, while also helping our youth by donating a book that will be distributed to children throughout our county,” states David Beevers, San Diego Oasis Program Manager for North County. Light refreshments and giveaways will also be provided.

For more details on Taste of Oasis and additional information about San Diego Oasis, visit www.sandiegooasis.org or call (760) 796-6020.

Submitted by San Diego Oasis.



THINGS THAT MAKE YOU SAY AAHHHH! We’ve got hundreds of new and exciting slots, daily live entertainment, national concert acts and a world-class day spa! Not to mention car giveaways every Friday! Can you say *aahhhh*!?



PALA
CASINO
RESORT • SPA

Discover your *aahhhh* moment!

11154 HWY 76, PALA, CA 92059
1-877-WIN-PALA palacasino.com

Please Gamble Responsibly. Gambling Hotline 1-800-522-4700

IGLESIAS

from page A-1

than six years with the Lake Elsinore Unified School District and served as the dean of students and assistant principal at Elsinore High School, was a middle school principal, and the Alternative Educational Center Principal. From 1998 to 2004, he was a teacher with the Orange County

“I’m home, it’s been well over three years and this opportunity, I don’t take it lightly,” he said. “I thought it over a lot when I applied and I interviewed, so for me, I’m a North County resident. “I’m not going anywhere and that’s why I’m here because I’m committed, I’m committed to our school.” Dr. Iglesias takes over the role previously held by Dr. David Farkas who announced on June

“I’m not going anywhere and that’s why I’m here because I’m committed, I’m committed to our school.”
- Dr. Iglesias

Department of Education and worked with the San Diego County Office of Education from 1992 to 1993. Dr. Iglesias said that as a North County native, he considers the opportunity to lead in Fallbrook to be a long-term endeavor.

18 that he would be resigning in an email sent to Fallbrook High stakeholders. “I want you to know that I am in the process of accepting a promotion and will most likely not be returning to our wonderful school,” Dr. Farkas wrote in the



Dr. Narciso Iglesias addresses the board after being named principal of Fallbrook High.

release. “It is not easy for me to say goodbye because Fallbrook is such a special place. This new opportunity presented to me is one that doesn’t come along too often, so I need to pursue it.”

Dr. Farkas assumed the job in late 2017 replacing embattled principal Larry Boone, who abruptly submitted his resignation Nov. 8, 2017, citing “urgent personal matters.”

Boone had held the principal position since July 2015. Jeff Pack can be reached by email at jpack@reedermedia.com.

Socialize at the Fallbrook Senior Center

Join us at our **NEXT BINGO NIGHT:**

AUG

14

BINGO WINNERS from July 24th

Fallbrook Senior Center - 760.728.4498

399 Heald Ln. Fallbrook | Thrift Shop 760.723.4602

PRO-TIRE

INDY-PERFORMANCE ENTERPRISES INC.

We Offer MAJOR TIRE BRANDS

COMPLETE AUTOMOTIVE SERVICE

FOREIGN • DOMESTIC MOTOR HOME • TRUCK SUV SPECIALISTS

TOP QUALITY Since 1986

Mon-Fri 8 to 6

www.protireandauto.com

(760) 723-8473

1367 South Mission Rd.

Located directly behind Club Paradise

Major credit cards accepted

Fallbrookparadisepetspa.com

760.723.2273

Fallbrook's **Paradise Pet Spa**

We love your pets. you'll love their **STYLE**

218 W Fig St. Fallbrook, CA 92028

se habla español

Live Music
Photobooth
Silent Auction

FALLBROOK ART ASSOCIATION
50TH ANNIVERSARY GALA

Sponsored by the David T. & Dorris E. Staples Foundation

09.28.19

3-6pm
Pala Mesa Resort
2001 Old Highway 395
Fallbrook, CA 92028

Please join us at the 50th Anniversary Gala and Fundraiser! Enjoy live music by the Slaker Hill Band, photobooth, silent auction, an opportunity drawing, and more! Prizes include original artwork, harbor cruise, gift baskets, gym package, and more from area sponsors, businesses, and organizations. Hors d’oeuvres and no-host bar.

FALLBROOK
ART ASSOCIATION

Tickets Available at The Gallery, 127 N. Main Ave., Fallbrook
Opportunity Tickets available at The Gallery or from any FAA member.
Winners need not be present to win.
Questions? 760-645-0491

Discover the *Best* of Retirement





As the premier senior living community in Fallbrook, Silvergate offers residents a vibrant social life, gourmet dining, five-star concierge service, and a range of spacious apartments. Our award-winning care is second to none, meaning we're there when you need us. With new lower pricing, there's never been a better time to make the move and to enjoy retirement the way you deserve.

Tours Available Daily
(760) 728-8880

420 Elbrook Dr
Fallbrook, CA 92028
SilvergateRR.com



SILVERGATE
FALLBROOK
Premier Senior Living

Independent Living ♦ Assisted Living ♦ Memory Care

Lic #374600907

SUBSCRIBE

CONNECTING THE COMMUNITY.



SAVE
\$20
WHEN YOU SUBSCRIBE
OR RENEW ONLINE

The Fallbrook/Bonsall
Village News
www.villagenews.com

Subscribe or Renew Online for Best Price!
WWW.VILLAGENEWS.COM/SUBSCRIBE

Or mail in this completed form to: Village News, 111 W. Alvarado Street, Fallbrook, CA 92028

☐ New Subscriber

☐ Renewal

☐ Yes - Please include a complimentary Sunday LA Times subscription

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Subscription Payment Options
(Choose One)

☐ \$69.95 one year - OR \$49.95 when you pay online*

☐ \$105.95 two years - OR \$85.95 when you pay online*

☐ \$145.95 three years - OR \$125.95 when you pay online*

*Subscription will continue to renew until cancelled by customer. Renewals will not be charged until the last paid subscription period expires. Sunday LA Times available in the LA Times delivery area only. This agreement remains until cancelled by subscriber in writing or by calling the Village News, Inc. Full terms and conditions can be found at www.villagenews.com.

Business Owners/Managers...

Is the new world of

Digital / Social Media

overwhelming?



Let us help you increase your customers.

We'll make it easy for you

– and affordable!

We already reach an audience of over 300,000 local readers.*

What could that do for your business?



- Online
- villagenews.com
 - myvalleynews.com
 - anzavalleyoutlook.com
 - exploremenifee.com
 - discoverfallbrook.com



- Online Services
- Reputation Management
 - Social Media Management
 - Social Media Marketing
 - Website Design
 - SEO • SEM
 - Lead Generation



Give us a call at 760-723-7319, or go to www.reedmedia.com/services

*With our print and online products.

National Night Out showcases first responders

FALLBROOK – Fallbrook Summer Nights National Night Out, Aug. 2, featured the San Diego County Sheriff's Department, North County Fire Protection District and San Diego County Sheriff's SWAT.

Summer Nights events offer classic cars, food, children's zone and local vendors on Main Avenue plus live music in the Vince Ross Village Square with a beer and wine garden.

Entrance into the square is \$5 which includes one drink ticket for alcohol or non-alcoholic

drinks. The block parties are held downtown along Main Avenue and run from 5 p.m. to sunset.

The last Summer Nights event for this year is Aug. 16 and will be Military Appreciation Night with Camp Pendleton.

For more information on the Summer Nights Series, visit Facebook.com/fallbrookvillage, FallbrookVillage.org or call (760) 723-8384.

Submitted by Fallbrook Village Association.



Anthony Suraci, Jr. performs during the Fallbrook Summer Nights event at the Village Square, filling in for his father, Tony Suraci.



Shelby Clark and her 18-month-old daughter, Georgia, view the sights and festivities in downtown Fallbrook during the Fallbrook Summer Nights event.



The Fallbrook Country Line Dancers perform a routine at the intersection of Main Avenue and Fig Street during the Fallbrook Summer Nights event.



Clint Campbell, right, displays his 1932 Ford hot rod during the Fallbrook Summer Nights event.



Sisters Paisley Bence, 5, left, and Willow Bence, 3, meet members of the San Diego County Sheriff's Mounted Patrol during the Fallbrook Summer Nights National Night Out event. National Night Out is an annual nationwide event where members of the community get the chance to engage with local law enforcement.

Shane Gibson photos



Francesca Morales, 7, gets to sit inside a NCFPD fire engine on display during Fallbrook Summer Nights, Aug. 2.



San Diego County Sheriff's SWAT Deputy Maltsberger displays a variety of tactical SWAT gear during National Night Out.

HEALTH & BEAUTY

Healthy Habits for Bonsall & Fallbrook Folks

Scoliosis: C or S shaped spine

Megan Johnson McCullough
Special to the Village News

The human spine runs straight up and down the back. When a person has a curve to the side of their spine, they may have scoliosis. The shape is described as the letter “C” or “S.” This curve can range between small or large, but the key is that anything that measures 10 degrees or more is diagnosed as scoliosis.

The backbone isn’t visible for us to clearly see that a person has this condition, but a person with scoliosis usually leans to the side or may have one shoulder more elevated than the other. The hips might also look uneven.

The exact cause of scoliosis can remain unknown for some people. However, there are two known causes for other people. The first is referred to as nonstructural scoliosis in which the spine functions normally but has a curved appearance. This could be due to muscle spasms, one leg being longer than the other, or even appendicitis. This type of scoliosis normally goes away over time.

The other type, called structural scoliosis, does not go away on its own. The curve of the spine is more rigid. This type of scoliosis could be caused by infections, tumors, muscular dystrophy, genetic conditions, or cerebral palsy.

Another cause could be

congenital scoliosis in which the back of a baby develops this way even before birth. The tiny bones of the back develop this way. This might not be detectable until teenage years.

Scoliosis typically makes itself known for children between the ages of 10 and 15 who have had a growth spurt. Even though both genders can have this condition, girls typically have complications that need to be addressed.

The greater the angle of the curve, the more likely this will increase over time. Family history is usually an indication of this. Adulthood might require having the back examined regularly. Some adults also experience degenerative scoliosis in which the joints and discs of the spine start to really wear down.

Contrary to popular belief, carrying heavy weight on the back (like a backpack) won’t cause scoliosis. Poor posture will also not cause this. On a scientific level, there are different descriptions for the spine’s shape which include:

Kyphoscoliosis: outward and lateral spine curvature

Dextroscoliosis: curvature to the right

Rotoscoliosis (rotatory): vertebral column turned on its axis

Levoconvex: curvature to the left

Thoracolumbar: curvature near the thoracic and lumbar regions of the spine

If necessary, a primary physician who detects scoliosis, may refer the patient to an orthopedic surgeon or neurosurgeon who specializes in spine surgery. An occupational therapist can also help. Sometimes wearing a brace or putting inserts in the shoes can help.

Surgery can also be performed to correct the curve of the spine. This can involve screws, rods, and hooks. Each case is different as each curve varies in size and shape. We all want to stand up tall and proud, so keeping the back and posture at their best is important and needed to help live pain free.

Megan Johnson McCullough holds a master’s degree in physical education and health science, is a candidate for her doctorate, is a professional natural bodybuilder and is a National Academy of Sports Medicine master trainer.

Keeping one’s back and posture at their best is needed to help live pain free.

Kathy Magerkurth photo



Most Americans unaware of a potentially life-threatening skin cancer

NEW YORK – A staggering 74% of Americans are not familiar with cutaneous squamous cell carcinoma – a type of skin cancer that is also the second most common type of cancer in the U.S. – according to a new survey conducted by The Harris Poll on behalf of The Skin Cancer Foundation and in coordination with Regeneron and Sanofi.^{1,2}

CSCC is more common than breast, lung and prostate cancer combined and is estimated to cause more deaths than melanoma.^{3,4} Yet despite these statistics, the survey found a surprising lack of awareness and understanding of CSCC among a majority of Americans.

“During the summer months, skin cancer conversations are largely focused on prevention. Prevention is critical. At the same time, 1 million cases of cutaneous squamous cell carcinoma are expected to be diagnosed in 2019

alone.³

So discussions on skin cancer identification and treatment are equally as important,” said Skin Cancer Foundation President Deborah S. Sarnoff, MD. “Although CSCC is far more common than melanoma, these survey findings reveal that CSCC is virtually unknown to most Americans, and most have significant misconceptions of how dangerous it can be if it progresses. This large gap in knowledge highlights the urgent need to increase public awareness of CSCC, including understanding of the seriousness of advanced cases.”

“Advanced” is a broad term for CSCC that may have spread extensively or have resisted multiple treatments and recurred. An estimated 40,000 people in the U.S. each year learn they have CSCC that has advanced to the point that it may be very

challenging to treat.^{3,5}

The findings of the survey, which was fielded by The Harris Poll in May 2019 and surveyed more than 2,000 adults across the country, are striking:

42%t of Americans have never heard of CSCC. In contrast, only 11%t of Americans say they have never heard of melanoma.²

Only 3% of people correctly identified CSCC as one of the three most common types of cancer in the U.S.²

More than half of Americans (54%) falsely believe melanoma is the most common type of skin cancer in the US.² In actuality, CSCC is five times more prevalent than melanoma (and basal cell carcinoma is the most common type of skin cancer).^{3,6}

72% of Americans don’t understand that non-melanoma skin cancers such as CSCC can spread and become life-threatening.²

A majority of Americans (58%) know advanced melanoma can be life-threatening, yet only 28% think the same about advanced CSCC.²

Many people at higher risk for developing CSCC are not familiar with it:²

40% of people living in the southern U.S. have never even heard of CSCC, but they are more likely to develop it than those living in northern states.⁷

Only 26% of men are familiar with CSCC, though they are three times as likely as women to develop it.^{8,9}

CSCC is more common in people 65 years and older.¹⁰ Yet only 35% of people in this age group are familiar with CSCC, although they are more familiar than their younger peers.

For more information on the survey and online resources on CSCC, visit [SkinCancer.org/ccscsurvey](https://www.skin-cancer.org/cancer-basal-and-squamous-cell-what-is-basal-and-squamous-cell).

www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2019.html. Accessed June 9, 2019.

What are basal and squamous cell skin cancers? American Cancer Society. <http://www.cancer.org/cancer/skincancer-basalandsquamouscell/detailedguide/skin-cancer-basal-and-squamous-cell-what-is-basal-and-squamous-cell>. Accessed June 9, 2019.

Skin Cancer Facts and Figures. Skin Cancer Foundation. <https://www.skincancer.org/skin-cancer-information/melanoma>

Lomas A, et al. Br J Dermatol. 2012;166(5):1069-1080.

Basal and Squamous Cell Cancer Risk Factors. <https://www.cancer.org/cancer/basal-and-squamous-cell-skin-cancer/causes-risks-prevention/risk-factors.html>. Accessed June 11, 2019.

Schmults CD, et al. Int. J Cancer Manag. 2018; 11(1):e60846. doi: 10.5812/ijcm.60846.

Garcovich, et al. Aging Dis. 2017 Oct;8(5):643–661.

Stratigos, Alexander et al. Diagnosis and treatment of invasive squamous cell carcinoma of the skin: European consensus-based interdisciplinary guideline. European Journal of Cancer, Vol 51(14);14, 1989-2007

Squamous Cell Carcinoma. Skin Cancer Foundation. <https://www.skincancer.org/skin-cancer-information/squamous-cell-carcinoma>

Submitted by Skin Cancer Foundation

Student & Family Membership

SALE

UP TO 50% OFF FOR STUDENTS

Ages 10 thru 22 when added to a family membership. Restrictions may apply. Expires 8/31/19.

CLUB Paradise Fitness

1371 S. MISSION ROAD, FALLBROOK

(760) 731-0133

Child Care Available Mornings and Evenings

SilverSneakers by United Health

Fastest Growing Physical Therapy Operation in California!

PHYSICAL THERAPY

A LEGACY OF EXCELLENCE

Success begins today.

Dedicated to caring for the people of our beloved town Fallbrook!

Call 760-723-2687

577 E Elder Street, Suite I, Fallbrook | www.AllStarPhysicalTherapy.net

the village beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at

thevillagenews.com

Check it out. Often.

VillageNews 760723-7319

Temecula Valley Hospital receives Mission: Lifeline’s Bronze Receiving Achievement Award

TEMECULA – Temecula Valley Hospital has received the Mission: Lifeline Bronze Receiving Quality Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer severe heart attacks.

Every year, more than 250,000 people experience an ST-elevation myocardial infarction, the deadliest type of heart attack, caused by a blockage of blood flow to the heart that requires timely treatment. To prevent death, it’s critical to restore blood flow as quickly as possible, either by mechanically opening the blocked vessel or by providing clot-busting medication.

The American Heart Association’s Mission: Lifeline program’s goal is to reduce system barriers to prompt treatment for heart attacks, beginning with the 911 call, to EMS transport and continuing through hospital treatment and discharge. The initiative provides tools, training, and other resources to support heart attack care following protocols from the most recent evidence-based treatment guidelines.

Temecula Valley Hospital earned the award by meeting specific criteria and standards of performance for quick and appropriate treatment through emergency procedures to re-establish blood flow to blocked arteries in heart attack patients coming into the hospital directly or by transfer from another facility.

“Our hospital is dedicated to providing optimal care for heart attack patients,” Darlene Wetton, CEO of Temecula Valley Hospital, said. “We are proud to

be recognized for our dedication and achievements in cardiac care through Mission: Lifeline.”

“We commend Temecula Valley Hospital for this award in recognition for following evidence-based guidelines for timely heart attack treatment,” Dr. Tim Henry, chair of the Mission: Lifeline Acute Coronary Syndrome Subcommittee, said. “We applaud the significant institutional commitment to their critical role in the system of care for quickly and appropriately treating heart attack patients.”

Temecula Valley Hospital brings advanced technology, innovative programs, patient-centered and family sensitive care to area residents. The hospital features 140 private patient rooms; emergency care featuring ER Reserve; advanced cardiac and stroke care; orthopedics and general and surgical specialties. Temecula Valley Hospital is nationally recognized for patient safety by The Leapfrog Group, with a 2017 Top Hospital Award and six consecutive “A” grades for patient safety in spring 2019, fall 2018, spring 2018, fall 2017, spring 2017 and fall 2016. The hospital also recently received two 2019 Women’s Choice Award Achievements; One of America’s Best Hospitals for Patient Safety and One of America’s Best Stroke Centers, the American Heart Association/American Stroke Association’s Get With The Guidelines – Stroke Gold Plus with Target Stroke Elite Plus Quality Achievement Award and Mission: Lifeline Bronze Receiving Achievement Award, The Joint Commission’s Gold Seal of Approval for Certification



Sheryl Wilkeson, left, director of business development at the American Heart Association, presents Dr. Andrew Ho, medical director of the cardiac cath lab and chief of staff elect at Temecula Valley Hospital, and registered nurse Katie Baca, the cardiac program manager of Temecula Valley Hospital, with the Mission: Lifeline Bronze Receiving Quality Achievement Award with registered nurse Jennifer Garrow, right, the regional director of quality and systems improvement at the American Heart Association.

for hip and knee replacement, 5 Star Medicare Hospital Compare Rating, the American College of Cardiology Chest Pain Center with primary PCI and resuscitation accreditation, the honor of the Inland Empire’s Top Workplaces 2017 and 2018, has been designated an Aetna Institute of Quality Cardiac Care Facility for comprehensive heart and vascular treatment, including cardiac

medical intervention, cardiac rhythm programs and cardiac surgery. For more information, visit www.temeculavalleyhospital.com.

