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October 19, 2023

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Volume 27, Issue 42

# NCFPD approves 2023-2024 budget

Joe Naiman  
Village News Reporter

The North County Fire Protection District board approved the 2023-2024 NCFPD budget.

The board's 5-0 vote Tuesday, Sept. 26, adopted a budget which anticipates \$25,313,900 in revenue. The budget forecasts \$23,719,160 of operational expenses while a \$7,578,000 capital budget will reduce district reserves from \$13,268,403 to \$7,265,103.

"We've established a capital facility reserve account," NCFPD fire Chief Keith McReynolds said.

The \$1,042,000 in the capital reserves is not included in the \$7,265,103 overall reserves. The capital budget also calls for \$4,098,200 for facilities, \$1,436,000 for apparatus, \$528,000 for equipment, \$190,000 for non-firefighting staff vehicles and \$283,100 of debt service. The 2022-2023 capital expenditures were \$3,226,892, including \$1,098,952 of debt service.

The revenue includes money from the fire mitigation fee which is paid by developers to fund the cost of fire department facilities serving the new development. Because the funding is used for capital improvements, it is not required to be spent in a particular fiscal year. The 2023-2024 budget forecasts mitigation fee revenues of \$250,000.

Property tax payments are the fire district's primary source of revenue. The \$20,604,200 of anticipated property tax revenue is complemented by \$3,750,200 of ambulance fee revenue, \$213,000 from fire prevention fees, \$124,500 of interest payments and \$372,000 of other revenue.

The expenditures reflect a 7.82% salary adjustment and a 5% Consumer Price Index increase. Salaries and benefits account for \$19,376,430 of expenditures.

The capital projects include \$2,018,800 for Station 3 in Rainbow. A design-build contract to add 1,740 square feet and renovate another 777 square feet was authorized during the April 25 board meeting; construction is anticipated to begin in February 2024. The replacement or renovation of Station 4 in Pala

see BUDGET, page A-5

# Dr. Fish appointed to FUESD board

Julie Reeder  
Publisher

At the regular Fallbrook Union Elementary School District's Oct. 16 board meeting, long-time resident Dr. Connie Fish was appointed with a unanimous vote to fill the fourth district governing board position. The appointment came after the seat was vacated by board president Stacey McRae.

Dr. Fish said, "I'm shocked and amazed because there were so many qualified people. I'm really pleased that they're giving me a chance."

When asked what she's most excited to work on or accomplish, she said, "I'm excited to take the vision to reality of really improving student achievement."

Dr. Fish served as Assistant Superintendent at FUESD under the late Superintendent Mike Choate and retired in 2006. She is very active in Rotary and the art community.



FUESD board poses with their newest trustee Dr. Connie Fish who was appointed during the Oct. 16 regular meeting. From left: Suzanne Lundin, Ricardo Favela, Superintendent Monika Hazel, Dr. Connie Fish, President Mary McBride and Diane Sebalj.

# Fallbrook Food Pantry presents Volunteer Appreciation Awards

Ellen Fusco  
Special to the Village News

On Friday, Oct. 6, the Fallbrook Food Pantry hosted our 2023 Volunteer Appreciation Luncheon at The Hearth. We had 26 attendees as we gathered to express our heartfelt gratitude to our volunteers who are a group of extraordinary individuals who make a difference assisting to alleviate hunger in our community every day.

Volunteers are the backbone of any community. They give their time, energy, and expertise freely, asking for nothing in return except the satisfaction of knowing they are making the world a better place. They are the unsung heroes who step up, show up, and never give up.

Our volunteers wear many hats: they are mentors, advocates, and friends. They help us build bridges between generations, cultures, and backgrounds. They plant the seeds of hope, and through their actions,

they inspire others to do the same. Their selflessness is a beacon of hope, and we are immensely grateful for all that they do for our organization. Their kindness and generosity truly make our world a better place.

Fallbrook Food Pantry 2023 Volunteer Award winners

The NCPC (North County Philanthropy Council) Volunteer of the Year award winner is Christine Jameson, who has volunteered at the Fallbrook Food Pantry for over eight years. She has so much energy and passion, and each task that she handles is completed with the biggest smile ever seen. Christine always offers a kind word to our clients; she has taught us that even the smallest gestures of goodwill can have a profound and lasting effect on the lives of those we serve.

The Frank and Sue Russell Dedication and Compassion

see AWARDS, page A-5



The Fallbrook Food Pantry's NCPC Volunteer of the Year is Christine Jameson, seen with her son, Alastar Jameson, who was given an Honorable Mention - Volunteer award for his work at the pantry.

# 48 Ballot drop boxes open for Nov. 7 special election

Tracy DeFore  
County of San Diego  
Communications Office

As of Tuesday, Oct. 10, registered voters in the Fourth Supervisorial District, City of Chula Vista, Fallbrook Public Utility District and Rainbow Municipal Water District can return their mail ballot at any one of 48 official ballot drop boxes located around the districts.

Mail ballots are enroute to nearly 600,000 registered voters

for the Nov. 7 special election and are expected to arrive this week. Only the voters who live in each of those districts can vote in their respective elections. If you're not sure whether you reside in one of the following districts, you can look it up at sdvote.com.

What do the Registrar's official ballot drop boxes look like?

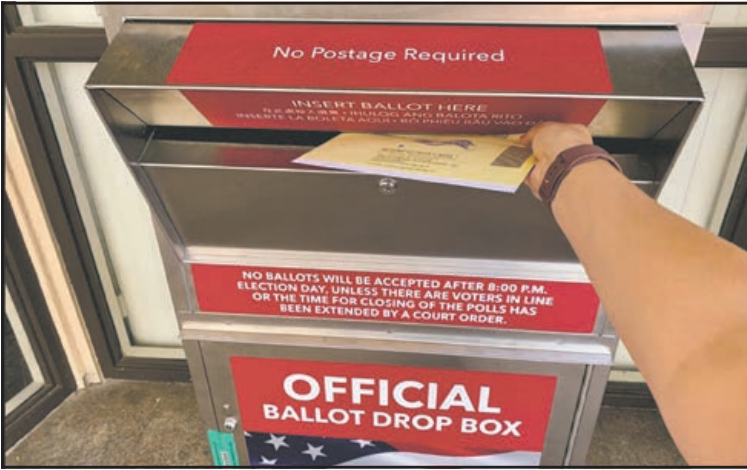
The Registrar's official ballot drop boxes are red, white, and blue and feature the Registrar's logo along with the county seal. All boxes are labeled "Official Ballot Drop Box" and constructed from high grade, heavy gauge stainless steel.

Each ballot drop box is designed to prevent physical damage and unauthorized access to mail ballots. The boxes feature double-locking access doors, anti-pry door jambas, and other anti-theft construction measures. The Registrar's ballot retrieval team is responsible for collecting ballots inside the box.

How do I return my ballot to an official ballot drop box?

Mark your ballot, seal your completed ballot inside your return envelope, date and sign your name on the return envelope, and return to one of the Registrar's 48 official ballot drop boxes around the districts, or you can return it in the mail. Remember, your signature is required for your vote to count.

Thirty-nine official ballot drop



Village News/Courtesy photo

boxes are located outdoors and are open 24-hours a day until 8 p.m. on the final day of voting, Nov. 7. Nine are located indoors and only available when the facility is open. Check the location list or the locator tool for details.

On the final day of voting, Nov. 7, all of the Registrar's official ballot drop box locations will be open from 7 a.m. to 8 p.m.

How do I vote in person?

Early voting began Monday, Oct. 9 at the Registrar of Voters office in Kearny Mesa. Hours run from 8 a.m. to 5 p.m. Monday through Friday. However, the Registrar encourages voters to take advantage of the convenience of voting by mail.

If you prefer to vote early in person and avoid the possibility of long lines, select vote centers will open on Saturday, Oct. 28. You can vote at any vote center around the county.

The vote centers will be open daily from 8 a.m. to 5 p.m. until the final day of voting, Tuesday, Nov. 7, when 22 vote centers and the Registrar's office will be open from 7 a.m. to 8 p.m.

You can find an official ballot drop box or vote center near you inside your voter information pamphlet, or you can look it up online and get additional details at sdvote.com. You can also contact the Registrar of Voters at 858-565-5800 or toll free at 800-696-0136.

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VILLAGE NEWS

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# ANNOUNCEMENTS

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

## Fallbrook Harvest Faire happens Oct. 22

FALLBROOK – Just about everything is in place for the annual Harvest Faire, scheduled for Sunday, Oct. 22, from 9 a.m. to 4 p.m., on Main Avenue in historic downtown Fallbrook.

Put on by the Fallbrook Chamber of Commerce, the faire will feature local handmade crafts, as well as a beer and wine garden, pony rides, pie baking contest, pumpkin and costume contests, live music, local foods and treats, fall-themed treats, nonprofits with crafts for kids and a pumpkin patch.

Also on display will be an abundance of locally handcrafted scarecrows, as part of the October Scarecrow Days in Fallbrook. Several unique shops will also be open along Main Avenue.

Other additions to this event are tractors, vintage trucks, vintage cars and military vehicles. This community event is fun for the whole family and offers the charm of small-town America.

For more information on this or any other event, visit [www.fallbrookchamberofcommerce.org](http://www.fallbrookchamberofcommerce.org) and click on the Events tab or call



Anyone wanting to enter a pie in the bake off needs to register by noon on Friday, Oct. 20 at the chamber office 111 S. Main Ave. Village News/Courtesy photo

the chamber office at 760-728-5845. autumn-themed event.

All are invited to visit Fallbrook and enjoy the fun, interactive and memorable festivities of this Submitted by the Fallbrook Chamber of Commerce.

## Quilt guild to raise funds with Quilted Treasures



Tickets for the raffle of this Opportunity Quilt will be on sale at the Quilted Treasures quilt show, Nov. 3 and 4. Village News/Courtesy photo

FALLBROOK – Quilted Treasures quilt show will be presented by the Fallbrook Quilt Guild Friday, Nov. 3 and Saturday, 4, 10 a.m. to 4 p.m. at SonRise Christian Fellowship Church, 463 S. Stage Coach Lane.

There will be many treasures including beautiful, creative quilts on display, even some for sale; demonstrations to enhance one’s quilting, lots of goodies at the country store; maybe that hard-to-find Christmas present for a special friend or family member or maybe a book or pattern a quilter has wanted.

Browsing is allowed. Everyone will be able to purchase raffle tickets for the guild’s Opportunity Quilt which will be on display at the quilt show. The drawing for the opportunity quilt will be held in June 2024.

The proceeds from the quilt show help fund the guild’s Quilts of Love program. The guild provides quilts to Hope Clinic for Women (baby quilts), Elizabeth Hospice, Camp Pendleton Marine Base (baby), and the Navy/Marine Relief Society.

A study of quilters in Glasgow, Scotland concluded that quilting helped quilters with their cognitive, creative, and emotional well-being. The use of colors brightens their lives and can distract them from stress.

Guild member Chris Brewer said, “As I tell my grandchildren, I am so much better at my math skills: geometry, fractions, measuring just to name a few! Quilting is a life-long skill incorporating many things you learned in school.”

All are invited to come to the show. Anyone interested in joining the guild can contact a member at the show, or go to [www.fallbrookquiltguild.com](http://www.fallbrookquiltguild.com) for more information.

Submitted by the Fallbrook Quilt Guild.

Bonsall Chamber Logo will go here

# 17th Annual FALL FESTIVAL

Trick or Treat • Artisan Faire • Cornhole Tournament

### Trick or Treat

Free Event!

with the Fall Festival Vendors and Merchants in River Village

Check in at the Chamber table in the Kid's area for a list of participating River Village businesses. After trick or treat meet us back in the Kid's area for crafts, games and fun!

### CORNHOLE TOURNAMENT

DOUBLE ELIMINATION TOURNAMENT!

Adults 18+ - BYOP - Bring your own partner!  
Check in at 9am - Bags fly at 10am  
CASH PRIZES FOR 1ST-3RD - Limited to the first 40 teams  
\$60 per team - Signups please contact:  
admin@bonsallchamber.org

## SATURDAY | OCT 28th | 9 AM to 3 PM

Hand-Made Artisan products, Kid's area, Trick or Treating, Games, Food, Little Miss/Little Mister, Beverage Garden, Cornhole Tournament, Music & Much More!

River Village Center | 5256 S. Mission Rd, Bonsall

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## Soroptimist Club to hold Meet & Greet

VISTA – Soroptimist International of Vista & North County Inland is holding a Meet & Greet Oct. 26, from 6–8 p.m. at Cocina del Charro, 1020 West San Marcos Boulevard, San Marcos. Complimentary appetizers and non-alcoholic beverages will be provided to guests.

Attendees will learn about Soroptimist “Dream Programs” that help women and girls through education. Register at <https://bit.ly/3sU1FhN> or email [soroptimistinternationalvista@gmail.com](mailto:soroptimistinternationalvista@gmail.com).

Soroptimist International is a global volunteer movement that advocates for human rights and gender equality. Their volunteer efforts include ensuring that women and girls are heard at seven UN Centers. Visit SoroptimistVista.org for more information.

Submitted by Soroptimist International of Vista & North County Inland.

## Last tri-tip dinner will be served this Friday.

FALLBROOK – The Fallbrook High School FFA students will host their final Tri-Tip BBQ dinner of the football season this Friday, Oct. 20. Dinner will be served from 5:30-7 p.m. at the Agriculture department, which is located at the east end of the football field.

Each meal includes tri-tip, beans, salad, dinner roll and a drink. The price for each dinner is \$15. Call the Ag department at 760-723-6300 ext. 2508 for more information or just show up.

This is a fundraiser for FFA leadership development activities throughout the school year. All residents are encouraged to come and support this nationally recognized FFA and cheer for the local football team.

Submitted by Fallbrook High School FFA.

## The Veterans Day Parade is coming back to Fallbrook

FALLBROOK – Everyone is invited to join the Fallbrook Chamber of Commerce and the Fallbrook American Legion Post 776 for their annual Veterans Day Parade

Saturday, Nov. 11. The parade will begin promptly at 10 a.m., starting at Fallbrook Street and running along Main Avenue to Alvarado Street.

This year the parade Grand Marshall is Retired Marine Corps Major General Anthony L. Jackson of Fallbrook. They will also have fire trucks, youth groups, classic cars, military vehicles, and local dignitaries. Parents can bring their children and extended families to see a wonderful, down-home, small town, old fashion parade and honor the veterans in the Fallbrook community.

Any individuals or groups who are interested in participating in this year’s parade, can go to the Fallbrook Chamber of Commerce website <https://www.fallbrookchamberofcommerce.org/>, click on Events, then click on Fallbrook Veterans Day Parade for details and download the registration form to participate in the parade.

Submitted by the Fallbrook Chamber of Commerce.





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**3547 Via Zara Court, Fallbrook**

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**Sold for \$1,965,000**



**23 Rolling View, Fallbrook**

Relax and escape to your custom built panoramic view estate home in the gated and 24/7 "gate-attended" Rolling Hills Estates on 2.64 acres in Fallbrook! Single story custom home.

**Sold for \$1,650,000**



**2559 Vista De Palomar, Fallbrook**

A Modern Masterpiece in Fallbrook with incredible picture perfect panoramic views over a stunning private pool and spa on 2+ useable acres including a Cabernet Franc vineyard planted in 2017!

**Sold for \$2,100,000**



**30497 Calle Loma, Bonsall**

Stunning, turnkey, 4,658 sf single story PANORAMIC VIEW + ride in-ride out horse property on 2.44 usable acres in Bonsall. 4 large BD + an office. New complete HVAC system, new Sub-Zero, new Bosch dishwasher, travertine flooring and backsplashes, granite countertops, stainless applcs including a Thermador dble oven and a Butlers Pantry with a wine/drink refrigerator. Thermador professional range with pot filler, spacious breakfast area, high ceilings throughout and a 64 panel PAID solar system! The primary suite has a retreat area, amazing views, high end finishes, spacious custom closet. Gorgeous custom designed pool. Bonsall school district.

**Offered at \$2,198,747**



**474 Solana Real, Fallbrook**

Located in the highly desirable Morro Hills area of Fallbrook you will find your one level destination home overflowing with charm, character and easy quality living. Located down a country knoll, this pristine setting includes dramatic mountain and neighborhood panoramic views and amenities we all want. Quality kitchen appliances, solar that is owned, newer HVAC sysTEM. Lush landscaping that helps you feel one with nature. Large oak trees, exterior storage shed and detached art studio, firepit, separate spa and a pool perched upon an amazing view oriented site to soothe your senses. So many outdoor destination sites and granite walking trails to enjoy the natural surroundings.

**Offered at \$1,498,747**



**307 Lemonwood Drive, Fallbrook**

Spacious 4,105 sf home on extra large 3.48 acre lot. Plenty of room to add additional garage, pickleball court or ADU. The community of Hill Ranch in Fallbrook is known for its excellent location and easy access to Hwy 76, the 15 and 5 freeways, and the beach. This property sits in the perfect spot to enjoy the Fallbrook microclimate and ocean breezes. 5BD and 4.5BA including a downstairs bedroom and bathroom provides plenty of living space. Upgraded wood flooring, granite countertops and stainless appliances. Entry courtyard with fireplace! You won't want to leave these gorgeous, private parklike grounds with fruit trees and views. Tesla battery charger installed in garage.

**Offered at \$1,498,747**

**Ken's Corner**

**When is the right time to buy or sell your home?**

*It is an age old question. Interest rates are higher than you are used to, and prices seem to keep going up!*

*Truth is, we live in a highly desirable area, and there remains high demand for our homes. As a buyer, there are more to choose from, and we may be able to find you a perfect home and great deal! The best time will always remain the same...when you are ready and when opportunity knocks! Let's see what we can do for you!*

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**Sharon's Corner**

**We are fired up about our latest listings!**

*Lots of great choices! We are actively showing them to buyers who are looking to start their life in Fallbrook! We love sharing everything we know about "Lovin' Life in Fallbrook!" Come check out the downtown Farmer's Market on Saturdays or stop by a local bakery, shop, restaurant or winery! Check out a concert, hike a local trail, hit the pickle ball club or volunteer with your favorite charity! Lots to do here! Get involved! As always, if you have any questions about what's happening with the real estate market – give us a call or stop by!*

**LET'S TALK! – Sharon**

**Charity Spotlight**



**Fallbrook Harvest Faire**  
**OCTOBER 22 • 9AM-4PM**  
**FREE ADMISSION!**  
Downtown Fallbrook

Enjoy an autumn themed faire of handmade crafts, local foods & treats, pony rides, pumpkin contests, pie baking contest and scarecrows on display. Plus a beer and wine garden with live music. Hello Autumn art competition.

Fallbrook Chamber of Commerce  
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- Kristen and Gracie L.

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



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**Charity Spotlight**



**Fallbrook Music Society**  
**RASTRELLI CELLO QUARTET**  
**OCTOBER 22 AT 2:00PM**  
**FREE CONCERT!**  
at the Mission Theater  
231 N. Main Ave, Fallbrook  
Doors open at 1:00pm

A cello quartet? This group is exhilarating and to say that their performances are breathtaking is an understatement! The Rastrelli Cello Quartet, from St. Petersburg, Russia – now residing in Germany – is visiting Fallbrook as part of their 2023 North American tour.

760-451-8944  
[www.fallbrookmusicsociety.org](http://www.fallbrookmusicsociety.org)



# Assemblymember Marie Waldron honors community leaders during Hispanic Heritage Month

ESCONDIDO – Assemblymember Marie Waldron, R-Valley Center, commemorated Hispanic Heritage Month recently by honoring five individuals who have shown what it means to give back to the community and make it a better place to live.

Michael Pacheco, a member of the Palomar Health District Board, dedicated decades of service as a first responder in both the medical and fire departments, applying his expertise in emergency planning for major events in San Diego and volunteering his time at various organizations.

Oscar Cifuentes, a retired senior chief petty officer who served with honor in the U.S. Navy for 24 years, continued his lifelong dedication to serving his country and community. Alongside his wife, Carmen, he established the RE/MAX Country franchise in Valley Center in 2018, providing guidance and support to the local community.

Mary McBride, trustee and acting board president of the Fallbrook Union Elementary School District, set an example of community involvement through her commitment to both the district and the greater

Fallbrook community.

Luis Ruiz, the owner of Urban Shindigs and L1920, takes on multiple roles as a coding and robotics instructor for the Alpine Union School District and as the honorary mayor of Alpine, representing the Alpine Chamber of Commerce.

David Rios, principal of Mountain Empire High School and a former principal at other local schools, dedicated his career to promoting the growth of students, including those with special needs and an emphasis on building positive relationships with students.

“I commend these outstanding individuals for their exceptional contributions to our community. We look forward to celebrating their future achievements and wish them continued success in all future endeavors,” Waldron said.

*Assemblymember Marie Waldron, R-Valley Center, represents the 75th Assembly District in the California Legislature, which includes the cities of Poway, Santee, portions of the city of San Diego and most of rural eastern and northern San Diego County.*

# Honor Flight San Diego makes 2nd flight of 2023

CORONADO – Honor Flight San Diego took 87 World War II, Korea and Vietnam-era veterans from San Diego to the District of Columbia, Sept. 29, to Oct. 1, in the nonprofit’s second flight in 2023. The three-day trip, which is made at no cost to them, is a time for veterans to visit the memorials built for their sacrifice and to honor them for their service.

Honor Flight San Diego is part of the Honor Flight Network and is one of the approximately 130 hubs nationwide. Honor Flight San Diego is a 501(c)(3) designated nonprofit organization. Top priority is given to the most senior veterans, currently World War II and Korean War, and to veterans who are terminally ill. In 2022, Honor Flight San Diego opened flights to Vietnam veterans to provide a long overdue thank you for their service. For some veterans, it is their first trip to Washington, and for some, it will be their last opportunity.

Honor Flight San Diego is completely funded through individuals, foundations, associations, business owners and corporations. Each Tour of Honor trip costs about \$300,000.