The American Heart Association’s Mission: Lifeline program helps hospitals and emergency medical services develop systems of care that follow proven standards and procedures for STEMI patients.

The program works by mobilizing teams across the continuum of care to implement American Heart Association/American College of Cardiology Foundation clinical treatment guidelines. For more information, visit www.heart.org.

Submitted by Temecula Valley Hospital.

Thinking About Health Drug prices still rising, relief for patients unlikely

Trudy Lieberman
Rural Health News Service

Consumers who are hoping a couple of recent policy proposals might lower prices for their prescription drugs may be out of luck, at least for now.

Earlier this year the Trump administration had proposed a rule that would have required prescription drug manufacturers to disclose list prices for drugs advertised on TV. Drug makers would have had to tell the public the list price of a 30-day supply of any drugs covered under the Medicare and Medicaid programs that cost at least \$35 a month.

Some experts argued the rule would not have been very effective because consumers often don’t pay the list price anyway. Discounts and rebates negotiated by pharmacy benefit managers reduce the price, although some insurers may require people with high deductible plans to pay the list price until they meet

their deductible.

Almost half of all Americans with a health insurance plan that offers drug coverage must pay a minimum of \$1,300 out of pocket for an individual and \$2,600 for a family before they reach their deductible and benefits kick in. The administration had argued that showing what the drugs would cost people before their drug benefits took effect was important.

This modest move to transparency in a very opaque industry was a start.

But right after the July 4 weekend, a U.S. District Court judge in Washington, D.C., blocked the Trump administration from implementing the rule. He sided with a coalition of drug companies including Eli Lilly, Merck, and Amgen and the Association of National Advertisers, which had joined the suit.

Drug companies, it seems, weren’t keen on

price transparency.

The judge ruled the government did not have the authority to compel drug companies to disclose their prices.

A few days after the judge’s ruling came another blow to lower pharmaceutical prices. This time the Trump administration killed its own proposal released earlier this year. That proposal had aimed at the pharmacy benefit managers, commonly known as PBMs, the controversial middlemen in the drug pricing chain, hired by insurers to help manage the drug benefits they sell.

The Trump administration’s proposed rule would have made it illegal for drug makers to offer rebates to PBMs and insurers unless the middlemen passed any savings on to patients in the form of lower co-pays and coinsurance. It would have applied only to Medicare drug plans, not coverage from private insurers.

Proponents hoped it would wipe out incentives the PBMs

have for steering patients toward more expensive drugs when cheaper generics are available.

But the Trump administration later had second thoughts, saying that “based on careful analysis and thorough consideration, the President has decided to withdraw the rebate rule.” Washington insiders believed that drug makers would pocket the money they saved if they no longer offered rebates. That, in turn, might prompt insurers to raise premiums for Medicare’s drug coverage.

The finger points once again at drug companies that are fighting hard to make sure another proposal – one that would tie Medicare payments for some drugs to prices people in other countries pay – goes nowhere. A survey by the consulting firm PwC noted that drug company executives found this proposal the “most concerning” idea on the table because it really has potential for lowering prices.

What about reimporting

cheaper drugs from Canada? That idea is popular with the public but not with the FDA or the drug companies.

In the meantime, drug prices keep rising.

Analysts at Wells Fargo & Co. say drug makers are getting “aggressive” in their price hikes again and have raised the price of medicines by 27% on average in June. An analysis by Rx Savings Solutions, an industry consultant, reports that so far this year some 3,400 drugs have experienced a price hike averaging 10.5%, about five times the rate of inflation.

It boils down to patients versus the moneyed interests, and so far patients are losing. Patients will continue to struggle paying for their medicines while profits for all the pharmaceutical system’s players continue to stack up.

What strategies do you use to lower the cost of your medicines? Write to Trudy at trudy.lieberman@gmail.com.

It’s time to be in charge of your life

American Counseling Association

Getting tired of how life just seems to happen? Do days seem to be filled with mundane tasks, an unfulfilling job or just the same old thing over and over?

It’s easy to let our lives fall into a rut and realize there are a lot of actions that may seem necessary, but aren’t making us happy. This is when it’s time to take charge of your life and begin moving things in a more positive and satisfying direction.

You don’t have to turn your whole life upside down, but rather start looking for small changes that can leave you feeling better about yourself. Often this simply means making some decisions that let you see that you really are in charge of the life you’re living.

A good starting point is the physical you. If your looks or physical shape have you unhappy,

now, right now, is a good time to make a few small changes. Reconsider your diet, nutrition and physical activity to help you look better, be healthier and feel more positive about yourself. Maybe a new hairstyle or more exciting clothes?

Are there other things you may want to change about yourself. Try taking an inventory of your personal strengths and interests. Are there activities or interests you really would like to be pursuing, but aren’t? Maybe it’s time to do more reading, take an educational course, or begin that hobby you’ve been putting off.

Making a better life for yourself can and should start with small steps that get you on the road to a happier, more satisfied you. Try doing one new daily action that you find gratifying. Maybe it’s making a phone call to an almost forgotten old friend. Maybe it might be finding interesting

volunteer work to do. It can be something as simple as cleaning out your closet, organizing all those old files, or something more life changing like updating your resume and considering a new line of work.

This can also be a good time to see if there are parts of your life that are out of balance. Is there something or someone taking up an excessive amount of your time without providing enjoyment and fulfillment to your life?

Take some time to examine the life you’re living in detail, then take steps, even small baby steps, that can help you find the balance, enjoyment and happiness you deserve.

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



Clínica de Atención Urgente

MedPlus Urgent Care

Fallbrook



OPEN 7 DAYS a Week and HOLIDAYS
~ No Appointment Necessary ~

HOURS:
Monday-Friday
9am-7pm
Saturday-Sunday
9am-2pm
Holidays
9am-2pm

Comprehensive urgent care clinic. Here to serve all ages.

- Seasonal Illness
- Broken Bones/Sprains
- School/Work Physicals
- X-Ray and Laboratory Diagnostics
- Lacerations
- Work Injuries
- Female Exams

760-509-9509
Se Habla Español
medplus-urgentcare.com
617 E. Alvarado Street, Fallbrook
MOLINA, CHG & Most other insurances accepted



ENTERTAINMENT

And away they go...Fallbrook seniors enjoy a day at the races

DEL MAR – Residents and guests of Silvergate Fallbrook ventured down to the Del Mar Racetrack last month to test their luck where the surf meets the turf. More than 40 seniors joined in the annual Silvergate adventure for a private lunch in the Stretch Run stands and an afternoon of excitement.

“This has been marvelous from start to finish,” said Joe Hammer – longtime resident of Silvergate Fallbrook. “There’s no hassle to it at all. Got on the bus, got our seat, our drinks and food. It was great to meet everybody from the San Marcos Silvergate community as well.”

For some, a return to the track was familiar territory. “Coming to the races has been fabulous, fun and wonderful,” said Shirley Fell, another longtime resident of Silvergate. Her experience was echoed by resident Sally Cook as well. “We had a great time and great seats too. It’s just been wonderful.”

According to Helen Gray, marketing director for Silvergate Fallbrook, this trip was one of many outbound adventures planned with Silvergate in the coming months. “Providing an active lifestyle is a key part of our commitment to our residents. Whether we’re at the races is Del Mar, a vineyard in the local wine country, or celebrating the holidays at the Hotel Del in Coronado, we understand seniors want to keep celebrating life to the fullest. Our job is simply to make

it easy to do just that.”

Silvergate’s executive management team was also in attendance and accompanied the seniors to the track. “One of the many advantages of being a locally run, private San Diego company is active involvement by the owners,” said Patricia Martinez, executive director for Silvergate Fallbrook.

“Our residents and families continually tell us how meaningful it is to them to live in a senior community where they know the owner. It provides an added sense of trust and comfort knowing they’re paying such close attention,” Martinez added.

Silvergate Fallbrook is an award-winning retirement community offering 121 units of independent and assisted living apartments as well as 24 memory care suites in their neighboring building.

It is one of three Silvergate communities in North County San Diego. Silvergate’s other locations include San Marcos and a new property under development in Rancho Bernardo, opening next spring.

Silvergate Retirement Residences are owned and operated by AmeriCare Health & Retirement, Inc. – a local healthcare management company based in Solana Beach.

For more information about Silvergate Fallbrook, including upcoming events, visit www.SilvergateRR.com or call (760) 728-8880.



Residents and guest of Silvergate Fallbrook arrive at the Del Mar Thoroughbred Club. Courtesy photos



Fallbrook seniors enjoy the races, from left, standing, Velna Wells, Marci Eisenstadt; sitting, Helen Gray, Silvergate Fallbrook marketing director and Joe Hammer, Silvergate resident.

Library events include concerts, classes and a blood drive

FALLBROOK – The Fallbrook Library will host many free events in August including lectures, concerts and an adult art class.

Thursday, Aug. 8 at 6 p.m. – Lecture: By Veterans for Veterans. Help is a phone call away at Courage to Call, a veteran-run, peer-to-peer support program offering no cost services 24 hours a day. The talk focuses on counseling services, support groups, etc. and will also include the personal experiences faced by members. Sponsored by the Friends of the Fallbrook Library.

Monday, Aug. 12 from 1 to 2:30 p.m. – The Insight Book Club will meet to discuss the novel “What Should I Read Next?” by Anne Bogel, a charming relatable essay collection examining the magical aspects of the reading life. Sponsored by the Friends of the Fallbrook Library.

Thursday, Aug. 15 at 4 p.m. – Adult Art Class. In this unique class, students will learn how to create a colorful step-by-step painting using pastels brushed with water. Supplies are provided. Registration is required. Sign-up at the Front Desk or call (760) 731-4650.

Thursday, Aug. 15 at 7 p.m. – Concert: Mariachi Estrellas de Chula Vista, San Diego’s premier Mariachi. They won first place at the 2014 Mariachi Spectacular Competition in Albuquerque, New Mexico. Their concerts at the library are always a huge success. Sponsored by the Friends of the Fallbrook Library.

Tuesday, Aug. 20 from 9:30 a.m. to 3:30 p.m. – Red Cross Blood Drive. Every day, blood donors help patients of all ages: accident and burn victims, heart surgery and organ transplant patients, and those battling cancer.

Thursday, Aug. 22 at 1 p.m. – Concert: Freaney & Friends. Bob Freaney’s guest this month will be Alex Marsh, pianist. Selections include works by Bach, Mozart, Chopin, Schumann and Brahms. Freaney will play works by Spanish composers. Supported by the Friends of the Fallbrook Library.

Sunday, Aug. 25 at 3 p.m. – Classical Sundays: Stet Saxophone Quartet. From Los Angeles and San Diego, these saxophonists reflect the urban landscapes that characterize two of southern California’s most artistic cities. Sponsored by the Fallbrook Music Society. Call (760) 451-8644.

Sunday, Sep. 1 at 2 p.m. – Sunday Concert: Ross Moore is a storyteller and singer-songwriter rooted in traditional folk music. Moore will be accompanied by Carlos Velasco on guitar, Kevin Moraine on bass and Richie Strell on harmonica.

The Fallbrook Library is located at 124 S. Mission Rd. For more information about these and additional scheduled activities, visit www.sdcfl.org or call (760) 731-4653. Visit www.fallbrooklibraryfriends.org for Friends of the Fallbrook Library sponsored events.



Horses race neck and neck in the stretch run at the Del Mar Racetrack during Silvergate Fallbrook’s day at the races.

‘Luann – Scenes from a Teen’s Life’ now playing at CTK

The cast of “Luann – Scenes from a Teen’s Life” includes, from left, back row, Kaitlin Hopkins as Toni, Dominick Torrescano as Brad, Adrian Betancourt as Aaron Hill; in the middle row, Roseline Sanchez as Mom, Damon Gallegos as Dad and Knute, Becky Brooks as Mrs. Fogerty, Jordan Rodriguez as Bernice, Leah Burke as Tiffany’s posse, Chloe Shaver as Tiffany and in the front row, Erika Torrescano as Luann and Jacob Mendenhall as Gunther. Not pictured are Weyitu Hunt as Delta and Tariku Hunt as TJ. The play can be seen Aug. 9, 10, 16 and 17 at Christ the King Lutheran Church in Fallbrook Fridays at 7:30 p.m. and Saturdays, at 2 p.m. and 7:30 p.m. Tickets are available at the Major Market customer service desk for \$10, at the door or www.curtaincallcompany.org/contact with a small added fee.



Courtesy photo

‘The Underpants’ has its ups and downs



Seen in as scene from “The Underpants” by Steve Martin are, from left, Regina De Vera as Louise Maske, Michael Bradley Cohen as Benjamin Cohen, Eddie Kaye Thomas as Theo Maske and Luis Vega as Frank Versati. Directed by Walter Bobbie and adapted from Carl Sternheim, the play runs through Sept. 8 at The Old Globe.

Elizabeth Youngman-Westphal
Special to The Village News

Name recognition is the draw for this current production at The Old Globe’s Sheryl and Harvey White Theatre in Balboa Park. Steve Martin debuted on The Smothers Brothers TV show which ran 1967-1969. His quirky physical humor coupled with a perverse manifestation of everyday occurrences, reeked of irreverence and an unmitigated disrespect for societal mores became his comedic niche. Some might say genius. Case in point, in Martin’s first film “The Jerk” he plays an innocuous-white guy adopted by a black family. Navin R. Johnson’s one talent is cat juggling. Navin is a simple fellow so when his name appears in the local phonebook, he becomes euphoric. If his name is in print, he must be famous! Enhanced by Martin’s turn of phrase – nothing is sacred in “The Underpants.” No moral high ground is too low. The thin plot is based on one of the character’s 15-minutes of fame. Martin adapted “The Underpants” from an original work by William Adolph “Carl” Sternheim (1878-1942) about 17 years ago exposing his self-importance with several personal references in the rewrite. Sternheim was forced to rename his play to pass Germany’s hypocritical morality code. Retitled “The Giant,” he still set about spurning Germany’s emerging middle-class in this satirical commentary. Louise Maske (Regina De Vera)

stepped up for a better view of the royal parade. When her bloomers accidentally drop to her ankles, she prays everyone’s eyes are averted to the king’s passing and not on her incident. Quickly, Louise snaps up the miscreant lingerie, wraps it in her shawl, and scampers home. As it happens, the incident was not overlooked. It was viewed by several ogling males. One such fellow, poet Frank Versati (Luis Vega), actually follows her home. It is just coincidental that Louise and husband Theo Maske (Eddie Kaye Thomas) wish to earn extra money by renting their spare apartment bedroom. Therefore, when poet Versati sees the “For Rent” sign posted over the door, he decides to pursue Louise by becoming her tenant.

Not knowing she was followed home by Vega, Louise rents to the charming poet. Vega is deliciously handsome, exuding raw male-physicality as he unconsciously spouts endless streams of romantic prose. (Is it not shocking by today’s standards to be stalked to one’s residence? Although, apparently in 1910 Germany, it was funny). In true farcical form Theo meets the second lecher, barber Benjamin Cohen (Michael Bradley Cohen) at his front door reading the “For Rent” sign. Not knowing his wife already rented the room, or that Cohen was pursuing Louise, Theo rents the room to the barber. Adding to the mayhem is the saucy upstairs neighbor, Gertrude (Joanna Glushak). Eavesdropping

through the floor boards Gertrude encourages Louise to follow through and have a tryst with the handsome Vega. Needing privacy for her assignation while Theo is at work, Louise sneaks a sleeping potion in the barber’s drink. He is affected instantly. His legs go numb. He can’t walk. In the dazzling styling of commedia dell’arte, Michael Bradley Cohen pays tribute to Steve Martin. Cohen’s insane acrobatic ability earns him well deserved exuberant accolades. Alas, when both boarders are spurned, they depart. By chance, a stylish gent named Klingelhoff (Jeff Blumenkrantz) appears. Most civilly, Klingelhoff questions the Masks, “Is the building a quiet place to reside? Are there any children in the building? Any tubas? Any sewing machines? Any parrots? Any banjos?” As it happens, all calamity falls to director Walter Bobbie. First, one has to wonder why the audio was nonexistent? The actors were forced to shout their lines. Nevin Steinberg needs to fix the sound. The shouting is annoying! Second, Miss de Vera and Mr. Zarif (in a walk on as the King) are exposed for their inexperience. John Lee Beatty’s set shows his imagination. Although, it is a giant stretch to conjure a shabby chic white table with matching chairs and a bar cart in a middle-class apartment in 1910 Dusseldorf. On the other hand, the bit with the doors works. The mechanical cats and caged bird did at first but in true Steve Martin style, the charm wears thin degrading into annoyance as the meowing and chirping spiral the drain sinking to stale. It seems redundant to mention that theatre is largely visual. But that said, the lighting was masterfully done by Philip S. Rosenberg. Lighting design is hard. Yet, when it is done this well

it is easy to overlook. It is the lighting that enhances costumer Alejo Vietti’s creations. Every actor is handsomely dressed in what appears to be custom-fit attire made with haute-couturier workmanship. His attention to detail is of the highest standard. Keeping true to his humor, Martin’s adaptation boasts offensive equality. He taunts morality by mocking the Jews and Catholicism. He uses over-done-farcical sexual innuendo. His chauvinistic stereotypes even resort to cat tossing (not juggling). He sacrifices all dignity by emphasizing even a momentous event with farts. With a keen sense of understanding of the worst of human behavior, Martin spurns bourgeois’ morality, giving no quarter. “The Underpants” plays in The Old Globe complex inside Balboa Park at the Sheryl and Harvey White Theatre until Sept. 8. Box office: (619) 23-GLOBE (234-4563) or www.TheOldGlobe.org. Matinees provide easy parking by turning left off the Park Street exit. Turn left over the causeway. Stay right. The big lot is on the right-at-the-first light for the free tram to the park center. Naturally leave valuables at home or in a locked trunk. Paid parking is another option. Check with the box office. It is fun to arrive early to grab a small bite at the Bistro Bar and Restaurant before the show. It is across the street from the tram drop-off and a short stroll to The Old Globe complex. Overall, a great day in Balboa Park. While playwright Sternheim is “often dubbed ‘the German Moliere’” – Steve Martin’s rewrite rates a weak 8 out of 10.

Elizabeth Youngman-Westphal can be reached at eyoungman@reedermmedia.com.

Thank
you
for
supporting
us
by
supporting
our
advertisers



NEW CLASSES
at CAST Academy



Youth (ages 7-11)
Ballet, Tap, Jazz, Hip Hop & Lyrical

Teen (ages 12 & up)
Hip Hop, Tap, Jazz & Contemporary

Starting at \$48 per month

Boy's Only Classes

Kinder (ages 5-6)
Ballet, Tap and Hip Hop

See schedule online for full list of days and times

www.castacademy.org



CAST ACADEMY

★ DANCE, MUSIC AND DRAMA ★

FALLBROOK

CAST Office located at
200 N. Main St., Fallbrook, CA 92028
(760) 731-2278
Office Hours Mon-Thurs 2:00pm-6:00pm
www.castacademy.org

Petition to Administer

NOTICE OF PETITION TO ADMINISTER ESTATE OF
MARILYN JANE COLBURN aka MARILYN J. COLBURN aka MARILYN COLBURN
CASE NO. 37-2019-00039608-PR-LA-CTL

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of:
MARILYN JANE COLBURN aka MARILYN J. COLBURN aka MARILYN COLBURN

A Petition for Probate has been filed by **GLENNYS SUE NELSON** in the Superior Court of California, County of SAN DIEGO

The Petition for Probate requests that **GLENNYS SUE NELSON** be appointed as personal representative to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows:
Date: 09/05/19 Time: 1:30 p.m. Dept. 503
Address of court: 1100 Union Street, San Diego, CA 92101, Central

If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the **later** of either (1) **four months** from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) **60 days** from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.
Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a *Request for Special Notice* (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A *Request for Special Notice* form is available from the court clerk.