Honor Flight San Diego was started in 2010 by Dave Smith when he took his father, World War II veteran Arthur Smith, on a Lone Eagle Flight for veterans from cities without a hub. He was so inspired by the Honor Flight experience that he got back to San Diego and wanted to volunteer, but since there was no San Diego hub, he created one.

Since 2010, Honor Flight San Diego has flown over 1,800 veterans to Washington for their Tour of Honor.

On each flight, approximately

85-95 veterans travel with their assigned guardian to assist them. The veterans travel at no cost to them. Guardians donate \$900 to help offset the cost of their trip.

On Saturday of each trip, the veterans tour the national World War II Memorial, the Korean War Memorial and the Vietnam War Memorial. They visit the U.S. Marine Corp Memorial – Iwo Jima, U.S. Air Force Memorial and U.S. Navy Yard Museum. The veterans also visit Arlington National Cemetery and witness the Changing of the Guard ceremony. The female veterans tour the Military Women’s Memorial.

When they come home on Sunday, they arrive to a hero’s welcome. Approximately 1,000 people fill the airport to greet them. Active-duty military in uniform line the rails saluting each veteran, alongside friends, family, students, Boy Scouts, Girl Scouts and other citizens dressed in red, white and blue; waving flags and holding signs.

For some veterans, they are getting the homecoming they never received when they returned from their service. For most, they are overwhelmed with emotion as tears flow down their cheeks, according to Honor Flight San Diego.

One World War II veteran summed it up as he was being interviewed about Honor Flight San Diego and the trip.

“This was the best weekend of my life,” he said.

To submit an application as a veteran or a guardian, visit <http://www.honorflightsandiego.org> or call 800-655-6997. Follow Honor Flight San Diego on social media.

*Submitted by Honor Flight San Diego.*

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**Come Shop at**  
520 S. Main Ave, Fallbrook  
Open 10am-2pm  
Closed Sundays  
Contact us at 760-728-7012 for donation pickups of furniture

# Fallbrook residents attend Reform California Town Hall meeting

SAN DIEGO – More than 100 Fallbrook residents joined Reform California Tuesday, Oct. 10, for a town hall meeting to learn about the fight to stop costly tax hikes and utility rate spikes in California – as well as efforts to protect Proposition 13.

The town hall meeting was led by Carl DeMaio, chair of Reform California and former San Diego city councilmember, who is headlining similar events around the county leading up to the 2024 elections.

“Californians already pay the highest taxes and utility rates in the country, and we’re fighting to change that by defeating a number of costly and unfair new tax and utility rate hike proposals in the 2024 election,” DeMaio said. “Two of the proposals that would increase your taxes are a direct attack on 1978’s Proposition 13 – and we need everyone involved in the fight to defeat them and pass the California Taxpayer Protection Initiative next year.”

The California Taxpayer Protection Initiative will be on the ballot in 2024, and passing it would strengthen Proposition 13 and make it harder for state and local politicians to impose costly and unfair tax hikes in the future. Specifically, the measure would restore a two-thirds vote for any tax hike, impose a stricter definition on what is a “tax” so

politicians can’t call them “fees,” require the words “tax increase” be included on the official title of any measure that appears on the ballot that contains a tax hike inside of it and repeal dozens of tax hikes imposed after Jan 1, 2022 – immediately saving taxpayers money.

“Californians are literally fleeing our state because of the high cost-of-living and high taxes imposed by reckless politicians – and this ballot measure is a powerful way for voters to say ‘enough is enough,’” DeMaio said.

The town hall also covered the following topics of concern to Fallbrook residents: the seven top tax hikes Reform California is fighting in California today –



More than 100 Fallbrook residents listen to Reform California Chair Carl DeMaio during a town hall meeting at the Masonic Lodge Tuesday, Oct. 10.

including the San Diego County Mileage Tax, County Sales Tax Hike, Savings Tax, Healthcare Tax, Exit Tax and a range of property, income and other special tax hikes; utility rate hikes that are crushing working families – and how we can roll back the rates by eliminating hidden state taxes and mandates and ways to reverse the trend of home insurance companies dropping customers and implementing rate hikes.

Join the campaign to stop tax hikes at <http://StopTheTaxHikes.org>.

Attend the next Reform California event near you at <http://ReformCalifornia.org/events>.

*Submitted by Reform California.*

# Car club presents donations to local nonprofits

FALLBROOK – October marked another month in which the Fallbrook Vintage Car Club gave away proceeds earned from its annual Memorial Day Weekend Car Show back to the community.

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

FVCC also has a scholarship program for seniors at Fallbrook High which donates funds to selected individuals by semester as they progress to their selected post-high school education. All donations are made possible by proceeds from the Annual Memorial Day Weekend Car Show, Sunday, on Memorial Day Weekend.

To apply for a donation for a Fallbrook nonprofit group, go to [www.fallbrookvintagecarclub.org](http://www.fallbrookvintagecarclub.org) and submit an application that can be found under “Download a Donation Request.”

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

Owning a vintage (25 years old) car is not required to be in the club, just have an interest in them along with the social aspects of this very active club with activities and volunteer opportunities for everyone. They meet the fourth Tuesday evening of every month, check their newsletter for more details, [www.fallbrookvintagecarclub.org](http://www.fallbrookvintagecarclub.org).


*Submitted by the Fallbrook Vintage Car Club.*



FVCC Chair of Donations Michael McGuire, right, presents a check to Fallbrook Artists Association members Diane Jansen, left, and Thom Lingle.



FVCC Chair of Donations Michael McGuire, from left, presents a check to Potter Jr, High School PTA Secretary Jenni Balbier, ASB Officers and Robotics students, and Principal Dr. Alex Gonzalez.



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Represented the Buyer

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FALLBROOK \$1,750,000

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# North County Fire offers rescue workers' experiences



Conor Friedlander, 5, experiences what it's like to use a small fire hose during the North County Fire open house event at Station 1 in Fallbrook, Oct. 14. Village News/Shane Gibson photos



Mercy Air flight nurse Kelly Forman cheers for good oxygen saturation as she tests guests at the North County Fire open house event.



A Mercy Air helicopter lands at the ballpark next to North County Fire Station 1 where guests attending the open house event can get a close look at the air ambulance.



North County Fire Explorer Dawson Fluck helps grill hot dogs for guests attending the North County Fire open house event.



Justin Vanderwal provides a birds eye view for his son Fiin, 2 1/2, of the vehicle extrication demonstration by North County firefighters.



Guests attending the North County Fire open house event find information from a variety of local resources.



North County firefighters perform a vehicle extrication demonstration for guests attending the open house event.



North County firefighters perform a vehicle extrication demonstration for guests attending the open house event.







# Neighbors unite: Three local child nutrition departments collaborate to offer professional development training

FALLBROOK – The Child Nutrition Services (CNS) staff from Fallbrook Union Elementary School District (FUESD), Fallbrook Union High School District (FUHSD), and Bonsall Unified School District (BUSD) came together at the FUESD Central Kitchen facility to participate in a hands-on culinary training, Friday, Oct. 6.

Melissa Phillips of Tyson Foods, a leader in the K-12 food industry, offered this professional development opportunity to the districts and the visionary leaders saw it as another opportunity to bring their teams together.

Judi Reynolds, director of CNS for FUHSD, explained how this collaboration began, “We were discussing what a strong partnership we have between the three of us and we wanted to expand that to our team. The idea of ‘Neighbors Unite’ was born from that discussion. I believe when we bring our cafeteria staff together they support each other and learn from one another.”

Kursten Orr, director of CNS for BUSD expanded, “Working in a school cafeteria requires a lot from our staff. They have to work quickly, accurately, be friendly and engaging with the students, and ensure the food is handled safely. Meeting other professionals doing the same type of work is motivating and inspiring.”



Staff members from all three local school district child nutrition departments participate in a joint culinary training.



Child nutrition workers put together a chicken and vegetable wrap at the diced chicken station during the culinary training provided by Tyson Foods.

This is not the first collaboration between these three innovative districts. In August, the three teams joined forces for a Back to School meeting, which included a motivational speaker, expert guidance from their Nutrition Consultant from the California Department of Education, and hands-on culinary training including knife skills and using standardized recipes.

These three school districts also collaborate with purchasing food from local farms including Dickinson Family Farms in Fallbrook, Dassi Family Farms in Encinitas, and Davis Family Farm in Valley Center.

Amy Haessly, RD, director of CNS for FUESD shared, “I love collaborating with our neighbors. We have learned to combine our buying power and now we are combining our teams to create a synergy so that our staff feel supported. This results in better foods and improved service for our students so they can succeed!”

For more information about these programs, contact: FUESD CNS Department at 760-731-4352, FUHSD CNS Department at 760-731-1601 or BUSD CNS Department at 760-631-5200 x1025

Submitted by Fallbrook Union Elementary School District.

## Social Security announces 3.2% benefit increase for 2024

WASHINGTON – Social Security and Supplemental Security Income (SSI) benefits for more than 71 million Americans will increase 3.2% in 2024, the Social Security Administration announced Oct. 12. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.

More than 66 million Social Security beneficiaries will see the 3.2% cost-of-living adjustment (COLA) beginning in January 2024. Increased payments to approximately 7.5 million people receiving SSI will begin on Dec. 29, 2023. (Note: some people receive both Social Security and SSI benefits).

“Social Security and SSI benefits will increase in 2024, and this will help millions of people keep up with expenses,” said Kilolo Kijakazi, Acting Commissioner of Social Security.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$168,600 from \$160,200.

Social Security begins notifying people about their new benefit amount by mail starting in early December. Individuals who have a personal mySocial Security account can view their COLA notice online, which is secure, easy, and faster than receiving a letter in the mail. People can set up text or email alerts when there is a new message – such as their COLA notice – waiting for them in my Social Security.

People will need to have a my Social Security account by Nov. 14 to see their COLA notice online. To get started, visit [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

Information about Medicare changes for 2024 will be available at [www.medicare.gov](http://www.medicare.gov). For Social Security beneficiaries enrolled in Medicare, their new 2024 benefit amount will be available in December through the mailed COLA notice and my Social Security’s Message Center.

The Social Security Act provides for how the COLA is calculated. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) as determined by the Department of Labor’s Bureau of Labor Statistics.

To read more, visit [www.ssa.gov/cola](http://www.ssa.gov/cola).



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Learn more and see if you qualify at [sdge.com/FERA](http://sdge.com/FERA)





OPINION

Getting the word out about drug abuse



Assemblymember Marie Waldron  
75th District

Red Ribbon Week – Oct. 23 to 31 – delivers a strong anti-drug message to school children nationwide. I strongly support this annual program, and again this year my office is distributing thousands of Red Ribbon certificates to schools throughout the 75th Assembly District.

In 2021, there were almost 6,000 overdose deaths in California – most of them fentanyl-related. That’s an increase of 121% in three years. Fentanyl has become the number one killer of persons aged 18 to 45 in San Diego County. The drug is 50 times stronger than heroin and 100 times stronger than morphine. It comes in various forms, and can be made to look like any prescription pill. Even a very

small amount can be lethal.

Most fentanyl is smuggled across California’s southern border. U.S. Customs and Border Protection seized more than 22,000 pounds of fentanyl between October 2022 and June 2023. That compares to 8,300 pounds seized the previous year. Even though California has spent more than \$1 billion to reign in this deadly epidemic, the problem has grown.

Help is available. Medication Assisted Treatment (MAT) is considered the gold standard in treating opioid addictions. However, several areas in San Diego County located within the 75th Assembly District have been identified as Health Professional Shortage Areas (HSPSAs). Lack of treatment options, and the long driving distances involved can limit effective and timely treatments. That can cost lives.

This session, I introduced AB 1233 to help make Naloxone and other fentanyl antidotes more available in tribal areas. The bill was recently signed into law by the Governor. But we need to do all we can to prevent overdoses by spreading the word about the dangers of drug abuse – the message thousands of students receive during Red Ribbon Week.

By using MAT, educational programs like Red Ribbon Week, and enhanced law enforcement against drug traffickers, this deadly scourge can be stopped. We can save thousands of lives.

Kicking It – Surviving a twin tsunami



Elizabeth Youngman-Westphal  
Special to The Village News

A few weeks ago, my granddaughter Autumn flew down from the Sacramento area with her under-2 year old twin boys. It turned out to be a whirlwind visit.

Naturally, she was thoroughly prepared for this expedition. I thought I was too. After all, we did a thorough house cleaning from the floor up to our waists. Or so we thought. I’d forgotten how long a two-year-olds arms can be.

Apparently, someone at the car rental agency took pity on her because even though mommy only packed the minimum gear required to bring two-2-year-olds from home for two nights, it was enough to fill the biggest Ram truck bed I’ve seen. And, oh silly me, I’d forgotten how much laundry two little boys could create.

When we helped her unload the truck, we understood how she could be confused with a traveling circus. Besides her two squirmy boys, who might have identified as acrobats, Autumn had packed a double stroller, three giant suitcases, two backpacks, and goodness knows what was in the other bags.

I’ve seen troop deployments with less gear. Just the same, one of the roller bags held a tent (right, a tent) and two, I said two, high chairs!

Fortunately for us, Autumn had the good sense to bring her best friend Darcy along. Thinking back, Darcy deserved a reward because, as their self-appointed auntie, she too got to hold a wiggly 2-year on her lap for the 90-minute flight from hell. Surely, in reflection, they both must be wondering, “What were we thinking?”

Autumn grabbed this opportunity to scoot out of town with the boys because after the 4th of September their flying rates change when they turn 2. Or as Grayson says silently when he shoots both hands above his head in Nixon’s old victory sign. For Grayson, the word signifies action. Naturally, as one of my great-grandsons, he is really cute!

While I thought I’d baby proofed the house, according to their mom, (and when did she grow up to be such a knowing woman?) I did a semi-job. But who knew?

Furthermore, who knew the second twin, Levi, would develop an ongoing attachment to the hummingbird window decals? I’ve not seen VJ move as fast as he

did over that weekend while trying to shoo Levi away.

Even so, Levi was faster! Catching him before his little fingers made the glass slider was like trying to catch a bouncing ping-pong ball.

Oh, and they both go boing. You know when someone can go from standing flat-on two feet to rocketing in-place-into-mid-air? Without forewarning. Just boing! Straight up. It’s hilarious.

Even funnier when they put it in motion and boing across the room like kangaroos.

Just like in days of yore when we visited our grandparents, we, too, made pallets for them out of folded quilts.

And wouldn’t ya know, their first night here was a bit chaotic. It started when, just as Autumn got them settled, on que, Grayson’s little tummy exploded! Naturally it projected across the freshly washed bedding.

That put papa into full-recovery mode. Extracting the soiled bedding from mommy to push into the washing machine as mommy comforted our little dude. Awe, poor little guy. Grayson not VJ.

In reflection, their visit was like surviving a tsunami. They crashed in, landed on everything, and then went away leaving nothing but eerie quiet in their wake.

It was a reminder of His omnipotent omnipotence and why mothers are young.

*Elizabeth can be reached at eyoungman@reedermedia.com.*

The latest at SANDAG



Supervisor Jim Desmond  
5th District

Let’s start with some great news! Thanks to the unwavering efforts of SANDAG Board members, led by San Marcos Mayor Rebecca Jones, we have successfully eliminated the mileage tax from the transportation plan. Mayor Jones pushed vigorously for this issue to be heard and got most of her colleagues to remove this tax. It’s a significant win for San Diego County!

However, our work is far from over. SANDAG is still actively pursuing its \$160 billion transportation plan, and with the mileage tax out of the picture, they

are exploring alternative funding sources. Their latest proposal involves converting over 800 miles of San Diego County roads into managed toll lanes.

We already bear the burden of some of the highest driving costs in the country. From exorbitant gas prices due to steep gas taxes to the nation’s highest vehicle registration fees, San Diegans feel the impact on their wallets daily. The prospect of managed toll lanes on nearly every road will only further strain our finances.

The mileage tax was removed through the collective voice of our community speaking out in opposition. Our politicians listened because we made ourselves heard. To thwart the proposal to manage through tolls our beloved San Diego roads, we must unite again and demonstrate the same dedication.

I urge you to contact your local SANDAG representative and express your thoughts and concerns about this toll lane proposal. Your input matters; together, we can ensure our voices are heard and our roads remain accessible to all.

Thank you for your continued support in defending the interests of our community.

Re: ‘How to take the schools back’ [Village News, Forrest letter, 10/12/23]

Ms. Forrest, the fact that you have to ask what’s wrong with the schools, tells me you are part of the problem. That, and the smarter-than-thou attitude.

I didn’t include my background because I wasn’t sure I’d get a typical response from a teacher who wholly supports the union or works for them.

Here goes.

Sandra, I was a fully accredited secondary education teacher literally before you were born. My mother was a teacher. My sister was a teacher. My best friend was a teacher. In the mid 70s, I saw the schools taken over by your party of far left radicals with their indoctrination agendas. I turned down a job and decided to just substitute and not join the left “team.”

I substituted on and off for 14 years in three states and over 20 schools. I saw what worked and what didn’t.

No, Sandra, I didn’t fall from the turnip truck yesterday. Maybe you should do some research outside of your small pond.

So let’s go through your letter. Ascertaining someone is a parent doesn’t require the T.S.A.

Of course you want to be warned, so you can modify your agenda.

Don’t call Bobby, Megan, because the school is secretly helping “him” transition to a new gender. Suspend the war on boys and whites as oppressors. Don’t tout socialism as the only fair government. No mention of American imperialism, etc. etc. You know, clean it up for the day.

Yes Sandra, I have done research. The heaviest flak is when you’re over the target. The last time I visited a “campus” was when I taught there.

I don’t know why you put “proposal” in quotes? Does it scare you? You say find out what can and can’t be controlled locally. Tell it to Temecula!

Now we come to the heart of the letter/matter. You say your (school’s) hands are tied by the established (public?) and legal requirements you say “unions do not set school policy or instructional protocol.”

No, the state hired a middle school teacher to “establish public and legal requirements.”

My eye, the unions tell the state what’s best for them… I mean what’s best for the students “to reach their full potential.”

Maybe you should do your homework/research to discover the solid proof. We had the unions supporting the mask mandates, school closures, the inoculation of teachers and kids, and parents investigated by the FBI. Solid proof, maybe you’ll have to turn in your cheerleader outfit.

You say private, charter, or voucher type schools are not required to follow state and federal mandates. That’s why they work! And thank God, oops that word is banned isn’t it? But, no books can

be banned now, especially a child’s book on how to provide oral sex in the neighborhood. P.S. approved by our school board. Maybe I should discuss it with them.

I’m sure they’ll change their minds.

It’s interesting to note you don’t mention the horrendous scores in academics that keep falling while administrators salaries keep rising, not to mention the obscene golden parachute our esteemed superintendent got at the town’s expense.

Yes, I have spoken to many administrators and almost all were a terrible disappointment. They were more interested in their careers than their jobs.

And finally, you suggest I volunteer to mentor students. I have, for 14 years. I tried to teach the kids the truth, countering union sponsored training of Critical Race Theory, (communism adapted to America), and Common Core (Communism tailored for American schools). Yes, I substituted in California for years.

By the way, I wrote a book for substitute teachers, approved by the NY Teachers union. It was sold in Barnes & Noble in eight states for 10 years. I still sell it and meet with former and current teachers, and they are all disgusted with the schools you’re so proud of.

So please put down the pom poms and sell it to someone who doesn’t know about the closed board meetings that were supposed to be open, or the microphones turned off so parents couldn’t speak.

Do your homework.

J. Schembri

Arise Shine

“KINGDOM”

May the peace and justice of our Lord be with Israel!

“ I was glad when they said unto me, Let us go into the house of the Lord. Our feet shall stand within thy gates, O **Jerusalem**. Jerusalem is builded as a city that is compact together: Whither the tribes go up, the tribes of the Lord, unto the testimony of Israel, to give thanks unto the name of the Lord. For there are set thrones of judgment, the thrones of the house of David.

**Pray for the peace of Jerusalem: they shall prosper that love thee. Peace be within thy walls, and prosperity within thy palaces.** For my brethren and companions’ sakes, I will now say, **Peace** be within thee. Because of the house of the Lord our God I will seek thy good. ”

Psalm 122

We pray in Jesus name, Amen.

Sponsored by Ana Iturralde



Taking time to recognize all the blessings in our community

Julie Reeder  
Publisher

I went to REINS Country Hoedown Saturday night. What a great event for a great cause, helping our special needs residents. While I enjoyed this event, Lucette went to another important event, the Hope Clinic Tea, which raises money to take care of families who have a baby on the way and may need support, education or encouragement. We try to attend as many events as we can.

On Oct. 28, I'm attending the gala for the Fallbrook Food Pantry which vets those in need and provides food for their families. If you've ever been in that situation, you know how important that is.

It's so great to enjoy the company of locals while raising money for good causes that enrich the lives of our residents, young and old as well as the entire community. The Bonsall Woman's Club, the Vintage Car Club, and the Angel Society, all donate to other worthy causes in town and support other deserving causes. The Land Conservancy works hard to make sure we have green spaces, preserves, hiking trails to enjoy nature, etc. And then we have all the churches serving their

congregations. We are blessed indeed to have all these groups of volunteers, which are almost too many to mention, who make our community what it is. We are truly blessed.

Then there are the events which maybe don't raise money, but are important to the community, like the Harvest Faire, the Christmas Parade, etc.

We are blessed, and I am thankful. Village News is thankful that you allow us to cover all the wonderful and enriching events happening as well as the not so wonderful, which is equally as important. We enjoy being the trusted hub of information and we want to celebrate that, as well as raise some money for our intern program and new computers and technology, which are greatly in need of updating to do our job.

We will celebrate our thankfulness by inviting all our friends and subscribers to our next Village News event, which will be a "Friendsgiving" on Nov. 18 at Sonrise Community Church, 463 S Stage Coach Lane. The Friendsgiving is also sponsored by Grocery Outlet, which is helping to supply food for the occasion.

There won't be any long formal presentations, just good food and

enjoying each other's company. We will have raffles and silent auction items for people to bid on to raise needed funds.