Attorney for Petitioner: Philip G. Arnold, Esq., 405 South Main Street, Suite A, Fallbrook, California 92028, 760-728-6335

Legal: 5082
PUBLISHED: August 8, 15, 22, 2019

NOTICE OF PETITION TO ADMINISTER ESTATE OF
BETTY JEAN GARZA aka BETTY J. GARZA aka BETTY GARZA
CASE NO. 37-2019-00039549-PR-LA-CTL

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of:
BETTY JEAN GARZA aka BETTY J. GARZA aka BETTY GARZA

A Petition for Probate has been filed by **CRAIG GARZA** in the Superior Court of California, County of SAN DIEGO

The Petition for Probate requests that **CRAIG GARZA** be appointed as personal representative to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows:
Date: 09/11/19 Time: 1:30 p.m. Dept. 502
Address of court: 1100 Union Street, San Diego, CA 92101, Central

If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the **later** of either (1) **four months** from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) **60 days** from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.
Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a *Request for Special Notice* (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A *Request for Special Notice* form is available from the court clerk.

Attorney for Petitioner: Philip G. Arnold, Esq., 405 South Main Street, Suite A, Fallbrook, California 92028, 760-728-6335

Legal: 5083
PUBLISHED: August 8, 15, 22, 2019

NOTICE OF TRUSTEE'S SALE TS No. CA-19-854963-CL Order No.: 8752061 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 11/29/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **THE GRUDEK LIVING TRUST, UTD, JULY 18, 2005, SCOTT NICOLAUS GRUDEK AND LILIA BRINDAS GRUDEK, TRUSTEES** Recorded: **12/18/2006** as Instrument No. **2006-0894002** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: **8/26/2019 at 10:00 AM** Place of Sale: **At the entrance to the East County Regional Center by the statue, located at 250 E. Main St., El Cajon, CA 92020** Amount of unpaid balance and other charges: **\$157,564.00** The purported property address is: **3543 LAKE SHORE AVE, FALLBROOK, CA 92028-7854** Assessor's Parcel No.: **125-271-32-00 NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call **916-939-0772** for information regarding the trustee's sale or visit this Internet Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: **CA-19-854963-CL**. 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. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. Date: **Quality Loan Service Corporation 2763 Camino Del Rio South San Diego, CA 92108 619-645-7711 For NON SALE information only Sale Line: 916-939-0772 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318** Quality Loan Service Corp. TS No.: **CA-19-854963-CL** IDSPub #0155009 8/1/2019 8/8/2019 8/15/2019

NOTICE OF TRUSTEE'S SALE TS No. CA-19-855659-CL Order No.: 8752443 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5/19/2017. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **CHRISTENA POTTER, AN UNMARRIED WOMAN** Recorded: **5/19/2017** as Instrument No. **2017-0227260** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: **8/30/2019 at 9:00 AM** Place of Sale: **At the Entrance of the East County Regional Center, 250 E. Main Street, El Cajon, CA 92020** Amount of unpaid balance and other charges: **\$390,975.69** The purported property address is: **350 FLOWER LN, VISTA, CA 92083** Assessor's Parcel No.: **166-080-71-12 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 Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: **CA-19-855659-CL**. 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. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. Date: **Quality Loan Service Corporation 2763 Camino Del Rio South San Diego, CA 92108 619-645-7711 For NON SALE information only Sale Line: 800-280-2832 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318** Quality Loan Service Corp. TS No.: **CA-19-855659-CL** IDSPub #0155108 8/1/2019 8/8/2019 8/15/2019

T.S. No.: 9948-3273 TSG Order No.: DS7300-19002322 A.P.N.: 155-130-13-00 **NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 11/21/2003. 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 12/04/2003 as Document No.: 2003-1441234, of Official Records in the office of the Recorder of San Diego County, California, executed by: **CLAUDIA H. STEWART, AN UNMARRIED WOMAN**, as Trustor, **WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH** (payable in full at time of sale by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and state, and as more fully described in the above referenced Deed of Trust. Sale Date & Time: 08/23/2019 at 10:00 AM Sale Location: At the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA 92020 The street address and other common designation, if any, of the real property described above is purported to be: 2101 SOUTH NEVADA ST, OCEANSIDE, CA 92054 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made in an "AS IS" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$124,347.68 (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) 758-8052 for information regarding the trustee's sale or visit this Internet Web site, www.homesearch.com, for information regarding the sale of this property, using the file number assigned to this case, T.S.# 9948-3273. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Affinia Default Services, LLC 301 E. Ocean Blvd. Suite 1720 Long Beach, CA 90802 833-290-7452 For Trustee Sale Information Log On To: www.homesearch.com or Call: (800) 758-8052. Affinia Default Services, LLC, Omar Solorzano, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge of the debt referenced herein in a bankruptcy proceeding, this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. NPP0357043 To: VILLAGE NEWS INC 08/01/2019, 08/08/2019, 08/15/2019

NOTICE OF TRUSTEE'S SALE T.S. No.: 19-0075 Loan No.: ***959 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 09/12/2005 AND MORE FULLY DESCRIBED BELOW. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.** A public auction sale to the highest bidder for cash, cashier's check payable at the time of sale in lawful money of the United States (payable to Attorney Lender Services, Inc.) will be held by the duly appointed Trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: **FERNANDO APALATEGUI, A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY** Trustee: **ATTORNEY LENDER SERVICES, INC.** Recorded 09/21/2005 as Instrument No. 2005-0813248 of Official Records in the office of the Recorder of **SAN DIEGO** County, California, Date of Sale: 08/26/2019 at 10:00AM Place of Sale: At the entrance to the East County Regional Center by the statue, 250 E. Main St., El Cajon, CA 92020 Estimated amount of unpaid balance and other charges: \$631,534.53 estimated - as of date of first publication of this Notice of Sale The purported property address is: 4500 ARBOR GLEN WAY OCEANSIDE, CA 92057 A.P.N.: 158-780-31-00 The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county wherein the real property is located and more than three (3) months have elapsed since such recordation. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Trustee's Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. **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 the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (916) 939-0772 for information regarding the trustee's sale or visit this Internet Web site www.nationwideposting.com for information regarding the sale of this property, using the file number assigned to this case, 19-0075. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 07/11/2019 ATTORNEY LENDER SERVICES, INC. Karen Talafus, Assistant Secretary 5120 E. LaPalma Avenue, #209 Anaheim, CA 92807 Telephone: 714-695-6637 Sales Line: (916) 939-0772 Sales Website: www.nationwideposting.com This office is attempting to collect a debt and any information obtained will be used for that purpose. NPP0357211 To: VILLAGE NEWS INC 08/01/2019, 08/08/2019, 08/15/2019

Vital.

With your local community newspaper, you receive vital news and information about issues that affect your life and your family every week. You read about people you know and businesses you visit regularly. You see photographs of local school athletes and young actors and cheerleaders and civic club members.

And you get a regular glimpse of the good life in Fallbrook, Bonsall, De Luz and Rainbow.

So call 760-723-7319 to subscribe and be a part of what is happening in your hometown. Only \$39.95 for 52 issues mailed directly to your home or office.



The Fallbrook/Bonsall

Village News

760 723 -7319

127 W. Elder St. Fallbrook, CA 92028

thevillagenews.com

the village beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at

thevillagenews.com

Check it out. Often.



The Fallbrook/Bonsall

Village News

760 723 -7319

EDUCATION

Manage hectic school mornings

FALLBROOK – If a typical school morning sees your family rushing around and out the door with nary a moment to spare, only to be left feeling like you ran a marathon by 9 am, a new approach to your routine might be necessary. Mornings, especially in households in which parents who work outside of the home and have one or two kids requiring drop-off at their respective schools, can often be hectic. Starting off the morning feeling harried and stressed can carry over into the mood of the day, affecting productivity as a result. According to Dr. David Anderson, PhD, senior director of the ADHD and Disruptive Behavior Disorders Center at the Child Mind Institute, busy mornings can be the most stressful moments of the day. Homework hour and getting prepared for bed are other typically stressful times of the day for families. If less stressful mornings are a goal for your family, try these strategies.

- Start the night before**

Doing as much preparatory work the evening before can make quite a difference in taming hectic mornings. Things that can be done in advance include checking and stocking backpacks, signing paperwork, making lunches, setting out clothing, showering, and having breakfast foods ready to go.
- Establish a “launch pad”**

Ann Dolin, a Virginia-based education specialist, suggests having a launch pad, or a place where all school-related items are prepped and stored. It can be a basket, box or another container big enough to contain school items. Children can drop and pick up the items as needed.
- Make the routine the boss**

Positive Parenting Solutions founder Amy McCreedy says families can implement a “when-then” routine that sets the tone for the morning. “When everyone is

- dressed, hair combed, breakfast eaten, and school supplies packed, then you can watch 10 minutes of an educational cartoon.” This puts the routine in control rather than making the parents the bad guys.
- Make kids responsible**

Too often parents add more stress to their plates by showing up at school with forgotten lunch boxes or band instruments. Instead, parents can stop rescuing their children and help train them to be more responsible – an essential trait.
- Chart wake-up times**

It may seem like micromanaging, but scheduling wake-up and bathroom times can help everyone know where they should be and when they should be there. It also helps avoid bottleneck situations in the bathroom or kitchen.
- Keep morning madness to a minimum with some simple strategies.



Library offers help with writing for college

FALLBROOK – Fallbrook Library will offer “Writing for College,” Wednesday, Aug. 21, and Wednesday, Sept. 18, from 4-5 p.m. The workshop is for students seeking academic writing success. Middle school, high school, college freshman students and adults returning to school or transitioning from the military

to the civilian workforce are encouraged to take this course. Preparing to write at the college level begins well before a student enters college. Most students are not ready for the rigors of academic writing, but with some insight, and a few tips, the journey from novice to expert is easier. Author and Palomar College

writing tutor Sarah Bates will explain how to improve existing skills and learn new ones. The Aug. 21 class will teach students how to decipher confusing assignment instructions, how to write a simple essay and outline and which of the five academic writing formats applies to which courses.

The Sept. 18 meeting focuses on researching efficiently, how to recognize authentic facts and where to get help if needed. Students will receive a handout covering the information provided in the classes. Registration for the courses is required. Participants should sign up at the front desk or call (760) 731-4650. For more information, contact April Smith, Librarian I, Teen Services (760) 731-4653. The library is located 124 S. Mission Road in Fallbrook.

Submitted by Friends of Fallbrook Library.

Resource Fair provides a head start for the new school year



Fallbrook Food Pantry Board Treasurer Vi Dupre, right, interacts with children attending the Back to School Resource and Health Fair at Fallbrook Public Library, Aug. 1. Shane Gibson photos



Danna Montillo, 10, left, receives a free dental checkup by Fallbrook dentist Dr. Cesar Mamani during the Back to School Resource and Health Fair.



A puppet entertains visitors at Fallbrook Library during the Back to School fair which included face painting, balloon animals and refreshments.



Evelyn Lundberg, 18-months, watches a puppet show with a group of children attending the Back to School Resource and Health Fair at the Fallbrook Public Library.

the village beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at

thevillagenews.com

Check it out. Often.

 Village News 760**723-7319**

Honoring Roger Boddaert, a founder of Treescape Fallbrook

FALLBROOK – Save Our Forest is honoring Roger Boddaert for his contribution to what became the Save Our Forest Treescape Project. A handmade, very unique bench has been installed at the little park like area on the corner of Vine and Alvarado streets.

Permission to landscape the site

from owner Moquey Marquross enabled Save Our Forest to plant some new trees on Arbor Day 2019 to enhance the area. Trees and outreach were made possible with a grant from California ReLeaf. The Torrey Pine trunk piece used to craft the bench was donated by Hank Hornsveld.

The story behind this well deserved recognition actually began in 1972 when San Diego County marked 22 trees for destruction on Live Oak Park Road. Boddaert’s neighbors were instrumental in a successful campaign, supported by the Fallbrook Chamber, to hire a

traffic engineer. There were only two trees lost.

Twenty years later, again came the same challenge. He again helped organize the campaign to address the issue and the group was again successful losing 1 ½ trees. At that time the group name was called Save the Oaks. In that bargain, reflectors were placed on the trees to bring attention to the ancient oak trees on that historic road.

Following a major rainy winter of 1992-93, when 17 oaks were downed in the storm, that same group responded by planting 165 oak trees on Live Oak Park Road, in Live Oak Park itself and the surrounding streets to maintain that oak forest.

There followed work by Boddaert to begin a quest to document the existing trees in Fallbrook to kick start plans for improving Fallbrook’s community forest. The very first grant for 110 trees in downtown Fallbrook on public right of way was received and implemented in 1995 and completed in 1996.

The community rallied for that event at the corner of Main and East Mission long before El Toro Market was built. It was a real community party with

music, donated food from local restaurants, and tent stations set up all over town. Coordination was aided by ham radio operators. Over the years that followed Boddaert helped coordinate more grants and independent plantings made possible by area developers and nurseries donating trees for areas such the Pico Promenade.

Jackie Heyneman commented, “Who could conceive at that time the tremendous head start that was obtained for current concerns about the fight against climate change. The simplest way is to plant a tree. The benefits are immense.”

The bench has involved many to bring this beautiful and unique addition to Fallbrook. In addition to Marquross and Hornsveld, participants included Fallbrook Equipment Rentals, Russ Heyneman (and his ingenuity in moving the bench), Robert Olds (expert woodworker), Dan Martinez (graffiti proofing the bench), Nancy Heins Glaser (who captured the picture story), the volunteers of Save Our Forest and those who just happened to pass by and stopped to help.

Submitted by Save Our Forest.



Jackie Heyneman and Roger Boddaert sit on his newly installed bench, their volunteer workers behind them, at the mini-park on Alvarado and Vine streets. Nancy Heins Glaser photos



The bench, seen at Roger Boddaert’s property, was made from a log donated by Hank Hornsveld from his property on South Mission Road.



A left is used to move the log bench in preparation of moving it into town.



The work crew gets ready to unload the log bench on Alvarado Street.



Roger Boddaert makes sure his bench is on a secure footing at the mini-park.



Roger’s Bench wears a plaque in his honor. Temporarily attached for the photo, the plaque was to be permanently installed as of Aug. 9.

Lucette Moramarco Photo

REAL ESTATE AND HOME & GARDEN

Real Estate Round-Up: There’s no place like home



Kim Murphy
Murphy & Murphy Southern
California Realty

Now and again, it’s fun for me to share a real-life Fallbrook real estate story. It’s a nice break from the serious topics that affect real estate, like lack of supply, affordability, legislation directed at housing or rent control, and the additional requirements on home builders or homeowners that impede and impact all the above. So, join me is a story that will bring a smile to your face and even perhaps a chuckle.

In the spring, we were contacted by a local family who were preparing to sell their parent’s home. Their mom had passed and it was time to hold onto the memories but part with the home they all loved because of the memories they had for it.

On the surface, the home looks very nice. It is located near the end of a quiet street, elevated on a hill, which provides nice views to the east and cool breezes from the west.

The home is a single story, with a pool, on almost ¾ of an acre.



This McGyver-style spark arrestor works but is not up to code.

It needs updating but appears to be clean and boasts an open floor plan. It was priced to attract first time home buyers or buyers looking to downsize in both structure and land.

We were able to get multiple offers on the home. Sellers were thrilled! Then the fun began. As I mentioned, it is not updated, but appears serviceable. The Home Inspection uncovered many unseen deficiencies, but one superseded all the others.

We noticed a noxious smell, which was odd, since no one had lived in the home in months. The pest inspector discovered bees near the chimney, so a bee removal specialist was hired to remove the bees and clean out any visible honey and honeycomb. There were no dead pests in the attic or under the home, yet the smell did not dissipate.

We got the pest inspector out for a second visit and noticed that there was a wall in the family room that seemed to be attracting flies and gnats. It was determined that the wall needed to be opened-up to determine what, if anything, was attracting the insects. When the wall was opened-up, the cause of the horrible odor was discovered.

Inside the wall, were five pounds of rancid honey and abandoned honeycomb and a dozen dead rats that had gotten in the wall to get to the honey. Too bad for them, because they never got out.



The corrector way to build a spark arrestor is seen here.

Perhaps they were in a sugar coma and then the noxious odor killed them.

The extent of the mess spanned the width of four stud sections and was equally as tall. The rats ate through an electrical line inside the wall. We made lemonade out of lemons and added an electrical outlet with cable connection for the new owners’ flat screen TV to hang above the fireplace and then the area was thoroughly cleaned out, disinfected and re-sealed.

Another oddity of the home was the “vintage” spark arrestor. We all know that guy, a self-anointed “MacGyver,” who knows how to fix anything out with just about anything.

In times of trouble, make no mistake, I want one of them helping me. But in this case, it exhibited itself in the one of a kind spark arrestor: bricks stacked around the flue and holding down a mesh covering the chimney cap

with a bent metal rack, stacked on top of the bricks. This has to make you smile. The ingenuity was awesome, the execution not so much.

The best part of this story is the way in which both the trustee and the buyers dealt with it. The trustee looked at the situation as if he was buying it for his children, and agreed to fix everything that was substandard, not working or unsafe.

The buyers, who were first time home buyers, did not allow the extent of the issues, scare them off. They love the home, its location and the lot. They needed the trustee to make things right, and when he did, they relaxed about the process and were thankful for the end result.

They got their first home, in lovely Fallbrook, and the good memories from the previous owner will continue its next chapter with some new characters.

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

Property Management Rentals & Real Estate

*Professional & Personal
Service at Reasonable Rates*

**Homes & Apartment
Communities**

Thompson and Associates
Millie & Kelley Thompson/Realtor
Call for a rental survey at no obligation.
760-723-1708
thompson_remgmt@msn.com
www.thompsonproperties4you.com
1120 S. Main St., Fallbrook

Elisabeth H. Lentulo

Specializes in North County San Diego & Southwest Riverside County!

Real Estate Agent & Broker Associate
Recognized as Professional, Passionate, Enthusiastic & Thorough

Offering special incentives for seniors and veterans!

Looking forward to your call!
760-532-1057
Fluent in German
CA BRE #01904564
elisabeth@ehlentulo.com
www.ehlentulo.com
**broadpoint
PROPERTIES**

“No house is too large or small, I will sell them all!”

Fallbrook
Chorale
Member

Scott Morel
Elidio Escobedo

Lic. # 792738

ROCK SOLID STONE

Granite & Marble Slab Fabrication & Installation
(760) 731-6191 (760) 731-6174 Fax

We do it all!

Team of Skilled Craftsmen • Family Owned & Operated • VA Approved Contractor

760-728-9874
www.youngrenconstruction.com
443 East Alvarado St • Fallbrook • Lic #784656

I'll Sweat So You Don't Have To...

**HEATING
AND AIR
CONDITIONING**

We service all brands!

**SAVE MONEY
AND ENERGY**

There has never been a better time than now to replace that old heating and cooling system with a new money saving energy efficient one!!!