In a world where we often find ourselves inundated with distressing news and global turmoil, it becomes ever more vital to pause and contemplate the aspects within our reach and influence at a local level. Every community possesses the potential to harness its resources and capabilities for the betterment of its members. We are fortunate to belong to a vibrant and close-knit community, where we not only reside but also thrive, engage in recreational activities, relish life's pleasures, and extend a helping hand to one another.

If you want to join us, you can go to VillageNews.com/donate and a donation of any size will be your ticket into the event, or you can just call our office at 760-723-7319.

We will be enjoying turkey, ham, dressing, yams, salad, rolls, pie and more! I'm excited to see you there. Please join us. If you need a ride, please call the office and we will do our best to arrange one for you. There is limited space, so the earlier you reserve your seat the better!

Re: 'The right to question policies' [Village News, Jones letter, 10/5/23]

Lindsay tries to make the case that she's open minded and capable of making reasonable decisions – then demolishes her case, thusly. She says: "it made zero sense for me to take the [Covid-19] vaccine."

Apparently she gave no weight to the recommendations of Dr. Fauci, a respected immunologist, and the CDC, and instead, went with then President Trump's frequently (and falsely) repeated "it will go away." To Lindsay: If you think you challenge everything, have you tried challenging your own logic?

Regarding Covid vaccines and excess mortality: there is little or no connection. There is definitely a connection between anti-vaxing and excess mortality. In Florida and Ohio, "the excess death rate among Republican voters was 43% higher than the excess death rate among Democratic voters after vaccine eligibility was opened" (NPR, KPBS 7/25/23). This could reasonably apply to all states.

Then she got to Part one of her real message. Blame the Dems for letting Big Pharma profit obscenely from the vaccine. Actually, the Republican Party is the one associated with corporations. When Republicans gain majority, the first thing they do is cut taxes for corporations and wealthy individuals.

The most recent example is Trump's "Tax Cuts and Jobs Act." It threw a few crumbs to the middle and lower economic citizens, but 80% of actual cash went to the wealthy elite.

Further, regarding Democrats and Big Pharma: "In July 2021,

Attorney General Bonta [California Democrat] announced a \$26 billion settlement, which was finalized in Spring 2022, with Johnson & Johnson, which manufactured and marketed opioids, and Cardinal Health, McKesson, and AmerisourceBergen, the nation's three major pharmaceutical distributors. It was the second largest multi state agreement in U.S. history..." (Rob Bonta newsletter, 6/09/23) That's the kind of thing Democrats do.

Then there's Part Two. Republican dog-whistle time. Lindsay uses the term hypersexualize, in one form or another, three times. The objective is to convince you that Democrats are trying to use public school books to indoctrinate and "groom" children as homosexual or prey for pedophiles.

People who have no science background are quite likely to buy into this lie. The fact is children as young as four know if they are different. A book is not going to change that either way.

I don't have any school children, but if I did I would prefer an accredited teacher or librarian to choose their books, rather than a school board. As a teacher, Lindsey should know they've spent many hours studying child development and child psychology.

Conversely, I have no idea of who might be on a school board. But did you know California has the least literate population of any state? And that's where school boards come from.

John H. Terrell

CALENDAR

**Oct. 12-31** – Fallbrook Scarecrow Days returns with scarecrow displays at local businesses, residences and all over town. Familiar and new scarecrows will delight viewers. New this year is a scarecrow scavenger hunt. For all info, visit <https://www.fallbrookchamberofcommerce.org/>.

**Oct. 14** – 4-9 p.m. – REIN's annual Country Hoedown will be held at 4461 S. Mission Road, with live music by Clay Colton Band, BBQ by Firehouse Que & Brew, family-friendly activities, dancing, auctions and riding demonstrations. To buy tickets, go to <https://reinsprogram.org/>.

**Oct. 15** – 11 a.m. to 3 p.m. – Fallbrook Alumni Association holds its Annual Alumni Picnic in the Park, at Live Oak Park. An optional tri-tip lunch will be offered by FUHS' Ag department. Reservations, including lunch, will be \$25. Reply (lunch/yes or lunch/no) by Oct. 5 to reserve a space. For more info, contact Jan Mahr Owen at 760-421-8038 or [fallbrookalumni@gmail.com](mailto:fallbrookalumni@gmail.com).

**Oct. 22** – 9 a.m. to 4 p.m. – Fallbrook Harvest Faire downtown on Main Ave. offers handmade crafts, local foods & treats, pony rides, pumpkin contests, pie baking contest, scarecrows on display, live music in the beer & wine garden. For more info or vendor opportunities, call the Fallbrook Chamber, 760-728-5845.

**Oct. 22** – 2 p.m. – Fallbrook Music Society presents the acclaimed Rastrelli Cello Quartet from Germany at the Mission Theater. The four cellos have such diverse sounds they make you think you're hearing old-time ragtime, a Big Band era saxophone or Piazzolla's bandoneon. Admission is Free. For more info, visit [www.fallbrookmusicsociety.org](http://www.fallbrookmusicsociety.org).

**Oct. 28** – 9 a.m. to 3 p.m. – Bonsall Chamber of Commerce is putting on its 17th annual Fall Festival with trick or treating, an Artisan Faire and Cornhole Tournament at River Village

Center, 5256 S. Mission Road, Bonsall. There will also be a kids area, games, food, Little Miss/Little Mister, Beverage garden and music. For more info, visit <https://www.bonsallchamber.org>.

**Oct. 28** – 3:30-5:30 p.m. – Fallbrook Community Center to host a free Halloween Festival, 341 Heald Lane, with music, games, crafts, trick-or-treating, costume contests and other kid-friendly activities. After sunset, Movies in the Park will show the movie "Hocus Pocus." All ages welcome. For more info, call 760-728-1671.

**Oct. 28** – 5-10 p.m. – Fallbrook Food Pantry holds its Monte Carlo Masquerade Ball at Sonrise Christian Fellowship Banquet Hall, 463 S. Stage Coach Lane. Each ticket holder receives a sit down dinner and one drink ticket – soda & water included. Also live music, dancing, photo booth, casino tables (craps, roulette, blackjack), silent & live auction items. Register no later than Monday, Oct. 23 at [www.fallbrookfoodpantry.org/gala](http://www.fallbrookfoodpantry.org/gala).

**Nov. 4** – 8 a.m. to 5 p.m. – Veterans & Families Mental Health First Aid. This free 8-hour certification public education program will be offered at the Community Health & Wellness Center, 1636 E. Mission Road. Learn to identify, understand and respond to signs of mental illness and substance use disorders and provide initial support. For more info including additional training dates or to register, call 760-731-9187 or visit <https://www.fallbrookhealth.org/mental-health-first-aid>.

**Nov 4** – 9-11 a.m. – Fallbrook Beautification Alliance and I Love A Clean San Diego are holding 3 'Sustainable Saturday' events, kick-off in Vince Ross Village Square: Downtown community clean-up (bring gloves, bucket, water and a friend); storm drain stenciling and, from 11 a.m. to 12 p.m, a clothing swap. For more info and to register, go to <https://cleansd.org/events/>.

**Nov. 11** – 10 a.m. – Veterans Day Parade begins at Fallbrook Street and Main Avenue, followed

by a ceremony at Village Square, 11 a.m. A free lunch will be held at the VFW Post 1924 at 12 p.m. Presented by Fallbrook Chamber of Commerce, VFW Post 1924 and the American Legion.

**Dec. 1** – 5-7:30 p.m. – The 11th Annual Fallbrook Tree Lighting Festival will be held at Fallbrook Community Center with music and live entertainment, shopping and resource booths, free activities for all ages, food for purchase and the lighting of the 20-foot cedar tree, at 341 Heald Lane.

**Dec. 9** – 2 p.m. – The Fallbrook Chorale presents A Christmas Festival of Song with Chamber Orchestra at SonRise Christian Fellowship, 463 S. Stage Coach Lane. Tickets are \$20 each, military and students with ID are \$10 each, children 10 and under are free. Tickets are available at Major Market, [www.fallbrookchorale.org](http://www.fallbrookchorale.org) and [fallbrookchorale@gmail.com](mailto:fallbrookchorale@gmail.com).

**Dec. 16** – 8:30-10:30 a.m. – Breakfast with Santa is offered at the Fallbrook Community Center, \$5 admission. At 341 Heald Lane. For more info, 760-728-1671, <https://www.sdparks.org/>.

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**SHOWTIMES FOR FRIDAY 10/20- THURS 10/26**

OCTOBER	FRI 20	SAT 21	SUN 22	TUE 24	WED 25	THU 26
BACK TO THE FUTURE (2023 RE-RELEASE) PG		7:00 PM			7:00 PM	
FIVE NIGHTS AT FREDDY'S PG-13						7:30 PM
KILLERS OF THE FLOWER MOON R	12:15 PM 1:00 PM 2:00 PM 5:30 PM 6:30 PM	1:00 PM 2:00 PM 5:30 PM 6:30 PM	1:00 PM 2:00 PM 5:30 PM 6:30 PM	2:00 PM 3:30 PM 5:30 PM 6:30 PM	2:00 PM 3:00 PM 4:30 PM 6:30 PM	4:30 PM 6:00 PM
PAW PATROL: THE MIGHTY MOVIE PG	4:45 PM 7:00 PM	12:15 PM 2:30 PM 4:45 PM	12:15 PM 2:30 PM 4:45 PM 7:00 PM	2:30 PM 4:45 PM 7:00 PM	2:30 PM 4:45 PM 7:00 PM	4:45 PM 7:00 PM
TAYLOR SWIFT: THE ERAS TOUR PG13	12:00 PM 3:30 PM 7:00 PM	12:00 PM 3:30 PM 7:00 PM	12:00 PM 3:30 PM 7:00 PM			7:00 PM
THE EXORCIST: BELIEVER R	2:15 PM 4:50 PM 7:30 PM	2:15 PM 4:50 PM 7:30 PM	2:15 PM 4:50 PM 7:30 PM	2:15 PM 4:50 PM 7:30 PM	2:15 PM 4:50 PM 7:30 PM	4:50 PM
THE NIGHTMARE BEFORE CHRISTMAS 30TH ANNIVERSARY PG	12:45 PM 3:00 PM 5:00 PM 7:10 PM	12:45 PM 3:00 PM 5:00 PM 7:10 PM	12:45 PM 3:00 PM 5:00 PM 7:10 PM	3:00 PM 5:00 PM 7:10 PM	3:00 PM 5:00 PM 7:10 PM	5:00 PM 7:10 PM

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ENTERTAINMENT

World renowned cello quartet to perform in Fallbrook

FALLBROOK – A cello quartet? Contrary to what one might imagine, this group is exhilarating and to say that their performances are breathtaking is an understatement. The Rastrelli Cello Quartet from St. Petersburg, Russia, and currently residing in Germany will make a stop at Fallbrook’s Mission Theater Sunday, Oct. 22, at 2 p.m. as part of their 2023 North American tour.

“These remarkable musicians have such diverse sounds they make you think of a classical symphony one minute, then they sound like an old piano playing ragtime, a saxophone from the Big Band Era or even a polka the next,” Bob Freaney, president of Fallbrook Music Society, said. “They bring an entirely new dimension to everything they play.”