Call 951.723.0811 www.JB3HVAC.com

SALES • INSTALLATION • SERVICE • MAINTENANCE • COMMERCIAL • RESIDENTIAL

FINANCING AVAILABLE

We pride ourselves on high quality workmanship, excellent service & affordable pricing.

Service You Can Trust
Over 30 Years Experience
Family Owned & Operated

**Family Owned Business for 33 Years
and Resident for 38 Years!**

- ▶ Remodeling Specialist
- ▶ Room Additions
- ▶ Custom Homes
- ▶ Total Renovations
- ▶ Window & Door Replacement
- ▶ Repair Work

Mobile
760-518-8579
Tel/Fax
760-723-9965
hartcornconstruction@roadrunner.com
hartcornconstruction.com

Bruce Hartcorn, General Contractor, Fallbrook, CA
“From dirt to drapes and anything in between.”
Family Owned Business for 31 Years and Resident for 36 Years! LIC. 491386

TAC recommends reduced Winter Haven Road speed limit

Joe Naiman
Village News Correspondent

The county’s Traffic Advisory Committee has recommended that the 45 mph speed limit on Winter Haven Road between South Mission Road and Brooke Road be reduced to 40 mph.

The TAC’s unanimous July 26 recommendation will require ratification by the San Diego Board of Supervisors, who are scheduled to consider the speed limit change October 16.

“I don’t think it’s going to be an issue,” said Brian Hadley, who represents the California Department of Transportation on the TAC.

In order for a speed limit to be enforceable by radar, a speed survey must show that the speed limit is within an adjacent 5 mph increment to the 85th percentile speed. Periodic recertification, including a supporting speed survey, is required for continued radar enforcement and the

Department of Public Works or a DPW contractor typically conducts speed surveys every seven years.

The speed limit may be rounded either up or down from the 85th percentile speed. The speed limit may also be rounded down an additional 5 mph if findings are made that the road has conditions which would not be apparent to a motorist unfamiliar with the road.

Winter Haven Road between South Mission Road and Brooke Road measures 0.70 miles. The travel width of that part of Winter Haven Road ranges from 20 to 24 feet while the road bed width ranges between 24 and 48 feet. The street is striped with a double yellow centerline and white edge striping. Winter Haven Road is not classified on the mobility element of the county’s general plan.

“It’s serving as a residential collector,” said TAC secretary Kenton Jones.

A traffic survey east of South Mission Road was taken on May

15, 2019, to determine an average daily volume of 5,715 vehicles. That total consists of 2,898 eastbound and 2,817 westbound motorists.

“There’s also some school-related pedestrian traffic,” said Jim Custeau, who is the TAC’s public member for the Second Supervisorial District and who was an automotive technology instructor at Cuyamaca College for 33 years.

The highest hourly volumes of the traffic survey were 610 vehicles between 7 a.m. and 8 a.m., 482 motorists between 3 p.m. and 4 p.m., and 456 drivers between 2 p.m. and 3 p.m.

The previous traffic survey for that portion of Winter Haven Road was taken in February 2012 and resulted in an average daily volume of 5,200 vehicles.

During the 36-month period from Feb. 1, 2016, to Jan. 31, 2019, Winter Haven Road between South Mission Road and Brooke Road had six reported collisions. Two

of those were at the intersection of Winter Haven Road and Clearcrest Lane and were within a ten-day period of each other; the June 23 collision was caused by unsafe speed and resulted in one injury and driving under the influence caused two injuries July 2.

A February 2016 collision at the intersection of Winter Haven Road and Buena Flores was caused by improper turning and did not involve injury. Unsafe starting and backing caused the January 2017 non-injury collision east of South Mission Road.

A June 2018 collision just west of Buena Rosa was caused by improper turning, did not involve injury, and was the only night collision among the six. Improper passing was responsible for an August 2018 collision east of South Mission Road which caused one injury.

The six collisions gave that part of Winter Haven Road a collision rate of 1.41 per million vehicle miles. The statewide average for

similar suburban conventional two-lane roads with speed limits of 45 mph or less is 1.19 per million vehicle miles.

The current 45 mph speed limit was based on a 2012 speed survey 150 feet west of Clearcrest Lane which had an 85th percentile of 47.0 mph with 62.9 percent of the drivers within a 10 mph pace of 34-44 mph.

A May 9, 2019, speed survey at that location was taken between noon and 2:00 p.m. and the 382 vehicles had an 85th percentile speed of 44.5 mph with 59.0 percent within a 37-46 mph pace. The fastest speeds were 60 mph, 56 mph, and 55 mph with one motorist apiece while the slowest driver crossed the survey point at 22 mph and the next-slowest was traveling at 24 mph. The most frequent speeds were 41 mph with 32 vehicles, 38 mph with 31 drivers, 39 mph with 30 motorists, 37 mph with 26 drivers, and 33 mph with 25 vehicles.

CLASSIFIEDS

Automotive

1991 Mercury Tracer (stationwagon): Well maintained, very clean inside and out. Low mileage. Good dependable transportation at fair price. 760-723-2449

Like New 2018 Jayco Melbourne 24L RV ClassC: Original owners, only 9,000 miles, Mercedes V6 Turbo engine,full wall slide out, has never had smoking or pets.cab over bunk,u-shaped dinette, 2 burner stove, microwave/convection oven,stainless sinks, large shower, many cabinets & storage areas, AC/heater, Garmin gps w/ back up camera,Onan generator,wall mounted TV, electric levelers, power step, outdoor shower, plenty of windows w/shades and overhead fans & skylights, sleeps 6, Captains chairs swivel to enjoy cabin activities & much more. Call 406-451-9191

Employment

FARM WORKER.: Looking for strong healthy man for hard work on flower,avocado farm in Fallbrook De Luz.Available to work long hours and weekends. Must live on the farm,pass drug test and have legal paperwork,motivated to work with us for years.Only serious candidates. Call Robert 310-612-3547

FULL TIME CASHIER: Friendly people with a strong customer service and work ethic wanted for full time cashier at Daniel's Market. Cashier's schedules vary so open availability is a plus. Please apply at store (5256 S Mission Rd; Bonsall)

care giver positions available: Live-in needed for up to 6 developmentally disabled adults. Single person or couple ok. Fallbrook. Must read and write English and pass a fingerprint clearance.

Miscellaneous

Old & used military stuff bought: I buy old military stuff, all eras & condition. Call or text Bob 760-450-8498 read more at www.historybuyer.com

Monthly Lease: "Monthly Lease" 3 BD/2-1/2 BA Approx: 2,600 sqft Approx. 600 sqft Covered Veranda/Beautiful View, garage, Auto Security Gates & fences 2 -1/2 + Acre Horse Prop Lrg parking area Dual-Oven/Wash/Jenair Range/Dryer-Laundry Rm Refrigerator Incl. \$3,395 per mos 3 Lrg Rooms for Rent or Lease w/ access to Kitchen & Washer/Dryer Appliances/Other Common Areas \$1,550 - \$1700 per mos per room. Agriculture Land Lease Available Avocados/Citrus.760-645-0556, 858-829-8953 and 408-829-8951 email: gkirk.net@gmail.com

5 Bedroom House, Studio & Rooms for Rent: Pool, Jacuzzi, Washer/Dryer, utility incl. \$1,000/rm,\$1,595/Studio, \$2,895/House=5bd/4ba- per month. \$35-Application Fee. Available now Call 760-626-7060

Agricultural Property For Rent: 5 acres for rent with well. Agricultural only. Contact 714-809-4440.

Real Estate - For Rent

For Lease: "Monthly Lease" 3 BD/2-1/2 BA Approx: 2,600 sqft Approx. 600 sqft Covered Veranda/Beautiful View, garage, Auto Security Gates & fences 2 -1/2 + Acre Horse Prop Lrg parking area Dual-Oven/Wash/Jenair Range/Dryer-Laundry Rm Refrigerator Incl. \$3,395 per mos 3 Lrg Rooms for Rent or Lease w/ access to Kitchen & Washer/Dryer Appliances/Other Common Areas \$1,550 - \$1700 per mos per room. Agriculture Land Lease Available Avocados/Citrus.760-645-0556 858-829-8953 email: gkirk.net@gmail.com

For Rent: Beautiful 1 BD Guesthouse On quiet private property in Fallbrook. Incl. Laundry Rm Fenced Backyard w View Deck Carport with Workshop or Storage. No pets! \$1,650.00 per month. Avail. Aug 10th Call 760-723-2565

Services Offered

Free S&W throwing knife w/ lesson.: Learn to throw for fun or like a pro at Rainbow Creek Knife Throwing Range or have us travel to you. Lesson includes instructions, various targets, knives and fun. Visit: boestravelingknives.com Beau Lee Boe Professional Knife Throwing Trainer 619-335-3444

Wellspring Herbs and Vitamins: Offering a large selection of high quality Herbs and Herbal Combinations, Vitamins, CBD Oils, Salves and Capsules, Essential Oils, Homeopathic Remedies, Bach Flower Emotional Essences, Teas, Organic Lotions and Skin and Hair Care products, etc. We offer Nutritional Consultations with Iridology and Live-Cell Analysis. Come on in for a FREE Bio Scan. We are open from 10-5 Monday thru Friday and 10-4 on Saturday. We are located at 1223 S. Mission Ed. (Behind Pizza Hut)

Computers

Attn: L.R.: Please contact me S.D 408-848-4167 or cell 408-705-8433

Employment

AUTOMOTIVE SERVICE WRITER/TECHNICIAN: Immediate opening for friendly and personable service writer who will also perform intermediate-level repairs. ASE Certification preferred. Established, family-owned shop in Fallbrook. Monday-Friday. Must supply own tools, and have valid CDL with clean record. Reply with resume to Hudelson@verizon.net.



Property SPOTLIGHTS!



Custom New Build with Pano Views

Brand new with all the modern amenities, light and bright open floor plan and high ceilings, big kitchen with custom cabinets and hardware, quartz counters with lg quartzite island, farmhouse sink, spacious master, and RV parking. Back yard has room and is perfect for a disappearing edge pool taking advantage of the fantastic sweeping views. \$1,299,000

**COMPASS**

Call Patrick Marelly
760-473-0000
DRE #01054284



Classic Fallbrook Ranch Home

Impeccably Maintained - this home reflects true pride of ownership. Single level - 4 bedrooms & 2.5 baths located on 3.12 acres with south westerly views to enjoy the sunset from the private covered patios. Formal entry with beautiful wood floors, formal living room with brick fireplace and separate dining room. The kitchen was recently remodeled and includes furniture finish cabinets, granite counters & stainless steel appliances.. \$799,000

**GLOBAL LUXURY**

Call Donna Shanahan
760-522-7112
DRE #01193680



Country Elegant

3,061 sq ft single story home with 3BD and 2.5BA. Home enjoys 1.1 acres of mature water efficient trees and colorful landscape. Home features oversized 2 car garage with dedicated guest parking as well as an oversized drive with additional parking. Interior has been updated. Fresh paint inside and out. Meticulously maintained. \$745,000-\$795,000

**MURPHY & MURPHY**

To view call Chris Murphy
760-310-9292
DRE #01246689



Improved Price

Dual Zoned Commercial - Residential. 2 units, main house is 3 BR, 1 BA currently under residential lease until Feb 2020. 1 BR apartment over detached garage currently leased until July 2020. Good cash flow, 6.4% cap rate. Now \$499,000

**CR PROPERTIES**

To view call Bob Hillery
760-696-7482
DRE #01391379



Private Setting

Best lot in Fallbrook under \$350,000! This lot is ready to go with Fire Dept approval, conceptual grading plans, 5BD septic layout, etc. Incl. gorgeous views, gentle land, NO HOA, grove roads, avo grove (21 bins this year). Very private long paved driveway access. Plans for 3600 sf home may be incl. Seller will consider financing w/ 50% down. \$235,000

**RE/MAX UNITED**

To view call Craig Grimm
760-822-6479
DRE #00845344



Amazing Property in Bonsall

Stunning and luxurious property on 3.5 acres, zoned for horses, in the gated community of Sweetgrass Estates. \$950,000

**broadpoint PROPERTIES**

Call Elisabeth Lentulo
760-532-1057
DRE #01904564



Bob Hillery
760-696-7482



DRE #01391379



FEATURED LISTINGS

VIEWS FROM
EVERY ROOM
& Cooling Ocean Breezes



Bonsall Location Under \$350,000!

Patio off the kitchen which features eat-in area & access to the garage across the breezeway. Views from the kitchen to tranquil botanical garden with water feature. Bright & airy interior due to plentiful windows. Large living room with balcony from which to enjoy the views. Both bedrooms are downstairs with their own full bathroom, patio off master bedroom. Separate laundry room with secret space for storage. Full double garage with storage. Good rental too.

Offered at \$349,000

There is a difference, and you deserve the best.



128 S. Main Ave, Fallbrook | 760-645-0792

www.CRPROPERTIESREALESTATESERVICES.COM

Others may advertise large numbers based on their national chain, but our clients are devoted to us because of our local knowledge and exceptional personal service.

Deer mouse tests
positive for hantavirus



Gig Conaughton
County of San Diego
Communications Office

A deer mouse trapped during routine monitoring in Warner Springs has tested positive for the potentially deadly hantavirus, leading county officials to remind people they should never sweep up or vacuum up after rodents if they find them in homes, garages, sheds and cabins.

Hantavirus is not uncommon in San Diego County. However, people are not likely to be exposed to it so long as they keep wild rodents out of their living spaces and structures.

Wild rodents generally live away from people, but if people do find them in homes or garages or sheds, and if they must clean up after them, they should always use “wet cleaning methods,” so they don’t stir the virus into the air where people can breathe it in and become sick.

Wild rodents, wild mice in particular, are the main carriers of hantavirus. They can shed the virus in their urine, feces and saliva. That infected matter can then dry out, become airborne and be inhaled if people sweep or vacuum to clean up rodent droppings and nests.

Instead, if people must clean up after rodents, they should “wet clean”: ventilate the areas, use bleach and water solutions or disinfectants, and use rubber gloves and plastic bags.

Hantavirus can cause deadly infections in people and there is no vaccine or cure.

Here are tips for people to keep them from being exposed to wild

rodents and hantavirus, and how to use wet-cleaning methods:

Avoid exposure to hantavirus

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

Eliminate rodent infestations immediately.

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

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

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

Do not sweep or vacuum infested areas.

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

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

Clean with a sponge or a mop.

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

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

Thoroughly wash your hands with soap and water.

For more information, contact the County Department of Environmental Health (DEH) at (858) 694-2888 or visit <https://www.sandiegocounty.gov/content/sdc/deh/pests/hantavirus.html>.

Knockout
PEST CONTROL & TERMITE

TERMITE SERVICES
WOOD REPLACEMENT SPECIALISTS
• Dry-Rot & Termite Damage
• Seamless Repairs • Fast Escrow Reports
Targeted-Area Treatments, Heat Treatment, Fumigations & Orange Oil

PEST CONTROL SERVICES
Ants • Spiders • Bees • Fleas • Bed Bugs
Wasps • Gophers • Squirrels
Rats • Mice • Birds

CALL FOR FREE INSPECTION!

760-728-3000
www.knockoutpestandtermite.com

Adolfo & Manny
POOL SUPPLIES

1506 S. Mission Rd, Fallbrook
760-728-2621
Open Mon-Fri 9-6, Sat 9-5, Sun 10-4
Military & First Responder Discounts

ALL Pool Toys & Floats
20% UP TO 75% OFF!

See store for details.

Navigator Pool Cleaner
\$100 Online Rebate

Pentair Intelliflo Pump
\$100 Mail In Rebate

MANNY USMC Retired 760-310-3741 | Lic. #967722

the
village
beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at

thevillagenews.com

Check it out. Often.

Village News 760-723-7319

Offering FHA, Conventional, Jumbo, Renovation and VA Home Loans for Primary Residence, Vacation Homes or Investment Properties in 30 states

HOME PURCHASE • REFINANCE • RELOCATION LOANS • RENOVATION LOANS



Martin Quiroz

Branch Manager / Senior Loan Originator NMLS #181138

Direct: 760-877-8107 | Cell 619-813-1287

MQuirox@EssexMortgage.com

Call for a FREE Consultation
Fallbrook: 111 S. Main Ave, Ste B
(use rear entrance to Chamber of Commerce)
www.FallbrookHomeLoan.com





PATRICK MARELLY
Founder/REALTOR
DRE #01054284
*MLS data thru June 2019.
**MLS data thru December 2018.

Patrick Marelly of The Marelly Group has shown once again he is the **ONLY** choice for REALTOR in Fallbrook and Bonsall! Named **#1 COMPASS** agent in San Diego by the San Diego Business Journal based on 2018 production. Year to date 2019 closed sales top \$49 Million.*

In 2018, The Marelly Group broke all records and Patrick Marelly has:

- **SOLD 173 homes** for a total of **\$149 Million!****
 - **SOLD** more homes than any other agent or team!
 - **SOLD 3X more** homes than any local agent!
 - **SOLD** his listings at or over **99%** of the asking price!
- His sellers net more!

Let Patrick work for **YOU** to get it **SOLD** for **TOP DOLLAR!**
Find out **HOW** to put more money in **YOUR** pocket...