According to the musicians, they perform only music they love personally, and they have built a broad and unique repertoire that just can’t be found anywhere else. The quartet’s orchestral sound and showy virtuosity are exciting and combined with their humor, provides for a wonderful concert experience – delighting audiences worldwide.

The four musicians began working together in 2002, and for the past 21 years, they have devoted themselves to exploring and experiencing the cello’s world of sound. They are committed to tradition, but completely uncoupled from the conventional approach, which only serves as a



Fallbrook Music Society presents the Rastrelli Cello Quartet as part of their 2023 North American tour Sunday, Oct. 22, in the Mission Theater, 231 N. Main Avenue. This concert is free admission. Village News/Courtesy photo

solid foundation. The ensemble has a unique and broad repertoire, the likes of which can’t be found anywhere else. The art of transformation becomes, without exception, an authentic adventure in sound for the listener.

The Rastrelli Cello Quartet has been a guest on festival stages, concert halls and radio stations worldwide. They have recorded eight CDs to date, which present very different styles of music and give an extensive survey of the repertoire of the ensemble.

**Please Note:** This concert will take place the same day as Fallbrook’s annual Harvest Faire, which means that Main Avenue and the entrance to the theater will be closed to through traffic. Limited guest parking will be available exclusively for concertgoers beginning at 1:30 p.m. in the Fallbrook House of Prayer parking lot at 135 E. Ivy Street. Access to the parking lot will only be from North Vine Street onto East Ivy Street.

This concert is free for all attendees, and no reservations are required. Donations are welcome to help support Fallbrook Music Society’s tradition of delivering excellence in live music performances to Fallbrook and its surrounding communities. The concert will be held Sunday, Oct. 22, at 2 p.m. in Fallbrook’s historic Mission Theater, 231 N. Main Avenue.

For more information, visit <http://www.fallbrookmusicsociety.org>.

Submitted by Fallbrook Music Society.

Fine Arts Network presents ‘Catch Me If You Can’ at the Old Town Temecula Community Theater

Ava Sarnowski  
Writer

Produced by resident theater company, Fine Arts Network, the musical “Catch Me If You Can” will be playing for three weekends at the Old Town Temecula Community Theater, through Sunday, Oct. 29. The production will also be backed by a full live orchestra onstage, alongside the performers, creating a jazz-style event.

“Catch Me If You Can” follows Frank, a runaway teenager who flees from his unhappy, broken home. He embarks on a new adventure, conning people under various identities including an airplane

pilot, doctor, lawyer and more. At its heart, it tells the story of a lonesome boy looking for his place within the world, as he narrates his life, or version of the truth, on a dance-heavy variety television show within the 1960s.

The story is based on one of the most famous con artists in history, with a book written by Terrence McNally, Tony Award-winner and a theatrical score created by Marc Shaiman and Scott Wittman.

Joey Arreola, the artistic and show director, expresses that the show was picked for the recognition and reputation of Steven Spielberg’s 2002 film, which starred Leonardo DiCaprio as Frank Abagnale

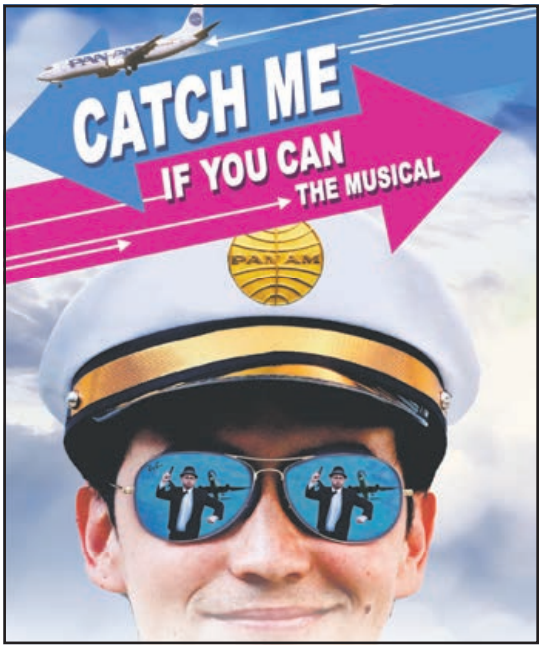
Jr., and Tom Hanks as Carl Hanratty.

Embodying these roles for FineArtsNetwork’s production include Brandon Gonzales as Frank Jr. and Thomas Fisk as Hanratty. Arreola said the show was a hidden gem of the musical theater genre, one with “fantastic” music and “incredible” dancing. He further elaborates that the show is based on real-life individuals, who each lived dynamic lives during one of the greatest times in history.

Rounding out the creative team includes Rachel Pfeifer Green as musical director, Stephanie Polka as choreographer and Scott Merrin conducting the Fine

Arts Network Orchestra. Fine Arts Network is also introducing Tyler Stern as part of FAN’s new Educational Internship Program as the assistant director.

Ticket prices include \$33 for orchestra, \$31 for parterre, \$29 for balcony and \$20 for group tickets. Said parties with 10 attendees or more, are to contact the ticket office. Adults 65+ years of age, military, students and children will be discounted. Parental discretion is advised, as the show has adult language. To learn more about the “Catch Me If You Can” dates, or to purchase tickets, visit <http://www.temeculatheater.org>.



Watercolor artist to demonstrate for FAA meeting

FALLBROOK – Fallbrook Artists Association (FAA) welcomes Buffy Kaufman, a watercolor pour artist working in transparent watercolor with alternative media and techniques on Saturday, Oct. 21.

Kaufman uses intriguing color choices and delicate design, creating captivating pieces that draw the viewer in. She will create a beautiful watercolor painting of Dune Primrose Wildflowers and will be demonstrating how to use permanent masking fluid to block in shadows and watercolor pouring semi-abstract backgrounds.

Kaufman is a Brand Ambassador for Daniel Smith Watercolors and a Louisiana Watercolor Society Signature Member. She teaches locally at The Green Art House and Fallbrook School of the Arts.

The FAA’s general meeting is held at the Fallbrook Woman’s Club, 238 W. Mission Road, 9:30 a.m. to 12 p.m. starting with a member’s art critique. The general meeting is always free to the public.

At 1 p.m., Kaufman will teach a workshop on watercolor pour techniques. Attendees are asked to register for the workshop in advance, however, sign-ups are also accepted that day. The cost to members is \$40 or \$50 for non-members.

Call Carol Reardon to register for the workshop and receive a materials list, 760-221-5577. The FAA workshops are well attended and provide a comfortable setting for exploring and learning new art skills.

The FAA’s Gallery is located at 300 N. Brandon Road, Fallbrook. FAA has a new art show every month at The Gallery which is open to all members and guest artists. Details can be found at [www.fallbrookartassoc.org](http://www.fallbrookartassoc.org).

Submitted by the Fallbrook Artists Association.



Buffy Kaufman works in transparent watercolor with alternative media and techniques. Village News/Courtesy photos



“Wildflowers” by Buff Kaufman



The reference photo for “Wildflowers”



The first step in the painting of “Wildflowers”



# Theater Talk

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

Wow, there is a lot of entertainment this month. You will want to grab your calendar to book seats for these upcoming shows like “Spiderman.” It’s only here for one night Saturday, Nov. 4, at Broadway San Diego, and it’s playing at the San Diego Civic Theatre downtown at 3651 Fourth Street, followed by “Mama Mia” opening Tuesday, Nov. 7. Remember to buy parking at the Wells Fargo Bank building just a few blocks away. For more information, visit <http://www.broadwaysd.com>.

Opera lovers can enjoy Giuseppe Verdi’s “La Traviata” close to home. Coming Friday, Oct. 20, seats are still available for the few performances at the California Center for the Arts. Presented by the Pacific Lyric Association, this not-to-be-missed love story is performed in three acts at 340 N. Escondido Blvd. in Escondido. It runs Tuesday to Saturday. Call 858-232-2990 or 760-839-4138 for more information or visit <http://www.artcenter.org>.

The Cygnet Theatre just closed “Evita” and is bringing another notorious woman’s life to the stage soon. The risqué “The Little Fellow (or - The Queen of Tarts Tells All)” is loosely based on the life of Harriet Wilson, a renowned courtesan, opening Oct. 25, to Nov. 19, in Old Town San Diego, 4040 Twigg Street. For more information, call 619-337-1525 or visit <http://www.cygnettheatre.com>.

Diversionary Theatre, 4545 Park Blvd. Suite 101, in San Diego is running their cabaret nights until they open “The Glass Menagerie” at the end of November. For more information, call 619-220-0097 or visit <http://www.diversionary.org>.

Lambs Playhouse, 1142 Orange Ave. in Coronado is currently showing “Jane” until Sunday, Nov. 12, it’s another world premier and not-to-be-missed. This compelling story by Charlotte Bronte sets “Jane Eyre” in the 1920s. For more

information, call 619-437-6000 or visit <http://www.lambsplayers.org>.

La Jolla Playhouse opened “Sumo” late in September, and as of today, the show is completely sold out. Yet, additional performances may be added. So, check back. As for now, it closes Wednesday, Nov. 29. It will be followed by Sinclair Louis’ “Babbitt” starring Matthew Broderick. For more information, call 858-550-1010. Free parking and a shuttle is available on Gilman Drive. For more information, visit <http://www.ljp.org>.

New Village Arts, 2787 State St., in Carlsbad will close “Doubt” Sunday, Oct. 22. While I’ve not seen it, the show has been given good reviews. For more information, call 760-433-3245 or visit <http://www.newvillagearts.org>.

Down Interstate 5 at Lomas Santa Fe, North Coast Repertory, 987 Lomas Santa Fe, in Solana Beach is presenting an adaptation by the prolific playwright Jeffery Hatcher of “Dr. Jekyll and Mr. Hyde.” For more information about “Winston Churchill Returns” and its upcoming short run in November, call 858-481-1055 or visit <http://www.northcoastrep.org>.

Oceanside Theatre Company brings “Sleepy Hollow” to the stage. This classic Halloween tale closes Wednesday, Nov. 29. Oceanside Theatre Company uses the mainstage at Brooks Theatre at 217 North Coast Highway in Oceanside. For more information, call 760-433-8900 or visit <http://www.oceansidetheatre.org>.

Meanwhile Shakespeare is in the house at The Old Globe Theater in Balboa Park. “Two Gentlemen of Verona” runs from Saturday, Oct. 28, to Sunday, Nov. 5, plus “The Comedy of Errors” is touring the county performing free in public spaces. For more information, call 619-234-5623 or visit <http://www.theoldglobe.org>.

Roustabouts Theatre will perform a series of readings over the next weeks and months starting with Lillian Hellman’s “Watch on the Rhine” coming Sunday,



Natasha Harris plays Jane Eyre with Manny Fernandes as Rochester in the world premiere of the newly adapted “Jane Eyre, A Ghost Story” by David McFadzean. Set in the 1920’s, the play opens Sunday, Nov. 12, at Lambs Players in Coronado.

Oct. 22, with more readings to follow. For more information, call 619-568-5800 or <http://www.theroustabouts.org>.

Get your spook on at San Diego Musical Theatre, 4650 Mercury St., this month with the hilarious “The Addams Family,” which closes Sunday, Oct. 29. Enjoy free parking. For more information, call 858-560-5740 or <http://www.sdmtd.org>.

Star Wars’ fans will not want to miss San Diego Symphony’s performance of “Star Wars: The Empire Strikes Back In Concert” at the Rady Shell Saturday and Sunday, Oct. 28-29, at 7 p.m. For more information, call 619-235-0804 or visit <http://www.sandiegosymphony.org>.

Scripps Ranch Theatre opens

“The 39 Steps” Friday, Oct. 27, to Sunday, Nov. 19. It is a fast-paced hilarious whodunit directed by none other than Phil Johnson. Lastly, remember the theater is located at 9783 Avenue of Nations with plenty of free parking. For more information, call 858-395-0573 or visit <http://www.scrippsranchtheatre.org>.

Nearby at the Theatre at the The Welk, Monty Python’s whacky “Spamalot” continues until Sunday, Oct. 29, in Escondido. For more information, visit <http://www.TheWelkSanDiego.com>.

Elizabeth Youngman-Westphal can be reached by email at [eyoungman@reedermedia.com](mailto:eyoungman@reedermedia.com).

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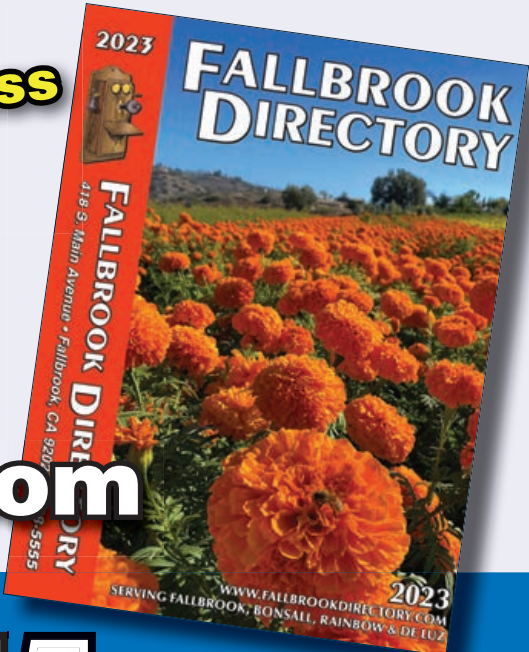
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# Dragon fruit

## An exotic organic bounty in Bonsall



Dragon fruit farmer Neva Day points out a praying mantis that can be a pest to some of her other crops. She relocated the mantis to a plant it wouldn't eat up at the Wallace Ranch Dragon Fruit Farm.

**Steven Schindler**  
*Special to the Village News*

Nestled in the Bonsall hills above the San Luis Rey Training Center and horse ranches, sits 15 magnificent acres of exotic beauty. From the road, it's hard to tell what might be growing in perfectly symmetrical rows along the rolling hillsides. But up close it becomes clear you are looking at something unusual for our local landscape, usually teeming with avocado trees, orange groves, or vineyards.

Wallace Ranch Dragon Fruit Farm is the oldest and largest certified organic dragon fruit farm in the United States. The fruit itself is strange at first glance, being oval or elliptical in shape with a spiky outer layer, but it peels quite easily. It ranges from semi-sweet to very sweet, with tiny black seeds, which are edible.

Neva Day, and her partner Dicky Augustus, have owned this farm since 2018. But cultivating an organic dragon fruit farm was not something that was on their bucket list. "Dicky is a Vietnam vet, and we decided to take a trip there to see how the country had changed over the decades. Well at every meal we had there, breakfast, lunch and dinner, a garnish of this beautiful fruit that varied from white, to pink, to a deep red was on a plate. I had never seen it or tasted it before. It was dragon fruit."

For Neva, it was love at first bite. But the thought of having a working dragon fruit farm was never given a thought. That is, until a lucky happenstance.

"After returning from our Asian vacation to our home in Hermosa Beach, we both decided we had it with high density living," Neva said. "So we began a search for a new home in the Fallbrook area in 2017. Actually, we had never heard of Fallbrook, and once we started exploring it was like, where are we? Is this Northern California?"

As luck would have it, the 15-acre Wallace Ranch Organic Dragon Fruit Farm in Bonsall was for sale just as they began serious house hunting. "When I discovered the farm was for sale, I called Dicky and said, 'It's absolutely beautiful, and guess what they grow there? He said, 'Let me guess. Avocados or citrus.' And he couldn't believe it when I told him dragon fruit."

Dragon fruit, or as it's known in Mexico and Asia as pitaya or pitahaya, is a fruit that grows on a sub-tropical cactus. It's not exactly a cactus because it still needs a significant amount of water, but only about a third of what avocados need. It's actually a vine and can't take extreme heat or cold. It's also a drought-resistant crop, making it well suited to the Fallbrook and Bonsall micro-climates.

As in any agricultural endeavor, the economic sustainability of a farm is dependent on many factors, not only climate, rainfall, and pest infestations. "Vietnam was exporting tons of dragon fruit into the U.S. But in order to keep the skin of the fruit looking clean and fresh on the long trip here, they began spraying their fruit with a chemical. That process was eventually banned. Plus imports from Mexico and South America were undercutting dragon fruit prices here. I saw this as an opportunity to go totally organic, which is a lot more labor-intensive, but does provide us with a premium price."

Being "certified organic" in California is a complex process that requires adherence to many strict guidelines and regulations. Organic standards address many factors: soil quality, animal raising, pest and weed control, and use of input materials. Inspectors routinely show up in-person to make sure all regulations are met.

With one full time worker, Julio

Robles, several seasonal workers, and many daily hires during picking seasons, Neva and Dicky do much of the work themselves. "Dicky does all the driving, deliveries, and pickups. And I'm out in the farm every day working and managing every stage of the process."

Part of that process is hand-pollinating up to 30,000 plants. And placing netting on the fruit while still on the vine to protect it from birds and other pests.

The entire 15 acres of the farm isn't just for dragon fruit. There are avocado trees, all kinds of exotic citrus, passion fruit, herbs, teas, and almost anything else that can be eaten by humans, or attract the bees, butterflies, and friendly critters that keep the balance of nature cycling throughout the year.

The gated section of the farm where their residence sits is a veritable garden of paradise with exquisitely manicured trees and plants that all have a purpose. Those purposes can include providing an organic balance to the soil, experimenting with hybrid cross-pollination, or attracting essential friendly insects such as bees, butterflies and praying mantis. Several owl boxes house the majestic birds which can keep thousands of rodents in check over the course of a year

"Sometimes I visit botanical gardens in various cities and states and I say to myself, 'Hmmm. My yard looks better than this,'" Neva said, beaming with pride.

Dragon fruit here is harvested as a "field pack" crop, which means it is picked and placed in boxes for shipment right in the field. Some fruit is actually on shelves in local markets the same day it was picked.

Neva gets her hands dirty in the organic soil every day as well as operating farming tools and equipment, large and small. Her previous career set her up nicely for her current job description. "I spent my life in retail as a buyer for major companies, like Sears, in their tools divisions. My partner, Dicky, was in building construction so we were the perfect pair to take on this new challenge."

As many surveys have shown, food retailers and consumers today are very interested in food quality, which goes way beyond mere appearance, as Neva explained. "They want to know who the farmer is. They want to know where the food comes from. They want to know that they are helping local communities. What I've learned from other farmers is; A) you need to have a really great work ethic; B) you need to have really thick skin; C) you have to love what you do; and D) you need to always be looking forward and expanding yourself."

Being relatively new to the farming community in Southern California, Neva has gotten involved with local farmers in the Fallbrook/Bonsall area as well as being part of larger farming associations and trade groups.

"I am personally very grateful I got into farming because I did not understand how hard it is to grow food. And how we undervalue that aspect of something that is in our daily lives. And I've made it my personal mission to tell people to respect where your food comes from. When you look at an apple or a dragon fruit, just know how much work went into that piece of fruit sitting on a shelf in the market. There's a lot of love and passion and hard work that goes into every piece of fruit."

Look for the Wallace Ranch bright yellow stickers on individual dragon fruit in local markets. You can also learn more about dragon fruit and order directly from the Wallace Ranch Organic Dragon Fruit Farm on their website: [www.wallaceranchdragonfruit.com](http://www.wallaceranchdragonfruit.com).



A variety of cut dragon fruits shows the varying colors. Different varieties of dragon fruit also have varying levels of sweetness.

Village News/Shane Gibson photos



Neva Day, owner and farmer, is seen among the plants on the Wallace Ranch Dragon Fruit Farm in Bonsall.



Dragon fruit is ready for shipment at the Wallace Ranch Dragon Fruit Farm in Bonsall.



The Wallace Ranch Dragon Fruit Farm sits atop a hill in Bonsall and provides views of the surrounding hills and valleys of North County. See more photos at [www.villagenews.com](http://www.villagenews.com).



REAL ESTATE & HOME and GARDEN

St. Peter’s holds a Blessing of the Animals



Father Arturo Uribe shows his love for animals as he performs a Blessing of the Animals at St. Peter’s Square, Oct. 7.



Father Arturo helps a pet turtle go from point A to point B.



Father Arturo starts off the blessing ceremony with a small eulogy of his friend Lucy Landry, a miniature pinscher who passed suddenly on Sept. 25. He performed a short funeral along with the Blessing of the Animals.



Parakeets enjoy the fresh air while waiting to be blessed at St. Peter’s Square.

Village News/Edith Landry photos

Surplus crops and volunteers needed in Fallbrook area

FALLBROOK – Senior Gleaners of San Diego County, a volunteer organization with a mission to address community hunger, is available to the Fallbrook area with local volunteers.

Joe Strasser of Fallbrook joined its board of directors earlier this year. Strasser serves as the local crew leader. He is working closely with local food distributors, such as the Fallbrook Food Pantry.

The group needs more volunteers and donations of surplus fruit for them to pick. The group specializes in citrus and avocados but will consider other crops as well. They have a 100-pound minimum limit but can help people with small quantities find local places to take it.

Most gleaners volunteer 3-4 hours one day per week, but there are no required minimum commitments. People unable to pick can deliver boxed fruit in their own vehicle and help with

administrative tasks.

Fruit donors should contact the gleaners two to three weeks before they think their fruit may be ready. Near the picking date, they should confirm ripeness by tasting the fruit. Having volunteers pick the fruit means less work to pick and dispose of unwanted fruit and improves the health of the trees.

The donor is given a receipt showing the amount donated for tax deduction purposes. Food donors are protected by the federal Good Samaritan Food Donation Act and Senior Gleaners liability insurance.

To learn more about the group, to register as a volunteer or request to have excess fruit picked at no charge by a gleaning crew, or to donate, call 619-633-9180, email [info@seniorgleanerssdc.org](mailto:info@seniorgleanerssdc.org), or visit <http://www.seniorgleanerssdc.org>.

*Submitted by Senior Gleaners of San Diego County.*



A group of volunteers picks lemons to donate to a local food pantry.

Village News/Courtesy photo

Pros and cons of buying with high rates

**Jane Kepley**  
*Special to the Village News*

“Marry the house, date the rate” is a common phrase in the housing industry, especially since mortgage rates have risen throughout 2023. But it’s not just a phrase; it’s a strategy too.