Call **(760) 473-0000**

MASTERPIECE COLLECTION

 24 Country Glen, Fallbrook \$1,895,000	 3091 Via Montevina, Fallbrook \$1,625,000	 6181 Villa Flora, Bonsall \$1,595,000	 2703 Via Rancheros, Fallbrook \$1,399,000	 3562 Yucca Way, Fallbrook \$1,299,000	 5686 Lake Vista Dr, Bonsall \$1,199,000
 4114 Tierra Vista, Bonsall \$1,195,000	 3903 Limber Pine Rd, Fallbrook \$1,195,000	 31432 Lake Vista, Bonsall \$1,188,800	 3307 Mendenaro Ct, Fallbrook \$1,145,000	 3949 Wendi Court, Fallbrook \$1,100,000	 2095 Kristi Court, Fallbrook \$1,095,000
 3891 Wendi Ct, Fallbrook \$1,050,000	 2181 Summer Bloom, Fallbrook \$999,000-\$1,099,000	 3847 Alta Vista, Fallbrook \$999,900	 3890 Flowerwood, Fallbrook \$975,000	 2842 Lakemont, Fallbrook \$950,000	 3006 Skycrest Dr, Fallbrook \$799,000
 197 Morro Hills Rd, Fallbrook \$750,000	 4927 Conejo Road, Fallbrook \$750,000	 1560 Vista Del Lago, Fallbrook \$750,000	 1961 James Gaynor, Fallbrook \$749,900	 2855 Dos Lomas, Fallbrook \$749,000	 1827 Marita Lane, Fallbrook \$749,000
 1815 Marita Lane, Fallbrook \$749,000	 1670 Alta Vista, Vista \$674,900	 915 Cookie Lane, Fallbrook \$655,000	 3245 Green Canyon Rd, Fallbrook \$639,000	 5625 Lake Vista Drive, Bonsall \$599,900	 2449 Summerhill Ln, Fallbrook \$519,900
 3617 Canonita Drive, Fallbrook \$1,198,000	 5606 Hidden Grove, Bonsall \$998,500	 169 Mission Oaks, Fallbrook \$799,900	 2386 Via del Aquacate, Fallbrook \$749,900	 PENDING	 PENDING
 PENDING	 PENDING	 PENDING	 PENDING	 JUST SOLD	 JUST SOLD
 974 Via Hillview, Fallbrook \$725,000	 312 Spanish Spur, Fallbrook \$649,000	 1755 Via Entrada, Fallbrook \$599,900	 4129 Cyprus Island, Fallbrook \$325,000	 2704 Via Rancheros, Fallbrook \$1,925,000	 9201 Cedar Trails, Valley Center \$1,800,000
 1407 Singletree Pl, Fallbrook \$1,610,000	 JUST SOLD	 JUST SOLD	 JUST SOLD	 JUST SOLD	 JUST SOLD
 2568 Dos Lomas, Fallbrook \$1,310,000	 5789 Lake Vista, Bonsall \$1,265,000	 4205 Via Rancho Del Lago, Bonsall \$1,150,000	 2793 Dos Lomas, Fallbrook \$965,000	 2935 Mesa Grove, Fallbrook \$949,900	 604 Via Cumbres, Fallbrook \$940,000
 1608 Prince, Fallbrook \$829,000	 JUST SOLD	 JUST SOLD	 JUST SOLD	 JUST SOLD	 JUST SOLD
 5045 Olive Hill, Fallbrook \$790,000	 2640 Secret Lake Ln, Fallbrook \$790,000	 3665 Palomar Drive, Fallbrook \$750,000	 1667 Margarita Glen, Fallbrook \$750,000	 2259 Via Rancheros, Fallbrook \$740,000	 2357 Gracey Lane, Fallbrook \$721,250
 2923 Canonita Dr, Fallbrook \$700,000	 JUST SOLD	 JUST SOLD	 JUST SOLD	 JUST SOLD	 JUST SOLD
 4264 Via El Dorado, Fallbrook \$699,000	 1215 Firecrest Way, Fallbrook \$699,000	 1629 Crown Court, Fallbrook \$685,000	 2063 Rainbow Glen Rd, Fallbrook \$675,000	 3502 Luneta, Fallbrook \$675,000	 2305 Harvest Vista Ln, Fallbrook \$663,000
 2130 Castlebay, Fallbrook \$662,000	 JUST SOLD	 JUST SOLD	 JUST SOLD	 JUST SOLD	 JUST SOLD
 3048 Rainbow Glen, Fallbrook \$650,000	 850 Maravilla, Fallbrook \$650,000	 1055 Overbrook Ln, Fallbrook \$645,000	 1349 Hillside Dr, Fallbrook \$639,900	 1951 Tecalote Drive, Fallbrook \$635,000	 770 Inverlochey Dr, Fallbrook \$585,000
 1521 Ranchwood, Fallbrook \$565,000	 1770 Pala Lake, Fallbrook \$320,000				

5256 S. Mission Road, Suite 801 | Bonsall, CA 92003

In the River Village Shopping Center

520 N. Coast Hwy | Oceanside, CA 92054

www.themarellygroup.com

COMPASS is a licensed real estate broker (CA DRE #01991628) in the State of California and abides by Equal Housing Opportunity laws. All materials presented herein is intended for informational purposes only. Information is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdraw without notice. No statement is made as to accuracy of any description. This is not intended to solicit property already listed.

BUSINESS DIRECTORY

ANTIQUE RESTORATION

ANTIQUE RESTORATION

Furniture Maker
Professional Woodcarving
Leather Repair / Moccasins
Joseph F. Schembri
631- 725-4473
Fallbrook

ATTORNEY

LAW OFFICE OF PIETRO CANESTRELLI

Tax Litigation ~ Business
Estate Planning ~ Probate
Litigation
951-319-7676
43533 Ridge Park Dr.,
Temecula, CA 92590
www.ietaxattorney.com

LAW OFFICES OF JAMES C. ALVORD

Specializing in Wills and Trusts
Fallbrook's Friendly Lawyer
with Friendly Fees
760-728-1960
405 S. Main, Fallbrook, CA 92028

SAMANTHA BERRYESSA, ATTORNEY AT LAW
Wrongful Death Lawsuits & Personal Injury
760-723-5513 Fallbrook
951-693-0053 Temecula
BerryessaLaw.com
Samantha@BerryessaLaw.com

LAW OFFICES OF MORTON J. GRABEL

Over 30 yrs Practicing Law
Real Estate * Bankruptcy
Personal Injury * Elder Abuse
951-695-7700
29377 Rancho California Rd., Ste 103
Temecula, CA 92591
www.attorneymortongrabel.com

CONSTRUCTION

HELLING CONSTRUCTION

Small & Big Jobs
to fit your needs!
Lic.# 397422
(760) 723-2831
(760) 723-5932
cell (760) 518-3002

WESTERN PACIFIC BUILDERS

Custom Additions Remodels
Free Estimates
Lic. # 807494
Tony Virga
(760) 420-5278

DOG TRAINING

RICK WILLIAMS PERSONAL DOG TRAINING

Basic Obedience/Problem Solving
In-Home and Public Classes
packleaderrick@yahoo.com
(760) 728-1292

FLORIST

SHERI'S FLOWERS

839 E Mission Rd
Fallbrook, CA 92028
760-723-7756
flowers@yahoo.com

FURNITURE REPAIR

ART OF WOOD

Furniture Repair and refinishing
Serving San Diego County
In Bonsal
760-214-0713

GATES

PRO GATES

Specializing in Custom
Gates~Telephone Entry
Systems~All Keypads ~ Maintenance ~ Service Calls
FREE ESTIMATES!
Insured/Bonded Lic#978182
760-815-4688
pro_gates_roger@yahoo.com

GROVE

BEJOCA GROVE MANAGEMENT

Grove Management
"Avocados are Profitable"
Water Wise Irrigation
High Density Planting
Professional Pruning
Analytical Marketing
Call Charley Wolk
(760) 728-5176
www.bejoca.com
Blog:avocadogrowing.com
We accept major credit cards

HANDYMAN

BRAD LIERMANN

Will Fix It All
35 yrs. experience
Most facets of home repair
(760) 594-6902

HANDY MAN SOLUTIONS

General Contractor
For Remodeling, Electrical,
Plumbing, Painting, Flooring,
Drywall, Concrete, Fence Work
& Much Much More!
Call for FREE Estimate
(951) 796-4537

HOME IMPROVEMENT

E-SOLAR-BACK UP. INC.

New High Tech Solar System
Electricity 24 hrs. without the Sun
Gregg Kirkpatrick
Solar Electrical Engineer
cell# 858 829-8953
Office # 760 645-0556
gkirk.net@gmail.com

HOME REPAIRS

Dependable skilled craftsman
trusted by hundreds of
Fallbrook home owners.
Mark Nair 760-315-3552
Fallbrookhomerepair.com

JBG HOME REMODELING

Quality Skilled Craftsman
References Available
Reasonable Rates
Call John **760 521-6980**

VILLAGE INTERIORS

Your Decorating Resource
Since 1961
Draperies, Blinds, Motorized
Shades Shutters, Custom
Bedspreads Carpet, Luxury Vinyl,
Hardwood, Bamboo, Tile & Stone
Decluttering, Organizing, Staging,
Accessorizing, Interior Redesign
Curt & Sharon Stika
(760) 728-2637
Invitinghomedesigns.com
Lic#514557

HOUSE CLEANING

MELODY'S HOUSE CLEANING

Big or Small homes.
Windows, Blinds, Floors,
bathrooms & More. Great
reference available.
Competitive rates.
(760) 859-4765 or
(760) 828-6968

HOUSE SITTING

VACATION HOME SITTER

Specializing in Protecting your 2nd
Home in Baja.
Fluent in Spanish
Lived & Taught in Mexico DF
Call Robert
(760) 645-0418
References Available
robbgraham2008@gmail.com

INSURANCE

ALLSTATE

Ross E. Curtis
Auto, Home, Life, Business
305 W. Aviation Rd., FBK
Lic.# 0710671
(760) 723-1331

LANDSCAPING



Landscape Construction,
Design, Maintenance, Irrigation &
Irrigation Audits
advancedlandscape.com
info@advancedlandscape.com
Insured and Bonded Lic# C27-1009536
(760) 751-1435
Member CLCA / Accredited Member BBB

LANDSCAPING

DOMINGO YARD MAINTENANCE

Landscaping , Irrigation Systems,
Hauling, Cleanup & more!
FREE ESTIMATES
Reasonable Prices
(760) 468-4467



CUSTOM EXCAVATION &
GRADING FOR HOMESITES,
ROADS, PONDS, AND
DRAINAGE ISSUES.
(760) 728-8009
Cell (760) 644-7541
MBM@McDonaldWestern.com
HEAVY EQUIPMENT RENTALS

OLIVOS LANDSCAPING

Synthetic Grass ~ Water Wise
Maintenance ~ Clean-ups ~ Mowing
Palm & Tree Trimming ~ Planting
Irrigation & Repairs
FREE ESTIMATES - Insured
760-859-4839

OSCAR'S LANDSCAPING

Water-wise irrigation, Mulch,
Bark, Dry Creek, Planting,
Artificial Grass & Rock Design,
Weed Control, Hauling,
Plumbing Repair, Painting,
Drywall Repair, Handyman jobs.
Free estimates/Reasonable rates
Oscar (760) 717-0731

RYAN'S LANDSCAPING

Specializing in low Water
Usage & Hardscape Landscape.
Systems, Landscaping
Maintenance, Planting
Sod & Irrigation.
Tree Trimming/Clean
Ups. (760) 828-6968
Lic: #00040525

TM'S LANDSCAPING

Lanscaping, tree service,
and sprinklers
Call Tony (760) 533-9717
tonymontejo0226@hotmail.com

VASQUEZ LANDSCAPING

Maintenance ~ Clean-up ~
Masonry ~ Tile ~ Irrigation ~ Sod
Installation ~ Repairs, etc.
CA Lic. 998116
760-731-2495
760-420-1786

MECHANIC

JOHNNY'S MOBILE MECHANIC

"Have Wrenches - Will Travel"
Tractors • Chippers • Backhoe
• All Major Brands
Most All Types of Machinery
& Equipment
Affordable Hourly Rates
(760) 990-3309
(760) 468-2789

PAINTING

BUDGET PAINTING

Residential and commercial
Interior and Exterior
Free estimates, wallpaper removal,
stucco, drywall, texture, cabinets,
pressure washing, Baseboards
staining
insured
Lic 835912
(951) 239 8213

JIM BREECH PAINTING

Custom Quality Painting
Residential & Commercial
Painting, Stucco Repair, Drywall
Repair, Patio Cover
and Fence Painting
(951) 805-8223
jimbreechpainting@yahoo.com
jimbreechpainting.com
License #797245

WOOD'S PAINTING CONTRACTORS

Interior ~ Exterior
Professional Workmen!
Reasonable Rates, Free Estimates
Lic#700305
Fallbrook / North County
760-728-1796 / 760-723-1736
Temecula
951-246-0350 / 951-676-6530
www.woodspainting.com

REAL ESTATE

THOMPSON & ASSOC.

Property Management
~Rentals~Real Estate
ThompsonProperties4you.com
(760) 723-1708

THE MARELLY GROUP

Patrick Marely, Founder/Realtor
Call for a No-Obligation
Professional Market Evaluation
5256 S. Mission Rd., Ste #801
Bonsall, CA 92003
(760) 525-9335
www.themarellgroup.com

MARYANN HECKMAN

Realtor for All your
Real Estate Needs
In the Fallbrook area
maryannh@sunshineprops.net
(951) 378-2516

RE/MAX UNITED

1615 S. Mission Rd.,
Fallbrook, CA 92028
(760) 731-2900

STUCCO

JOHN BIONDI

Stucco + Drywall
35+ years experience
(951) 244-2089
(909) 645-4456
JohnnyCBiondi@gmail.com

TRANSPORTATION

RT SENIOR TRANSPORTATION

Wheel Chair Accessible Van
Transport for Medical
Appointments, personal shopping
or any transportation you need.
Fallbrook, Temecula & Murrieta
call Randy
(714) 928-7590

TREE SERVICE

SO.CAL TREE CARE, INC.

Tree pruning,Palm Tree
rimming,Tree removal
Tree planting,GPS Tree mapping
and more.
Lic #860690 Certified Arborist.
Call for specials
(760) 807-7743

WINDOWS

FALLBROOK WINDOW WASHING

Specializing-Home/Office
Locally Owned-1972 Lic/Ins.
(760) 728-8116

Consumers trusts print.

The credibility of a newspaper helps
legitimize your advertising. Latest
studies show 82% of internet users
trust print ads more than any other
medium.

Print engages consumers.

Unlike other adverising mediums,
the printed word has the readers full
attention. It is not competing with
videos, twitter feeds, facebook, text
messages, and whatever else the
internet can throw at you.

YOUR AD COULD HAVE BEEN HERE

Print drives online searches.

Over 68% of all readers purchase
products and services from ads
seen in printed publications.

Reach thousands of readers.

The Village News is read by 15,000
residents of Fallbrook and Bonsall
every week. We have a long
standing reputation of integrity and
reliability with both communities.
To start advertising with us call
(760)723-7319. You won't regret it.

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

DOING MORE FROM
FOR SALE
TO
SOLD

That's the sign
of a RE/MAX agentSM



CALL TODAY

GOING ABOVE & BEYOND

Buying or selling, you'll have a trusted pro guiding you every step of the way. We're home to hardworking agents.

Just Reduced



Fallbrook

3335 Red Mountain Heights Rd
\$896,500

Top of the world views stretching all the way to the ocean. Perched on one of the highest points in Fallbrook, Offering 3,777 sf, 3BD, 2.5BA, chefs kit w/island & prof applcs, 4 car grg, wrap around deck, game rm on 3.36 ac. Wide open floor plan captures the views from all angles. Pride of ownership.

Pete Hagen

760-717-8163

Views, Views, Views



Fallbrook

3553 Rosa Way
\$1,575,000

Get ready to be wowed in every way! This gorgeous sprawling 2-acre, fully fenced/gated estate home w/ panoramic breathtaking views has everything you never knew you wanted. Nestled in the hills of one of the most desirable neighborhoods in Fallbrook & w/ easy access to the 15, you'll be only minutes away from numerous shopping & dining options while still enjoying extensive privacy in a beautiful, natural setting. Step inside the leaded glass front doors of this 5B/5.5B stunner & you'll be owed at the numerous upgrades.

Virginia Gissing

949-292-2850

New Listing



Fallbrook

917 Avenida Campana
\$509,900

This 3BD/2BA boasts a complete remodel, top to bottom! New hardwood floors, new kitchen and bathrooms, gigantic great room concept with double ceiling fans and cozy fireplace, double paned windows, central air and heat, new appliances, and more! Low maintenance yard with enough grass to keep Fido happy. At this price, this home is sure to hit all your wants in your wish list.

Virginia Gissing

949-292-2850

Custom Estate Home With Views



Fallbrook

2864 Dos Lomas
\$1,675,000

Located in a developing wine country area, this expansive single level, Mediterranean/Spanish inspired masterpiece is artfully infused with a natural lighting. Stunning estate offers 4BD, 4.5BA, 5534 sf, home cinema, 3 car garage and pool on 4.64 acres nestled high in the Gird Valley. Views of rolling hills, distant mountains and private vineyards.

Janine Hall | team

760-822-7528 or 7527

Large Shop & Owned Solar



Fallbrook

40789 Via De La Roca
\$774,900

You won't want to miss the impressive 2,400 sf custom-built insulated shop with two overhead doors and large enough to store your prized RV (building is 60' long), showcase your car collection, toys or whatever your needs might be. A reclaimed rain water system for irrigation and owned solar. 3BD, 3BA, 2363 sf home on 2 acres.

Janine Hall | team

760-822-7528 or 7527

Gentle 11 Acres!



Fallbrook

411 Yucca Road
\$799,000

Weir Brothers adobe with 3BD, 2BA. Great condition & some nice updates, including all new windows. 2680 s.f. with ocean views. All useable land. Outbuilding, 2"meter! New price!

Lynn Stadille-James & Lisa Stadille

760-845-3059

PERFECT CONDITION!



Fallbrook

2037 James Gaynor
\$749,000-\$762,500

Tuscan beauty in Shady Grove. 3500 s.f. one level, 4BD plus library, delightful courtyard, turreted interior front entry, formal LR/DR, terrific split floor plan, w/private master retreat & sitting room! Expansive rear covered patios, upgraded custom hardscape incl full privacy walls a & fountain! Lg laundry room, BONUS! SOLAR IN AND PAID FOR! Large 3-car garage.

Lynn Stadille-James & Lisa Stadille

760-845-3059

NEW HOME

OPEN SAT 8/10 & SUN 8/11
12:00-3:00 PM



Fallbrook

1557 Camino De Nog
\$629,000

Brand new custom built home on .71 acre gross, (.51 acre net), with country views. Interior Great Room features handsome fireplace and high vaulted ceiling. Delightful Kitchen with all the amenities you are looking for: Granite counter tops, white wood cabinets, and stainless steel appliances. Spacious and light filled Master Bath has separate tub and shower with decorator tile.

Rich Heimback & Jane Wilson

760-805-6822 or 760-805-3460

Just Reduced



Private Setting

Canonita
\$229,000

Best lot in Fallbrook under \$350,000! This lot is ready to go with Fire Dept approval, conceptual grading plans, 5BD septic layout, etc. Incls gorgeous views, gentle land, NO HOA, grove roads, avo grove (21 bins this year). Very private long paved driveway access. Plans for 3600 sf home may be incl. Just fell out of escrow. Seller will consider financing with 50% down.

Craig Grimm

760-822-6479

Private with Views to Build!



Fallbrook

Riverview Dr. Lot
\$171,000

Build your dream home and take advantage of the county's new regulations waiving guest house fees! Beautiful acre lot with outstanding views of the Fallbrook hills. Very private lot, rough pad and 4 bedroom septic layout. No CC&R restrictions. This is the one!

Team Gallegos Rudy, Chris & Sandy

760-985-9600

WHAT IS THE VALUE OF YOUR HOME?

Contact Us FOR MORE INFO:

RE/MAX UNITED

Licensed Real Estate Broker by the State of California.
Lic. #01998662

(760) 731-2900

FALLBROOK

1615 S. MISSION ROAD, STE. A



RE/MAX UNITED

remaxunited.com

FIND & SELL A PROPERTY | PROPERTY MANAGEMENT | EXPERIENCED AGENTS

Compost is part of the circle of life in gardens



The bounty of the garden can be made more abundant and fruitful with the addition of the right soil amendments. Compost is a key element of rich, nutritious soil.

FALLBROOK – The season for fresh fruits and vegetables grown right in the backyard is upon north county. Warm weather breathes life into fresh berries, tomatoes, eggplant, cucumbers and many other fruits and vegetables.

Home gardens can be supplemented with delicious finds from the supermarket or farmer’s market, including melons, corn and more.

The bounty of the garden can be made more abundant and fruitful with the addition of the right soil amendments. Compost is a key element of rich, nutritious soil. Scraps from items that have been grown in the garden can then be reused in the production of the compost that feeds that same garden. It’s a continuous circle of garden life.

Getting started with compost is relatively easy. Homeowners should choose an outdoor space near the garden but far away from the home so that it won’t be disturbed by children or animals. Some people opt for an open compost pile, while others choose closed bins to contain the possible smell and to camouflage the compost. A sunny spot will help the compost to develop faster, according to Good Housekeeping.

The next step is to start gathering the scraps and materials that will go into the compost. Better Homes

and Gardens suggested keeping a bucket or bin in the kitchen to accumulate kitchen scraps. Here are some kitchen-related items that can go into the compost material: eggshells, fruit peels, vegetable peels and scraps, coffee grounds and shredded newspaper.

In addition to these materials, grass and plant clippings, dry leaves, bark chips, straw and sawdust from untreated wood can go into the pile. Avoid diseased plants, anything with animal fats, dairy products and pet feces.

A low-maintenance pile has an equal amount of brown and green plant matter in the compost plus moisture to keep the bacteria growing and eating at the right rate. Aerating the compost occasionally, or turning the bin when possible, will allow the compost to blend and work together. Compost will take a few months to form completely, the Planet Natural Research Center said. The finished product will resemble a dark, crumbly soil that smells like fresh earth.

Compost will not only add nutrients to garden soil, but also it can help insulate plants and may prevent some weed growth. It is a good idea to start a compost pile as a free source of nutrition for plants and a method to reduce food waste in an environmentally sound way.

CBVP names its top agents for July



Coldwell Banker Village Properties recently announced Tom Van Wie is its Top Listing Agent for the month of July.



Coldwell Banker Village Properties recently announced Heidi Dickens is its Top Selling and Top Producing Agent for the month of July.

Annual August closures coming to several county parks



Hellhole Canyon Preserve in Valley Center is one of the county parks closed for the month of August.

Michelle Mowad
County of San Diego
Communications Office

Six San Diego County parks will be closed in August, a safety measure taken each year because of the month’s typically high temperatures. El Capitan Preserve near Lakeside, Hellhole Canyon Preserve in Valley Center, Mt. Gower Preserve near Ramona and Wilderness Gardens in Pala will be closed Aug. 1 through Aug. 31.

In addition, Agua Caliente Regional Park in Anza Borrego and Vallecito County Park near Julian are closed all summer; they reopen Labor Day weekend.

The closures also provide Department of Parks and Recreation staff an opportunity to conduct much needed maintenance such as trail restoration.

There are more than 100 other county parks and preserves to explore during the month of August. Take in the views from the county’s newest trail in the South Bay, stay the night in one of the new cabins at Dos Picos County Park in Ramona, visit a butterfly garden at Lindo Lake County Park in Lakeside, or enjoy a free Summer Movies in the Park screening at dusk after it cools off. If it is really hot, plan your next hike by take one of these virtual tours of a County park.

If you do go out for a hike, be smart about it! Below are some safety tips hikers should consider before hitting the trails:

- Let someone know where you will be and when you plan to return.
- Hike with others, never alone.
- Leave your dog at home for difficult hikes. Even “easy” hikes may be too much for your dog when the air or ground are too hot.
- Take plenty of water to stay hydrated. Rangers recommends



Agua Caliente Regional Park in Anza Borrego, closed for the summer, will reopen Labor Day weekend.

- one liter (about a quart) for every 2 to 3 miles.
- Wear sunscreen, a hat and sunglasses.
- Take breaks in shade, if possible.
- Take a fully charged mobile phone, map and/or GPS.
- Wear lightweight, light-colored, ventilated clothing.
- Bring along a warm jacket if you plan to stay out after dusk.
- Wear sturdy shoes with traction for slippery rocks.
- Follow all posted safety rules.
- Bring ample food, sunscreen to reapply, a flashlight, first aid kit, multi-purpose tool and a whistle.
- Know your limitations; choose trails that match your level of physical fitness and areas where you are not going to get lost.

For additional information on visiting County Parks, visit sdparks.org.

A full service quality construction company.

Bathroom Remodeling

Home Remodeling

Home Exterior Re-Painting

Concrete Services

SAVE THOUSANDS

with a custom bathroom

760-672-2511

Locally owned

Bonded & Insured Lic.#B-905690

BIRCHALL RESTORATION

Washer acting up?

Call us for any flood situation and we will restore your home.

Carpet & Tile Cleaning -

Water Damage Restoration

Call Now (760) 728-8735

WWW.BIRCHALL-RESTORATION.COM

the village beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at

thevillagenews.com

Check it out. Often.

The Fallbrook/Bonsall Village News

760 723-7319

SHERIFF’S LOG

July 26		
800 block La Palma Drive	Forgery, false check	
July 28		
300 block Calabrese Way	Spousal abuse	
4700 block Via Belmonte	Possession of a controlled substance	
300 block Calabrese Street	Spousal abuse	
2200 block Rainbow Valley Boulevard	Violation of restraining order	
100 block Ammunition Road	Simple battery	
1100 block South Mission Road	Simple battery	
July 29		
300 block West Ammunition Road	Vandalism of a vehicle	
1500 block South Mission Road	Stolen vehicle	
2500 block Reche Road	Domestic violence	
1100 block South Main Avenue	Participation in a criminal street gang	
100 block East Clemmens Lane	Driving with suspended/expired license	
500 block South Main Avenue	Forgery, false check	
1000 block Capra Way	Miscellaneous incidents, battery	
July 30		
4100 block Holly Lane	Vandalism	
100 block South Pasadena Avenue	Vandalism	
1800 block East Alvarado Street	Possession of a controlled substance	
100 block West Beech Street	Under the influence of a controlled substance	
Mission Road @ Via Montelano, Bonsall	Possession of a controlled substance	
July 31		
1900 block Rainbow Glen Road	Miscellaneous incidents	
500 block Aviation Road	Possession of a controlled substance	

Aug. 1		
200 block West Clemmens Lane	Petty Theft	
2300 block Helen Road	Sexual battery	
South Mission Road @ West Fallbrook Street	Drunk in public	
1100 block South Mission Road	Petty theft	
4700 block Pala Road	Miscellaneous incidents	

Aug. 2		
1400 block South Mission Road	Drunk in public	

Aug. 3		
900 block East Mission Road	Possession of a controlled substance	
1700 block Tecalote Road	False identification to a peace officer	
500 block Ammunition Road	Spousal abuse	

LEAKY ROOF?

WE FIX LEAKS OTHERS CAN'T!



- Leak Detection & Repair
- Solar Integrated Roofing Systems
- Cool Roofs, Title 24 Compliant
- Fireproof Metal Roofs
- Wood Shake Conversion
- Green Roofs
- Dimensional Shingles
- Light Weight Tile



Your #1 Roofing Service Provider Since 1972

ALL WORK GUARANTEED
Call now for a free estimate

FIEDLER ROOFING

760-723-4797
Licensed, Bonded & Insured • Lic. #406623

OBITUARIES

It is with profoundly broken hearts that we share the painful message that our beautiful and beloved daughter **Mindi Gylling Durst** passed away on Saturday, June 22.

Mindi was diagnosed with CNS Lymphoma (brain and spine cancer) two years ago and fought valiantly for her family and loved ones to overcome this dreadful disease which ultimately claimed her life at 43 years old.

Our family has no words to adequately express our heartache, grief and pain.....only millions of tears.

Mindi was born on September 28, 1975, near Long Beach, California, our second daughter, later followed by two brothers. She attended Fallbrook schools, Rick’s College in Rexburg, Idaho, and graduated from Brigham Young University in 1997 with a degree in Health Sciences.

She married Karl Durst, a college classmate, in August 1996 and Mindi insisted they move into the same college apartment complex as her sister Brynn which established a life-long pattern of her and Brynn following each other wherever one sister would go.

As their families began to include children, both families lived for a time in Chicago suburbs and eventually moved to Murrieta, California. When Brynn moved to Wisconsin, Mindi and her family followed.

Mindi devoted herself to raising her family along side of Brynn’s family. They enjoyed boating, wakeboarding, tubing and wake surfing on the Wisconsin lakes,



traveling and racquetball where she won first place in a Wisconsin state tournament for her division.

Mindi was kind, compassionate, had a sweet and beautiful sparkle about her and her favorite color was glitter.

Mindi leaves behind her devoted husband, Karl; three sons, Mason, Luke and Ty, and daughter Jewel. She is also survived by her parents, Susan and Terry Gylling; sister Brynn (Kalvin) Davies; brother Brett (Beth) Gylling; four nieces

and two nephews; her aunt, Shelley Holladay; cousins Megan Disanza, Scott and Alex Holladay and their families, and her grandmother, Myrene White.

Mindi was predeceased by her brother Adam who died suddenly of a heart attack in December 2017 while she was battling cancer.

Mindi – kisses up to you in heaven until we can hug you again, sweet and precious daughter of ours.

FALLBROOK MASONIC CEMETERY

OPEN TO THE PUBLIC - ALL FAITHS WELCOME

- Full Body & Cremation Interment
- Scattering Garden Area
- Military & Masonic Discounts
- No Non-Residency Fee
- Family Plots Available
- Si Habla Español

SERVING SOUTHERN CALIFORNIA FOR OVER 100 YEARS

760-980-0013
www.FallbrookCemetery.com

1177 Santa Margarita Road, Fallbrook
Office Hrs M-F 9-5 | Visiting Hrs 7 Days 8-5

It may be painful to think about your funeral, but it doesn't have to be painful to pay for it.



Funeral arrangements are a difficult topic to discuss, especially when the funeral will be your own. But having these conversation will make it easier for your survivors. We offer the most options and best value in the preplanning market, plus easy funding plans to meet your individual needs. Call for information today and receive our free Personal Arrangement Guide.

CALL NOW TO
SAVE UP TO \$500
ON PRE-PLANNED SERVICES.

BERRY BELL & HALL

FALLBROOK MORTUARY, INC. FD-828

Family Owned & Operated

Steve McGargill, FDR #1446 • Scott McGargill, FDR #628

760-728-1689

www.berry-bellandhall.com

333 N. VINE STREET, FALLBROOK

the·village·beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at

thevillagenews.com

Check it out. Often.



The Fallbrook/Bonsall

Village News

760

723-7319

Everhart ready to lead Warriors football team

Jeff Pack
Writer

New head coach Troy Everhart got his first look at what the Fallbrook High football team had to work with when summer practice started on Tuesday, July 30 at the school.

Everhart was hired to take over the head coaching position for varsity football at Fallbrook High School replacing former new hire Jim Fisher, who resigned from the position in early July.

It has been a bit of a whirlwind for the coach who had only met for the first time with parents, assistant coaches and program stakeholders on July 23 with FUHS athletic director Patrick Walker introducing him.

Less than seven days later, he was meeting the players for the first time and handing out gear. A day later, the Warriors, led by Everhart were on the football field together for the first time.

The group has to mesh quickly as the Warriors will play their first regular-season game on Aug. 23, that’s right, that’s less than a month since meeting the new head coach.

Everhart knows most of the team development that he can affect will come in the off-season.

“I think the biggest thing is you develop them in the off-season which is something that really needs to improve — the strength of the team has to get better. You guys here in California have a credible advantage of having a sixth-period class or activity class to get your weightlifting done. We’ve got to maximize that.”

However, Everhart is committed to getting the Warriors to the field prepared and continuing to develop the athletes throughout the season.

“Every kid has skills, it’s our job to figure out what those are,” he said. “And as far as developing a player, the player gets developed when he realizes that his technique can help him be successful. You give him good technique to be successful, but at the same time you put him in position to win.”

Everhart also knows that failure is a part of the process and it’s the staff’s job to minimize those play to play losses.

“You know, if you run a typical game and there are 60 plays in a game, give or take, at least 15 or 20 of those plays the other kids are going to win just because of the law of averages – the other kid

is pretty good too if he’s playing varsity football,” he said. “So, make sure you give your kids a chance to win.

“That’s what I think we’re going to spend the most time on is what do these kids do well? I’m very fortunate, (Fisher) did an incredible job of hiring some really good football coaches, really good guys which is important. They care about the kids which is extremely important. And then the other advantage that I personally am excited about is that a few of these guys have coached these kids for a long, long time so they know these kids and what they’ve seen and gone through and played against it from the youth league up. So, I’m excited about that because that helps us in our player evaluation and it helps us make sure we put the right kids in the right spot.”

Everhart comes to the Warriors with 14 years of head coaching experience in the state of Ohio where he guided the Winton Woods Warriors for 11 years before leaving to take over at Middleton High School for three years.

He’s coached at the collegiate level at the University of Cincinnati, Indiana University and the United States Military Academy West Point.

At Fallbrook High, he will fill a full-time physical education teacher position.

The program has seen losing records in 13 of the last 19 seasons since winning the CIF championship in 2000. The program has also seen a tremendous amount of turnover in the head coaching position in those 19 years.

“My thing right now is to inject some enthusiasm and some stability,” Everhart said. “That’s my first order of business. These kids have been beaten down, they’ve been 1-9 for three straight years. They may be excited but can they stay excited when things don’t go their way? That’s what we’ll find out. And then just the stability of having the same coach for a whole class. So, these freshmen coming in they don’t have any reason to believe that I’ll be here. The reality is I have to prove it every day. What I said to those parents is that you’ve got to give your all for Fallbrook, to defend Fallbrook.”

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



New Fallbrook football head coach Troy Everhart steps in to lead the Warriors before the start of the 2019 season.

Shane Gibson photos



Football players practice at the high school stadium during a summer practice.



Warriors participate in a variety of drills as they prepare for the 2019 season.



Football players develop agility through drills on the field at Warrior stadium.



New Fallbrook Warrior football head coach Troy Everhart gets acquainted with his team during one of the first practices of the 2019 season.



A Fallbrook football players practices carrying the ball and protecting it in practice.

BUSINESS

Mail theft prevention tips from postal inspection service

LOS ANGELES – The U.S. Postal Inspection Service is the law enforcement, crime prevention, and security arm of the Postal Service. Postal Inspectors are federal law enforcement agents who conduct investigations of postal-related crime.

Here are some mail theft prevention tips for residents to use to protect their mail:

- Deposit outgoing mail into a blue collection box before the final pick up of the same day of deposit. Check the pick-up schedule posted on the box to ensure their mail will not sit in the box overnight or over the weekend.
- Report glue, tapes or any sticky substance on the mailbox to the local Post Office and to Postal Inspectors.
- Don't let incoming or outgoing mail sit in their home mailbox.
- Promptly remove mail from their mailbox after delivery.
- Report mail theft, identity theft, fraud or other crimes involving the U.S. Mail by submitting an online report at postalinspectors.uspis.gov or by calling the national hotline at (877) 876-2455.

Submitted by U.S. Postal Inspection Service.

Pala Mesa Resort appoints new general manager

FALLBROOK – Fallbrook’s Pala Mesa Golf Resort announced that Miriam Cline, an accomplished hospitality professional with more than 20 years of luxury resort and hotel experience, has been appointed as general manager of the property.

Since joining the Pala Mesa team in 2017, Cline has demonstrated leadership and effective management in all aspects of the resort’s operations. A distinguished leader in the industry, her professionalism and focus on high level customer service will benefit the resort, Pala officials said.

In this new position, Cline will oversee the hotel operations in its entirety, from restaurant and banquet culinary concepts to the resort’s 18-Hole Championship Golf Course and 130 charming guestrooms.

Along with the day-to-day business, Cline will help transform Pala during the DoubleTree by Hilton conversion, presiding over property-wide renovations in the lobby, guestrooms, restaurant and public areas.

“I am excited for this venture,” Cline said. “Pala Mesa Resort is one of Fallbrook’s best kept secrets. I am eager to modernize the property and culture to align with the DoubleTree values, providing exceptionally warm and caring service where guests feel welcome and appreciated.”

Cline’s past management experience includes overseeing operations for an impressive collection of luxury, AAA Five Diamond Hotels and Resorts around the country including Four Seasons, St. Regis Resort, Hilton

Forbes 5-Star Hotels, Hyatt and Marriott properties.

Her commitment to excellence and expertise on new hotel openings, renovation projects and property brand conversions makes her the perfect leader to propel Pala Mesa Golf Resort to the next level, Pala officials said.

Submitted by Pala Mesa Resort.



Miriam Cline is the new general manager of Pala Mesa Golf Resort. Courtesy photo

Char Snyder's Swim School

Lessons Start March 18th thru August 29th!

Dedicated to teaching individuals to swim competently and safely. Offering beginning swimming through Olympic stroke technique for children and adults.

www.swim2char.com
760.688.6091

2013 E-350 Mercedes Benz Sedan For Sale

Only 36,000 Miles!

**Sports Package • Moonroof
Pristine Condition
Always Garaged
All Services are Up-to-Date
\$21,000 OBO**

Call 760-685-0386

Senior Concern Seminar focuses on ‘5 Essential Documents in Estate Planning’



Elder Law attorney Scott Stewart presents “The 5 Essential Documents” on Aug. 13 at Christ the King Church. Courtesy photo

FALLBROOK – One of California’s leading elder law attorneys, Richard Scott Stewart, Esq. of California Estate and Elder Law, will present a no-cost educational seminar entitled “The 5 Essential Documents” on Tuesday, Aug. 13 from noon until 1:30 p.m., at Christ the King Church, 1620 S. Stage Coach Lane.

While there is no charge for the session, registration is required since space is limited, and lunch will be provided. To register, call the Foundation for Senior Care at (760) 723-7570 or go online to www.foundationforseniorcare.org and choose the link on the home page.

“This is an indispensable presentation on how to get your ducks in a row,” Stewart explained, “This paperwork can shield your family from needless heartache, hassle and expense. Preparation now will give you and your family not just financial protection but peace of mind.”

This is the third of four sessions co-hosted by The Foundation for Senior Care and California Estate and Elder Law, LLP. It is offered to everyone in the community interested in understanding their family’s planning options.

“This is a wonderful opportunity to learn what each of these documents is and why they are important to you,” noted Foundation for Senior Care Advocate Darlene Weber. “We are excited for the community to participate in this event and leave with a completed Advance Health Care Directive. It is important not to wait, you don’t know when these documents will be needed.”

One additional elder law planning session, “Taking the Handcuffs Off the Surviving Spouse,” will be offered later in the year on Nov. 12. To learn more about the topic and other Senior Concern Seminars, go to: foundationforseniorcare.org and click on the “Events” bar.

Submitted by Foundation for Senior Care.

Consumers trusts print.

The credibility of a newspaper helps legitimize your advertising. Latest studies show 82% of internet users trust print ads more than any other medium.

Print engages consumers.

Unlike other advertising mediums, the printed word has the readers full attention. It is not competing with videos, twitter feeds, facebook, text messages, and whatever else the internet can throw at you.

YOUR AD COULD HAVE BEEN HERE

Print drives online searches.

Over 68% of all readers purchase products and services from ads seen in printed publications.

Reach thousands of readers.

The Village News is read by 15,000 residents of Fallbrook and Bonsall every week. We have a long standing reputation of integrity and reliability with both communities. To start advertising with us call (760)723-7319. You won't regret it.

the village beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at

thevillagenews.com

Check it out. Often.

Village News 760723-7319

Filanc awarded Conjunctive Use Project contract

Joe Naiman
Village News Correspondent

Filanc Alberici JV was awarded the Fallbrook Public Utility District contract to construct the Santa Margarita River Conjunctive Use Project facilities.

A 5-0 FPUD board vote July 22 awarded the contract to Filanc Alberici for the bid amount of \$54,398,232 and also approved a construction installment sale agreement with the State Water Resources Control Board involving a State Revolving Fund loan.

“We’re moving forward with construction, so the project’s going to get built and within two years we’ll be delivering water,” said FPUD general manager Jack Bebee.

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

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

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

The Conjunctive Use Project will include improvements to the diversion works, increased capacity to the headgate and the O’Neill Ditch, improvements to seven existing recharge ponds, installation of new groundwater production wells and gallery wells, water treatment at either an existing or an expanded or

new water treatment plant and a bidirectional pipeline which could deliver water to FPUD while also providing the Marine Corps with an off-base water supply should conditions warrant.

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

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

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

FPUD’s costs will include a groundwater treatment plant, a distribution system to the Gheen Zone east of Stage Coach Lane, the

Gheen Pump Station and a storage tank with piping, and construction management and supervisory control and data acquisition (SCADA) system integration.

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

The loan agreement was finalized prior to the receipt of bids and assumed a \$51 million construction cost along with \$2,334,000 for construction management and SCADA integration.

FPUD will work with the State Water Resources Control Board to amend the agreement so that the additional \$3.4 million can also be funded by the State Revolving Fund loan.

The design work included an implementation plan and potential phasing options to balance up-front capacity costs with the project yield. In October 2014, the FPUD board awarded a \$3,205,140 design contract to Infrastructure Engineering Corporation although funding for only the phasing, modeling, and preliminary design tasks was authorized at that time and subsequent design changes increased the total contract amount to \$3,207,759. In September 2015, the funding for the final design was authorized.

FPUD’s board certified the

Environmental Impact Report for the project in September 2016. In July 2018, the FPUD board approved a \$1,853,740 construction management services contract with Terrapin Group, which will handle day-to-day oversight of the general contractor. The activities of the Terrapin Group also included assisting with contractor pre-qualification.

In November 2018, the State Water Resources Control Board issued updated water rights permits and an updated license, which did not change the quantity of water FPUD and Camp Pendleton will receive.

FPUD staff prepared a pre-qualification process so that all bidders would be qualified contractors experienced in the construction of drinking water treatment facilities.

In December 2018, FPUD advertised for interested contractors to submit the pre-qualification application. The appropriate staff members reviewed the eight applications in

January and evaluated contractor experience, financial capability, safety and regulatory compliance record and other qualifications. The staff determined all eight contractors to be pre-qualified.

A 4-0 FPUD board vote Feb. 25, with Jennifer DeMeo absent, pre-qualified Alberici Constructors, Archer Western Construction, Filanc, J.F. Shea, Parsons, PCL Constructions, Pulice, and W.M. Lyles.

The final design documents were sent only to those eight contractors, and the Feb. 25 board action also authorized FPUD staff to solicit bids from the pre-qualified contractors and also authorized the bid and construction phases of the design consultant contract with Infrastructure Engineering Corporation.

Four bids were received by the July 10 deadline. Filanc and Alberici bid as a joint venture and submitted the low bid of \$54,398,232. W.M. Lyles provided the second-lowest bid at \$56,744.340.



James C. Alvord
ATTORNEY AT LAW

Wills & Trusts
728-1960

Free
Consultation

760-728-1960

*Fallbrook's Friendly Lawyer
with Friendly Fees*

Wills • Trusts • Estate Planning

James C. Alvord
Attorney

Senior & Military Discounts

405 S. Main, Fallbrook
In Practice 28 Years
FallbrookJim@sbcglobal.net

BE IN THE KNOW

We’ve been serving the Fallbrook & Bonsall communities for over 16 years, bringing you the **BEST LOCAL NEWS COVERAGE.**



The Fallbrook/Bonsall
Village News

Subscribe at
villagenews.com

Fallbrook Regional HEALTH DISTRICT

NOTICE INVITING SEALED PROPOSALS (BIDS)

FALLBROOK REGIONAL HEALTH DISTRICT SAN DIEGO COUNTY, CALIFORNIA

FLAT ROOF REPLACEMENT FOR THE PROPERTIES LOCATED AT

138 SOUTH BRANDON STREET AND 617 ALVARADO STREET FALLBROOK, CALIFORNIA

NOTICE IS HEREBY GIVEN that the Board of Directors of the FALLBROOK REGIONAL HEALTH DISTRICT (referred to herein as the “District”) invites and will receive sealed proposals (bids) up to the hour of 2:30 p.m. on the 28th day of August, 2019, for furnishing to said District all transportation, materials (except as otherwise provided for in the Contract Documents), equipment, labor, services, and supplies necessary to perform the FLAT ROOF REPLACEMENT FOR THE PROPERTIES LOCATED AT 138 SOUTH BRANDON ROAD AND 617 ALVARADO STREET, FALLBROOK, CALIFORNIA. Bids will be opened and read aloud at 138 South Brandon Street, Fallbrook, CA 92028 (the “District Office”).

Bids shall conform and be responsive to all requirements specified in the Contract Documents for the project and must be accompanied by the security referred to in those documents. The Board of Directors of the District reserves the right to select the schedule(s) under which the bids are to be compared and Contract awarded, to reject any and all bids, and to waive any irregularity in any bid. The District may make changes in the Contract to comply with environmental regulations.

Copies of the Contract Documents are on file at the District Office and may be obtained upon a \$20.00 non-refundable payment for each set. An additional charge of \$7.00 must accompany any request for mailing.

Each bid shall be submitted on a form furnished as part of the Contract Documents and must be accompanied by cash, a cashier's check made payable to the District, a certified check, or a Bidder's bond executed by a surety insurer admitted to do business in this state, in an amount not less than ten percent (10%) of the bid amount, made payable to or for the benefit of the District.

Bidders on this work will be required to comply with California Government Code Sections 12900 et seq., California Labor Code Sections 1771.4 and 1777.6 and implementing regulations concerning equal opportunity for apprentices, and with the requirements for payment of prevailing wage rates. Copies of the prevailing rate of per diem wages are on file at the District Office and are available upon request. This project is subject to compliance monitoring and enforcement by the California Department of Industrial Relations (“D.I.R.”).

Contractor may substitute securities equivalent to the amount withheld by the District from progress payments to ensure performance of the Contract pursuant to provisions of Public Contract Code Section 22300 et seq.

Bidders and any and all subcontractors shall be required at the time of submission of the bid to be licensed as a contractor by the State of California to do the type of work required under the Contract Documents, and be registered with the Department of Industrial Relations (D.I.R.), per California Labor Code 1771.1

BID DOCUMENTS: <https://www.fallbrookhealth.org/rfps-bids>

CONTACT: Rachel Mason, 760/731-9187 or rmason@fallbrookhealth.org

NOTICE INVITING SEALED PROPOSALS (BIDS)

FALLBROOK REGIONAL HEALTH DISTRICT SAN DIEGO COUNTY, CALIFORNIA

METAL ROOF REPLACEMENT FOR THE PROPERTY LOCATED AT

1636 E. MISSION ROAD, FALLBROOK, CALIFORNIA

NOTICE IS HEREBY GIVEN that the Board of Directors of the FALLBROOK REGIONAL HEALTH DISTRICT (referred to herein as the “District”) invites and will receive sealed proposals (bids) up to the hour of 2:00 p.m. on the 28th day of August, 2019, for furnishing to said District all transportation, materials (except as otherwise provided for in the Contract Documents), equipment, labor, services, and supplies necessary to perform the METAL ROOF REPLACEMENT FOR THE PROPERTY LOCATED AT 1636 E. MISSION ROAD, FALLBROOK, CALIFORNIA.

Bids will be opened and read aloud at 138 South Brandon Street, Fallbrook, CA 92028 (the “District Office”). Bids shall conform and be responsive to all requirements specified in the Contract Documents for the project and must be accompanied by the security referred to in those documents. The Board of Directors of the District reserves the right to select the schedule(s) under which the bids are to be compared and Contract awarded, to reject any and all bids, and to waive any irregularity in any bid. The District may make changes in the Contract to comply with environmental regulations. Copies of the Contract Documents are on file at the District Office and may be obtained upon a \$20.00 nonrefundable payment for each set. An additional charge of \$7.00 must accompany any request for mailing.

Each bid shall be submitted on a form furnished as part of the Contract Documents and must be accompanied by cash, a cashier's check made payable to the District, a certified check, or a Bidder's bond executed by a surety insurer admitted to do business in this state, in an amount not less than ten percent (10%) of the bid amount, made payable to or for the benefit of the District.

Bidders on this work will be required to comply with California Government Code Sections 12900 et seq., California Labor Code Sections 1771.4 and 1777.6 and implementing regulations concerning equal opportunity for apprentices, and with the requirements for payment of prevailing wage rates. Copies of the prevailing rate of per diem wages are on file at the District Office and are available upon request. This project is subject to compliance monitoring and enforcement by the California Department of Industrial Relations (“D.I.R.”).

Contractor may substitute securities equivalent to the amount withheld by the District from progress payments to ensure performance of the Contract pursuant to provisions of Public Contract Code Section 22300 et seq.

Bidders and any and all subcontractors shall be required at the time of submission of the bid to be licensed as a contractor by the State of California to do the type of work required under the Contract Documents, and be registered with the Department of Industrial Relations (D.I.R.), per California Labor Code 1771.1

BID DOCUMENTS: <https://www.fallbrookhealth.org/rfps-bids>

CONTACT: Rachel Mason, 760/731-9187 or rmason@fallbrookhealth.org

SPORTS

Trying out for the team



Lady Warrior volleyball team hopefuls participate in tryouts at the Fallbrook High School gym, Aug. 2.



Kendall Sprint concentrates on the ball during the Fallbrook Lady Warriors volleyball team tryout.



Ava Macmi displays her volleyball skills during Fallbrook High team tryouts.



Volleyball team hopeful Hailey Reed shows her digging skill during a drill at tryouts.



New Fallbrook girls varsity volleyball coach Jason Dale leads tryouts inside the high school's gym.



Sophia Morelli displays her volleyball skills during the Fallbrook girls team tryouts.

Shane Gibson photos



Fallbrook girls volleyball team hopeful Bailee Aguila participates in drill during tryouts.

Senior Softball registration open for fall season

FALLBROOK – The Fallbrook Senior Softball League is ready for the 2019 Fall Season and still accepting new/returning players. New players interested in tryouts/practice sessions can call the number below for information.

Registration fees are due by Sept. 1 and the draft is scheduled for Sept. 5. After the draft, players will be contacted by the team managers.

League fee is \$80 and includes two shirts and a hat.

For adults age 50+, games begin at 4 p.m. Monday through Thursday with each team playing two games per week. The season will run from Sept. 10 up to Thanksgiving (always allowing for changes and weather issues).

Games are played on Field #2

at Ingold Sports Park, 2551 Olive Hill Road, Fallbrook.

Visit www.fallbrookseniorsoftball.org for more detailed information and registration forms or call Chuck Mattes at (760) 751-8389.

Submitted by Fallbrook Senior Softball.



**Johnny's
Mobile Mechanic**

"Have Wrenches – Will Travel"

Tractors • Chippers • Backhoes
All Major Brands
Most All Types of Machinery & Equipment

Affordable Hourly Rates

760.990.3309 | 760.468.2789

the
village
beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at

thevillagenews.com

Check it out. Often.

 Village News 760**723-7319**

WINE & DINING

The best ways to grill fish

FALLBROOK –Grilling lends itself well to many different foods. The smoky, flame-licked flavor of foods prepared on the grill is hard to replicate by other means of cooking.

Many people turn to grilling each night, especially when the weather is warm and pleasant. Fish is one food that can sometimes cause grilling-related anxiety. The tender, flaky nature of fish makes it seem like a poor fit for the grill, simply because it can fall through the slats. Yet grilling fish is easier than one may think when they utilize these methods of cooking.

Create foil packets

Grilling fish in foil packets is relatively foolproof. Simply place the fish on a thick piece of aluminum foil and add seasonings and other ingredients, like lemon slices or vegetables. Fold it up into a pocket that is completely sealed so that no juices or steam can escape. Then grill for 10 to 15 minutes, depending on the thickness of the fish. The steam and moisture will keep the fish succulent.

Season the grill.

Much like a chef properly

seasons a cast iron grill, the same technique can be applied to grill grates, according to Cooks Illustrated. Apply a generous amount of cooking oil to the grates and allow them to heat up. This step adds a nonstick element to the grill, and fish fillets will be less likely to adhere to the grates and prove troublesome to get off in one piece. Removing excess moisture from the fish with a paper towel also can help.

Grill on wood planks

Utilized a well-oiled plank of fragrant, food-grade wood on which to cook the fish. The fish will take on the flavor of the wood as well as cook without sticking to the grill.

Use a grill basket

Visit a cooking supply retailer and home cooks are bound to find different grill baskets that house flaky fish to make it easier to cook these on the grill. The basket keeps the fish from breaking apart while cooking and turning.

Choose thick cuts.

Certain fish, or those with a texture similar to meat and poultry, may stand up better to



Fish is one food that can sometimes cause grilling-related anxiety, but the smoky, flame-licked flavor of foods prepared on the grill is hard to replicate by other means of cooking.

Courtesy photo

grill with the right techniques.

resource Delish.

Fish and other seafood can be tasty and quickly cooked on the

How to keep grilled food warm



FALLBROOK – Many people prefer the flavor of grilled foods over the flavor of foods cooked in

other ways. Grilled foods certainly have distinct flavors, but that uniqueness can be compromised

when some foods finish cooking before cooks are ready to serve them.

Grilled foods may lose some flavor if they’re served cold or not as hot as cooks would like. But there are a handful of ways to keep grilled foods warm until they’re ready to be served.

- Keep a low-heat zone on the grill. As food finishes cooking, move it to a predetermined low-heat zone on the grill where they will stay warm without overcooking. Monitor this area while cooking the food to ensure it’s warm but not hot enough to keep cooking foods once they have been moved.
- Store cooked food in aluminum

foil. Moving food off the grill and tenting it in aluminum foil is another way to keep it warm until serving time, though this might only work if cooks need to keep food for just a few minutes.

- Create a tin foil tent and place food inside. The tent can then be placed on a less hot area of the grill or placed into an oven that’s not on. Avoid tenting food that is meant to have crispy skins, as tenting can moisten the skin.
- Use the warming feature on the stove. Many stoves come with warming settings that keep food warm without cooking it. While this requires cooks to go indoors, it can help keep grilled food warm while the rest of the

meal continues cooking over an open flame.

- Place food in the slow cooker. If the stove is not an option because other components of the meal are being baked or broiled, grilled foods can be placed in ceramic slow cookers with lids. This can potentially keep foods warm for longer periods of time than aluminum foil tents without sacrificing flavor.

Keeping grilled food warm until it’s time to serve meals can be difficult, but grillmasters can employ various strategies to ensure grilled foods maintain their unique flavor without getting cold.

Summer is Here...Come in for
Ice Cream Floats, Shakes & Malts!

Café des Artistes
Fine Food & Drink

760-728-3350 ~ 103 S. Main Ave. Fallbrook ~ www.cafedesartistes.us

Breakfast ~ Lunch ~ Dinner
7 Days a week • 7am-9pm

Z CAFE

Dinner Specials
5pm to close

HAPPY HOUR EVERYDAY
3PM-6PM

- Wine Specials • Beer
- Small Plate Specials \$5 —
- Street Tacos • Kahlua Pork Sliders • Chicken Strips & Fries
- Nachos or Quesadilla w/chicken or beef

❖ San Diego's Finest Craft Beers on Tap! ❖

RIVER VILLAGE CENTER
5256 S. MISSION RD, BONSALE 760-940-1751

Z CAFE

Buy 1 Lunch
Get 1 FREE!*

TRUPIANO'S
ITALIAN BISTRO

945 S. Main Ave, Fallbrook (760) 728-0200

Valid at Trupiano's Italian Bistro • Plus tax & gratuity • Lunch specials excluded • Dine in only. One coupon per table. Must purchase two drinks. Cannot be combined with any other offer or promotion. Free lunch of equal or lesser value, maximum discount \$10. Expires 8/31/19.

Faro Trupiano
TrupianosRestaurantGroup.com

Fallbrook C.A.F.E

- BREAKFAST
- LUNCH
- DINNER

739 E. MISSION RD, FALLBROOK • 760-728-1898
MON-FRI 6:30AM-9PM • SAT 7AM-9PM • SUN 7AM-8PM

the village beat

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will find it quickly and easily at

thevillagenews.com

Check it out. Often.

Village News 760-723-7319

Trevor McSpadden Band performs at Longshadow Ranch Winery

Lexington Howe
Intern

Texas-born and raised, Trevor McSpadden has spent many years crafting his love for country music. “Wasted days and wasted nights, I have left all that behind. You don’t belong to me; your heart belongs to someone else. Why should I keep loving you?” McSpadden sang over the microphone as people danced and drank wine, listening to the steely blues resonating off McSpadden’s guitar strings.

“It was the kind of music I felt most qualified to play,” McSpadden said, saying that growing up in central Texas and country dancing brought him to where he is today.

“There’s lots of songs that I wrote several years ago that I really feel like only now I’m singing and playing to their fullest potential,” McSpadden said.

McSpadden released two albums in 2017 and is currently working on his next album.

“We’re in the process of figuring out where, how, and what its going to be,” McSpadden said. “The plans are a bit nebulous at this point. There is more music forthcoming for sure, financially it’s a challenge, but yeah, sometimes the stars align to get into a studio. We haven’t had that just yet, but I think within the year.”

Longshadow Ranch Vineyard and Winery at 39847 Calle Contento in Temecula hosts Bonfire Saturday Nights from April to September, every Saturday from 6-10 p.m. Each week a new band plays, giving families the opportunity to enjoy all different types of music while having a fun night out with their children while enjoying a glass of wine.

The outdoor venue has a zipline and a mechanical bull to ride right next door to several rescue horses, two goats and an alpaca.

Phil and Charlene Washum have lived in Temecula since 2001 and have been attending Bonfire Saturday Nights since they started

in April. They are both retired and said they enjoy coming to the events for the atmosphere.

“You know, its comfortable,” Phil Washum said. “We bring the grandkids sometimes, and we love the bands.”

Washum and his wife have traveled all over the U.S. camping, but still love the quaint, quiet nights at the smaller wineries.

“I’ve never met a stranger in my life,” Washum said, laughing. “Everyday is Saturday, and you meet all kinds of people here.”

The night started off with several of McSpadden’s recent songs, “See You Tonight,” “Let’s Fall Together” and “April’s Fool.”

McSpadden and his bass player Tom Ward grooved along with Philip McArdle on electric guitar. Children danced along to “Somebody’s Gonna Cry Tonight,” while the crowd clapped with McSpadden keeping in time with McArdle’s and Ward’s electric guitar and bass solos.

McSpadden’s songs have that old-time country feel, where careful consideration and heart is poured into each line. Writing can be difficult at times, McSpadden said, but that’s what he loves about it.

“We’re currently working on a new song called ‘The Sad Parade.’ I really like it because it is a challenge, and I haven’t quite figured it out yet. I write them and I sing them in my living room, but they don’t really turn into songs until you play them in front of people, at least for me. Initially, you kinda know if it works or not. It takes almost a year, in my own approach of playing a song to really figure it out.”

McSpadden and his fellow band members have been playing together for several years.

“Tom and Phillip would come over to my house and we would sit around on the front porch and play every Tuesday night, for a long time. And that’s kind of how things developed,” McSpadden said.

Longshadow Ranch Winery will

host Gino and the Lone Gunmen Saturday, Aug. 10, from 6-10 p.m. Kelsey Brown, mother of two children, came to Longshadow Ranch Winery last year during

Bonfire Saturday Nights, and has attended several times again this year. “We have family that comes out from Menifee and Riverside to

meet up here. The kids dance and everyone has a good time.” Lexington Howe can be reached by email at valleystaff@reedermedia.com.



Trevor McSpadden plays with a full band at Longshadow Ranch Winery at Bonfire Summer Nights, Saturday, Aug. 3. Lexington Howe photos



Families feed Longshadow Ranch Winery’s goats before the Trevor McSpadden show.



Near the zipline and playground, children enjoy Longshadow Ranch Winery’s alpaca which are housed near the mechanical bull.

Live Bands • Bistro • Wine & Beer

Bistro Hours
Friday to Sunday 11am-4pm

2 FOR 1 WINE TASTING
Cannot combine with any other offer. Expires 8/31/19.

20% OFF

WINE & GIFT SHOP PURCHASE.

20% OFF

ANY ENTRÉE at our fine Bistro Sunday only.

Cannot combine with any other offer. Expires 8/31/19.

An Old World Classic

951-676-6414

33515 Rancho California Road
Temecula • 92591

www.belvinowinery.com



Families come out onto the dance floor for Trevor McSpadden’s “Somebody’s Gonna Cry Tonight” at Longshadow Ranch Winery’s Bonfire Summer Nights.



Families and friends of all ages come out to experience a night under the stars and some good old fashioned country music at Longshadow Ranch Winery.

Our First Priority is the Quality of Our Wine

Select From White Wine, Red Wine, or Champagne

SUMMER BLOW OUT SPECIAL

Wine sale by the case - 12 bottles in a case

White Cabernet 2009
Sale price \$70.00 Orig. \$239.40

Rozmaring 2012
Sale price \$70.00 Orig. \$251.40

Roadkill Red Premium Blend 2007
Sale price \$264.00 Orig. \$528.00

Making room for the new harvest!

41220 Calle Contento, Temecula, CA 92592
951-676-5250 | Please visit us at www.bellavistawinery.com

The Daisy bar at the Cookhouse at Vail Headquarters gives a sneak peak



Mike Lamantia talks with a bar patron at The Daisy, a new bar that is attached to The Cookhouse Food Hall at Vail Headquarters in Temecula. Jeff Pack photos



Multicolored pennies sit underneath a glass bar top at The Daisy.

Jeff Pack
Writer

Walking into The Daisy, an intimate little bar adjacent and connected to The Cookhouse Food Hall at Vail Headquarters, on Saturday evening caused co-owner Mike Lamantia to throw his hands up, almost in disbelief. “Well, we got it open about an hour ago,” he said with a sigh of relief. Lamantia and his partner Chris McAfee have been working hard on the bar that sits right next to his other business, The Smok’d Hog, an American regional bbq, which only opened last month. They were able to get it open to serve the hundreds of people that came out for Ramble On at the Ranch Aug. 3. However, the bar isn’t completely open yet, they are still working out the kinks. At first glance, the bar features a standard bar top with pennies

showing through a glass top. The bar itself is minimal, eclectic, with a distinctly vintage vibe. There is seating in the corners of the small building with chairs, benches and tables. The Daisy will offer a blend of traditional cocktails, a palatable beer selection for all tastes, a communal-cocktail program for groups, and a combination of both local and trend-forward wine offerings. It will offer a nice beverage choice alternative to the four other restaurants located within The Cookhouse Food Hall, meaning guests can order food from Amo Nakatl Asada, Wingman’s Wings, La Isla Ceviche and the Smok’d Hog, and grab a cocktail from The Daisy. With communal seating throughout The Cookhouse building and outside on benches and tables, guests can carry their beverage to any part of the facility. However, they can’t take alcoholic drinks to visit the rest of Vail Headquarters

other retail and restaurant offerings. It remains to be seen how the other three restaurants in The Cookhouse will adjust their hours and food options to the full opening of The Daisy, but according to the website, the Smok’d Hog will be serving food with a limited menu until midnight seven days a week when The Daisy is in full swing. Currently, the Cookhouse is open until 9 p.m. According to The Daisy website, the bar will be offering event packages for private events, catering and rehearsal dinner events. As of press time, the bar hadn’t set official hours, but they expect to announce them officially soon. The Daisy is located in Vail Headquarters, 32117 Temecula Parkway in the Cookhouse Food Hall in Temecula. For more information, visit www.thedaisybar.com. Jeff Pack can be reached by email at jpack@reedermedia.com.



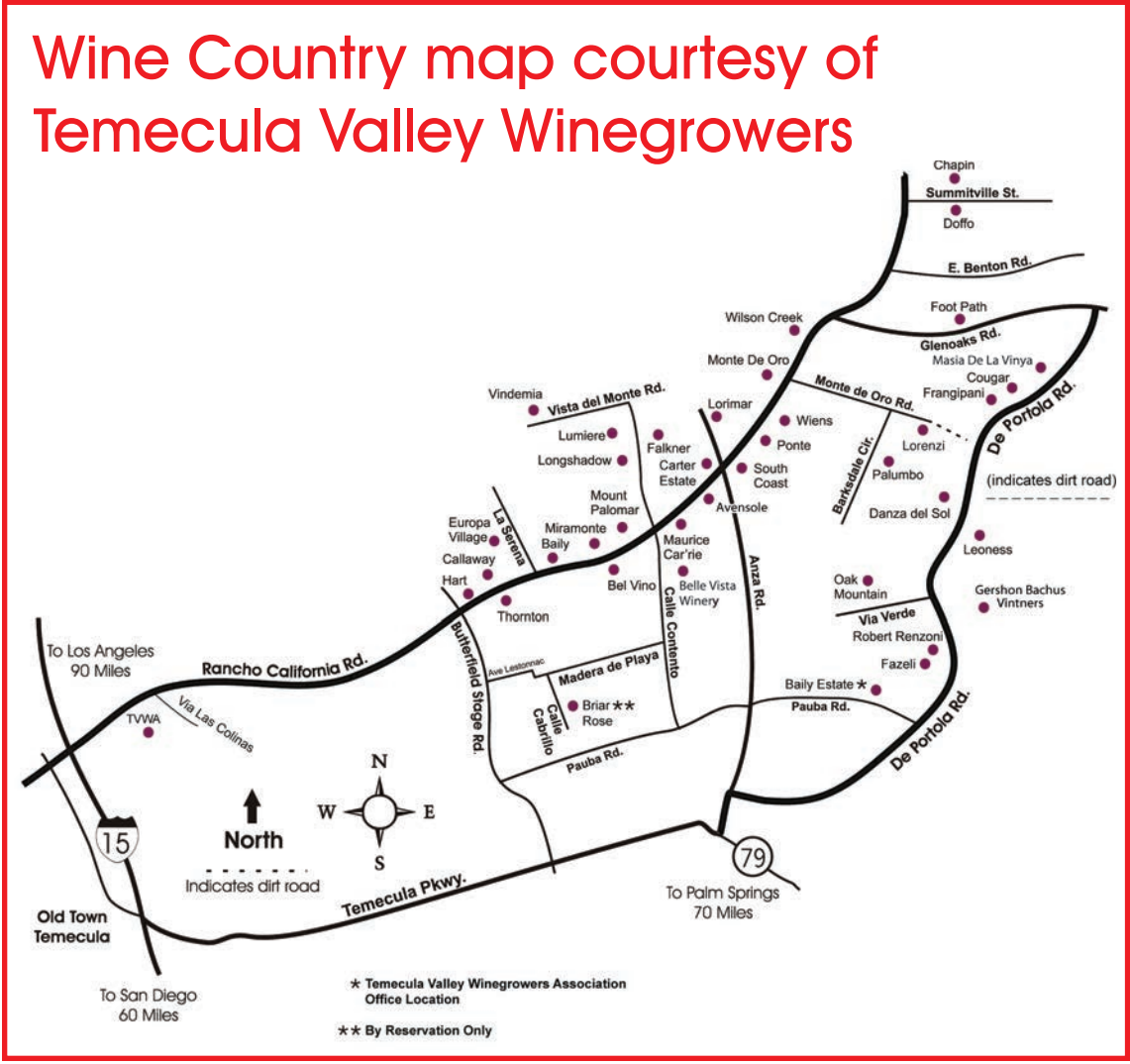
A bartender pours a cold beer from the tap at The Daisy.

Wine Country Events Calendar

FRIDAY, AUGUST 9	
11 a.m. to 5 p.m.	Craft Faire, Maurice Car’rie Winery
1-2:30 p.m.	Behind the Scenes Wine Tour, South Coast Winery
3-5:30 p.m.	Happy Hour, Vineyard Rose, South Coast Winery
5-8 p.m.	Live Music, Ben Bostick, Cougar Vineyard and Winery
5-9 p.m.	Live Music, Masia de la Vinya
5:30-7:30 p.m.	Live Music, Toni Suraci, Callaway Winery
6-9 p.m.	Live Music, Robert Simon, Avensole Winery
6-9 p.m.	Live Music, Endeavor, Miramonte Winery
6-9 p.m.	Live Music, Fear of Phobias, Lorimar Winery
6-9 p.m.	Live Music, Tim Cash, Lorimar Winery in Old Town
6-10 p.m.	Live Music, Andre Perez, Bel Vino Winery
7:30-10 p.m.	Shakespeare in the Vines, “Othello,” Baily Winery
SATURDAY, AUGUST 10	
11 a.m. to 5 p.m.	Craft Faire, Maurice Car’rie Winery
Noon to 4 p.m.	Live Music, Gin Piston, Bel Vino Winery
1-4 p.m.	Live Music, Rocky J. Norris, Avensole Winery
1-5 p.m.	Live Music, Gabriela Aparicio, Fazeli Cellars
3:30-5:30 p.m.	Happy Hour, Vineyard Rose, South Coast Winery
6-9 p.m.	Live Music, Carbe and Durand – Incendio, Miramonte Winery
6-9 p.m.	Live Music, Gil Guillen, Avensole Winery
6-9 p.m.	Live Music, Woody and the Harrelsons, Lorimar Winery
6-9 p.m.	Live Music, Jimmy Hewitt, Lorimar Winery in Old Town
7:30 -10 p.m.	Shakespeare in the Vines, “Othello,” Baily Winery
SUNDAY, AUGUST 11	
11 a.m. to 2 p.m.	Brunch Specials at Meritage Restaurant, Callaway Winery
11 a.m. to 5 p.m.	Craft Faire, Maurice Car’rie Winery
11:30 a.m. to 2:30 p.m.	Dog Day Sundays, Carol’s Restaurant at Baily Winery
Noon to 4 p.m.	Live Music, Shoot 4 Tuesday, Bel Vino Winery
1-4 p.m.	Live Music, Jimmy Patton, Europa Village
1-4 p.m.	Live Music, Ben Bostick, Avensole Winery
1-5 p.m.	Live Music, Eric French, Fazeli Cellars
2-5 p.m.	Live Music, Danny Medina, Cougar Vineyard and Winery
3-6 p.m.	Live Music, LDR Acoustic Blend, Lorimar Winery in Old Town
3:30-5:30 p.m.	Craft Night, Cougar Winery
3:30-5:30 p.m.	Happy Hour, South Coast Winery
5-8 p.m.	Live Music, Big Truth, Lorimar Winery
7:30-10 p.m.	Shakespeare in the Vines, “Othello,” Baily Winery

UPCOMING:
Aug. 23 is 80s Night at Bel Vino Winery from 6-10 p.m.
Aug. 26 is Movie in the Vines, “The Secret Life of Pets,” at Lorimar Winery.

ADVERTISE YOUR EVENTS
WITH THE VALLEY NEWS
and get exposure to over 140,000 readers!
(only \$25 per event, calendar items due
Friday noon of the week prior to print)
Call 951-763-5510 or
visit www.myvalleynews.com!



“THE DAVID PAUL BAND”



LET’S DANCE
Saturday
August 10th
6-9pm
FREE CONCERT
Dance on the patio
under the lights.

David Paul Band is a high-energy dance band playing all your favorite Rock, Pop, and R&B classics. You’ll hear music spanning the decades from the 60’s all the way up to today’s hits.

Maurice Car’rie
WINERY

Come join the fun, great music, great wines and a good time for all!

34225 Rancho California Rd, Temecula, CA
951.676.1711 ~ www.MauriceCarrieWinery.com

COLDWELL BANKER

VILLAGE PROPERTIES

Each Office Is Independently Owned and Operated

CHRIS HASVOLD
DRE# 00800277ABBY ELSTON
DRE# 01113234CHERYL PIZZO
DRE# 00815495CYNDI HAUFF
DRE# 01274144DANA CORSO
DRE# 02019129DON BENNETTS
DRE# 01450115DONNA SHANAHAN
DRE# 01193680EDDIE HARRISON
DRE# 00584175GERI SIDES
DRE# 00414751VICKI ROBERTSON
DRE# 01172404TOM VAN WIE
DRE# 01412145SUSIE EMORY
DRE# 01079037RICH KRAUS
DRE# 01934791

**COLDWELL
BANKER**
VILLAGE PROPERTIES

by the
numbers

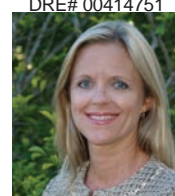
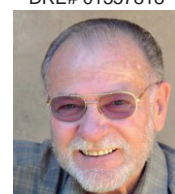
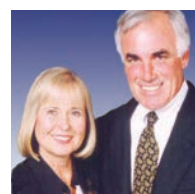
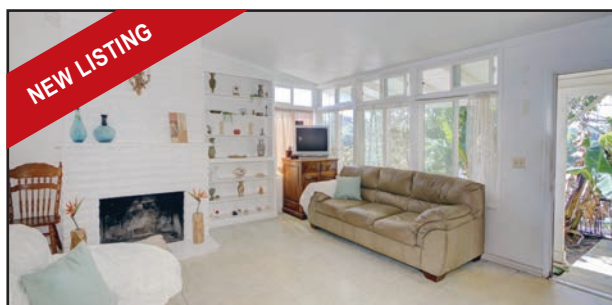
we've **CLOSED**
OVER
6,000
transactions

25⁺
years
RIGHT HERE in
FALLBROOK
and
BONSALL

\$2

Billion
in sales

we put the
HOME
in
HOMETOWN

HEIDI DICKENS
DRE# 01268111HOLLYSUNDERLAND
DRE# 01357818JACK POPE
DRE# 01145952JANE FELTON
DRE# 01942026NANCY SCHRIMPF
DRE# 01916190LORENE JOHNSON
DRE# 00612840LAUREN HENNING-
EMORY
DRE# 02070772KIM SELZNICK
DRE# 02066292JUDY & PATRICK
BRESNAHAN
DRE# 00949710
DRE# 00582591JERRY & LINDA
GORDON
DRE# 01140954
DRE# 01035328JEAN E. ESOP
DRE# 01003649JANICE SHANNON
DRE# 01082464

420 Woodcrest Lane, Fallbrook \$379,000



1455 Via Vista, Fallbrook \$799,000



4007 Ladera Vista, Fallbrook \$1,049,000



15779 Pauma Valley Drive, Pauma Valley 1,125,000



2126 Stonecastle, Fallbrook \$629,000



1600 E. Vista Way #64, Vista \$190,000



Susan "Susie" Emory
Susie and Lo
Real Estate with Deep Roots
760-525-9744
susie@cbvillage.com
DRE#01079037



Lauren "Lo" Henning-Emory
760-525-7730
LHenningEmory@gmail.com
DRE#02070772



Overlooking the New Monserate Vineyards

Welcome to this highly upgraded, single story home overlooking the new Monserate Vineyards. Perfect home for easy living & entertainment with beautiful upgrades, all within 2,673 square feet of living space. Entering through a private gated courtyard, you are greeted with a custom front door, complimented with etched side glass windows. 3 bedrooms, his & her bathrooms, a guest bath with jacuzzi tub, and a half bathroom. So much more. See it before it the opportunity passes! Offered at \$749,000



JUST SOLD!

Resort Style Living At its Finest
No-maintenance-for-you pool, spa, sauna, gym, tennis court, tot lot & putting green. This 3BD/2BA condo near the coast in Oceanside is 1115 sq ft of perfection. Two balconies. Vaulted ceilings. New floors. Bath, kitchen and fireplace surround have all been recently updated. \$375,000
www.525LandsEndUnit184.com



Call **Nancy Schrimpf** 760.717.2307
NancySchrimpf@gmail.com Follow me on
www.NancySchrimpf.com DRE#01916190



NEW LISTING

REMEMBERING THE OLD NEIGHBORHOOD
This home brings back memories located on a quiet tree-lined street with room to play on summer afternoons. Large .43 acre lot perfect for gardening and fruit trees. Comfortable single story 3BD, 2BA home. \$480,000



LORENE JOHNSON
Personal
Dedicated
Service
Marketing Fallbrook for 35 Years
760.522.2588
LoreneRealtor@aol.com
DRE# 00612840



NEW LISTING

Beautiful Poets Square former model home w/many upgrades. Private cul-de-sac location with additional parking. 3BD+ ofc w/separate entrance (possible 4th BD). Upgrades include cork flooring and commercial grade patterned carpet, counter tops, lg sink, wine rack, below counter wine cooler & slide out microwave + range hood. Master closet built ins + oversized closets in BDs. Private back & side yard.
Offered at \$525,000



Call **Tom Van Wie**
760.703.6400

www.tomvanwie.com
twv@sbcglobal.net
DRE# 01412145



Wonderful contemporary home nestled on a private 1.1 acres features drought tolerant landscaping. This 1998 ZEBU built home has been meticulously maintained. 4BD, 3BA, 2838 sf, views, beautiful kitchen with pecan color cabinetry and tile & carpet throughout.
Offered at \$709,000



Gorgeous & spacious single story estate home on 1.73 acres with exquisite views of surrounding mountains & valleys in desirable Winter Haven area. 4BD/2.5BA with 3,562 sq.ft. Parcel may be ideal for a guest house or workshop. Spacious light & bright kitchen. 3 car garage, RV parking.
Offered at \$849,000

Newer single story home in gated community. Kitchen features granite, stainless appliances and dining nook. Dual side fireplace, 9 foot ceilings. Master en-suite with two closets, two vanities. RV Parking & close to town.
Offered at \$569,000



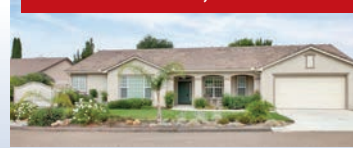
Cynthia "Cyndi" Hauff
760-468-2909

Cyndihauff@gmail.com
f CynthiaHauff-Realtor

DRE# 01274144

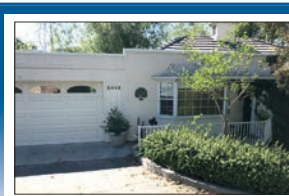


OPEN SAT 8/10 • 11AM-3PM
147 Kaden Ct, Fallbrook



GERI SIDES,
GRI, BROKER ASSOCIATE

1ST IN CUSTOMER SERVICE AWARDS
760.207.8497



Welcome to Gird Valley

Wonderful view home with privacy galore. Surrounded by trees and birds, enjoy sitting on the deck amidst the fragrance of blooming trees. 2BD with office. Cozy fireplace in living room, hardwood floors, tile in kitchen & baths, plenty of storage. 2 years new roof, upgraded AC. \$529,000



VILLAGE PROPERTIES

DRE #01934791

760-728-8000 • www.CBVillageProperties.com

River Village: 5256 So. Mission Road, Suite 310, Bonsall



GLOBAL LUXURY

An Equal Opportunity Company Equal Housing Opportunity