It’s simple: Focus on finding your dream home – the one you want to live in for the long haul – and treat today’s higher rates as a temporary path to get there. Then, you can commit to refinancing once interest rates drop.

While this is a logical approach for some homebuyers, it’s not the right move for everyone. Consider

these pros and cons before using the strategy.

**Pros**

Typically, the biggest advantage of the “marry the house, date the rate” approach is that you get to buy the home you want now instead of waiting months or even years for rates to drop. If you’re ready to settle down, this might be the only goal that matters.

You may also see less competition from other buyers (due to higher interest rates), and becoming a homeowner sooner will help you start building equity in the home.

**Cons**

One of the main downsides is that you don’t know when rates will drop, so you could be stuck with your higher rate (and payment) for a while.

And refinancing isn’t free. The average cost to refinance is about \$2,375 plus taxes – usually 2% to 5% of the loan principal, like closing costs. If there’s any chance you may not stay in the home long term, it might not feel worth it.

If you’re ready to find your dream home – or if you need help deciding if now’s the right time to buy – reach out to Jane Kepley with CR Properties at 760-622-0204 or [kepleyrealestate@att.net](mailto:kepleyrealestate@att.net).



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# Cal Fire urges caution this Fire Prevention Week, reminding Californians that cooking safety starts with them

SACRAMENTO – Cal Fire is teaming up with the National Fire Protection Association to promote this year’s Fire Prevention Week campaign: “Cooking safety starts with you. Pay attention to fire prevention.”

The campaign provides an opportunity to educate everyone about the simple but important actions individuals can take to keep themselves and those around them safe when cooking. According to the NFPA, the official sponsor of Fire Prevention Week, cooking is the leading cause of home fires and home fire injuries in the United States.

“Cal Fire encourages all Californians to embrace the 2023 Fire Prevention Week theme, ‘Cooking safety starts with you,’” Chief Daniel Berlant, who was recently appointed state fire marshal, said. “Creating fire safe habits in the kitchen will help keep you and your family safe from cooking injuries and ensures you are doing everything you can to prevent a fire from starting in your home while cooking.”

“Year after year, cooking remains the leading cause of home fires by far, accounting for almost half (49%) of all U.S. home fires,” Lorraine Carli, vice president of outreach and advocacy at NFPA, said. “These numbers tell us that there is still much work to do when it comes to better educating the public about ways to stay safe when cooking.”

Cal Fire and NFPA offered some safety tips to help reduce the risk of a cooking fire.

Have a “child- and pet-free zone” of at least 3 feet around the stove or grill and anywhere else hot food or

drink is prepared.

Watch what you heat. Always keep a close eye on what you are cooking. Set a timer to remind you that you are cooking.

Turn pot handles toward the back of the stove to help prevent accidental burns and always watch young children in the kitchen.

Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off

the burner. Leave the pan covered until it is completely cooled. For an oven fire, turn off the heat and keep the door closed.

If you need to use your fire extinguisher, apply the “Pull, Aim, Squeeze, Sweep” method. Pull the pin to break the seal and test the extinguisher. Aim at the base of the fire and ensure you have a means of escape. Squeeze the operating handle to discharge the extinguishing agent.

Sweep from side to side, aiming at the base of the fire until it is completely extinguished. If the fire cannot be extinguished, then retreat to a safe distance from the fire and call 911.

An accessible and working fire extinguisher is fundamental to kitchen safety. Having the correct type of fire extinguisher in an accessible location and knowing how to safely use it is essential to safely being able to put

out a fire in your kitchen.

“Taking a few extra steps while in the kitchen could prevent injury, property damage or even death. Please take these tips seriously and practice them every time you are cooking,” Berlant said.

For more information about Fire Prevention Week and cooking safety, visit <http://www.fpw.org>.

Submitted by CalFire.



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**List Price \$1,100,000**



**ACTIVE**

### 2460 RECHE ROAD, FALLBROOK

Built 1989, Single Story, 3122 SF, 5 Bed, 3 Bath, large detached garage/workshop with roll-up doors, 2.01 gentle acres, pool/spa, and more. Beautiful setting in the Live Oak Neighborhood of Fallbrook.

**List Price \$1,150,000**



**ACTIVE**

### 3281 YUCCA TERRACE, FALLBROOK

Built 1981, Single Story, Main House 4328 SF, Detached Guest House 788 SF, 2.35 acres, small pool, views, fenced and gated. Ranch style home with open beam ceilings and views of Sleeping Indian. Great home for multigenerational living.

**List Price \$1,400,000**

**Call Diana Kressin at 909-568-6222 to schedule your private showing!**







# Riding club opens with dressage trainer Monk offering lessons



FALLBROOK – A new equestrian haven has emerged at 4431 S. Mission Road, as Fallbrook Hills Riding Club unveils its state-of-the-art barn and the arrival of esteemed dressage trainer Kimberly Monk. With her training expertise and track record, Monk brings an unrivaled opportunity for riders of all levels to learn and excel in the art of dressage.

Beginners and advanced riders alike will find themselves immersed in a supportive and nurturing environment, designed to foster growth, confidence, and a deep appreciation for the equestrian world. The riding club’s dedication to excellence is perfectly embodied by Monk, whose achievements have solidified her reputation as a multi-champion trainer.

Notably, Monk’s talent has led her

to train multiple junior and young rider champions who have attained remarkable success on national and international stages. Her prowess has been recognized in prestigious events such as the Junior Olympics, where her students have secured gold, silver, and bronze medals. With such a remarkable track record, Monk’s arrival at Fallbrook Hills Riding Club has ignited excitement within the equestrian community.

With a teaching style that combines technical expertise, patience, and unwavering support, Monk has earned a reputation for producing exceptional riders who possess a deep understanding of dressage principles. Her lessons cater to riders at every stage of their equestrian journey, ensuring that beginners receive a solid foundation while advanced riders continue to refine their skills.

Fallbrook Hills Riding Club offers a range of lesson options, including private and group sessions, to accommodate the diverse needs and schedules of its members. Under Monk’s guidance, riders can expect to develop their horsemanship skills, refine their position and balance, and master the intricate movements that define the art of dressage.

As Fallbrook Hills Riding Club opens its doors, riders from near and far are invited to embark on an unforgettable equestrian journey with the guidance of Monk.

To learn more about Fallbrook Hills Riding Club and secure a spot in Monk’s sought-after lessons, visit [fallbrookhillsridingclub.com](https://fallbrookhillsridingclub.com) or call 760-207-7117.

*Submitted by Fallbrook Hills Riding Club.*

Dressage trainer Kimberly Monk rides Mira Noche at the CDS/USDF 2020 Championships. The breeder of the horse is a local Bonsall resident, Camille Newton.

Village News/Courtesy photo

# Wild Wonders celebrates the second anniversary of a special friendship

BONSALL – During October, Tavi, Wild Wonders’ youngest cheetah, and Yara, his yellow lab companion, will celebrate their second anniversary together. These two have been best buds since they were introduced two years ago.

Tavi had a rough start in life. He was an only cub, and frequently mother cheetahs will either abandon solo cubs or stop lactating. Because of Wild Wonders’ long history of experience with cheetahs, Wild Wonders was selected to be his forever home.

Yara was chosen as a companion for Tavi to help him learn to be brave. Having a dog as a playmate would give him confidence, which is much needed in his role of teaching people about cheetah conservation.

Although they’ve grown quite a bit, they still roughhouse together and have a great time playing in their exercise yard every day.

It’s taken a lot of work and a lot of patience, but it’s been a heartwarming time watching them



Tavi, left, and Yara, were introduced to each other when they were very young.

Village News/Courtesy photos

grow up together. Wild Wonders will be celebrating this amazing friendship throughout October with toys and treats.

Wild Wonders is open seven days a week and hosts privately guided

tours by reservation only. For more information, call 760-630-9230, email [wildwonders@att.net](mailto:wildwonders@att.net) or go to <https://wildwonders.org/>.

*Submitted by Wild Wonders.*

Yara, left, and Tavi are now 2 years old and still the best of friends.



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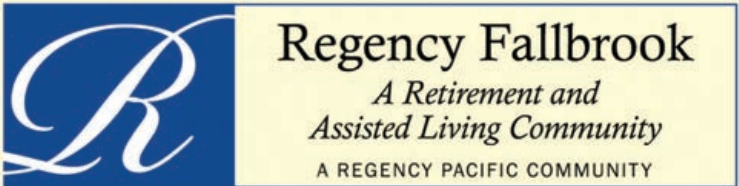
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# EDUCATION

## FUESD passes historic resolution to celebrate Hispanic Heritage Month

FALLBROOK – The Fallbrook Union Elementary School District Governing Board came together at its regular meeting Monday, Oct. 2, to pass Resolution No. 06-23/24, recognizing Hispanic Heritage Month from Sept. 15, through Oct. 15.

The resolution was passed unanimously, highlighting the district’s commitment to celebrating the diverse and rich heritage of its Hispanic and Latino community.

Fallbrook has a deep-rooted connection to Latin American history, dating back to 1769 when the area was first settled by Native American Luiseños and three Mexican families, including the Alvarados, the Picos and the Ocampos.

Today, the FUESD serves a diverse community of learners, with 64% of its students identifying as Hispanic or Latino, enriching the district with a myriad of cultural, linguistic and social contributions.

Ricardo Favela, clerk of the FUESD Governing Board, said he was proud of the historic moment.

“Our resolution recognizing Hispanic Heritage Month marks a milestone for our district in terms of realizing our values of diversity and inclusion. Fallbrook’s Latin American history and heritage is a wealth of culture and knowledge which benefits not only academic achievement but social relations and student life. Let us celebrate and move forward together,” Favela said.

Hispanic and Latin Americans have made significant contributions to the community and the country in fields such as education, science, politics, arts, literature and industry. Their cultural and linguistic assets enrich the Fallbrook Union Elementary School District and contribute to its strength, vibrancy and excellence.

*Submitted by Fallbrook Union Elementary School District.*



Members of the Fallbrook Union Elementary School District board pose with members of Baile Folklorico who performed at Potter Junior High School during a Hispanic Heritage Month celebration.

Village News/Courtesy photo

## Fallbrook Propane Gas Company announces the ‘Celebrating America’ Junior Art Competition winners

**Pre-Kindergarten – First Grade**  
First place: Fatima Nieto – “USA is Love”  
Second place: Ava Berkey – “Peace, Love, and Fireworks”  
Third place: Amaya Berkey – “Loving Heart Flag”

**Second – Fourth Grade**  
First place: Axel Sergent – “Glittering, Glorious Freedom”  
Second place: Iris Pollard – “Firefighters”  
Third place: Jesse Pawlowski – “Military Pride”  
People’s Choice: Joe Pawlowski – “Land of the Free”

**Fifth – Eighth Grade**  
First place: Daniel Legge – “Backyard Barbeque”  
Second place: Eden Pollard – “Downtown Fallbrook”  
Third place: Angel Ibarra – “Favorite American Things”  
People’s Choice: Eduardo Nieto – “Thank you, America”

Village News/Courtesy photos



The Chamber’s Pick award goes to Tessa.

**Fallbrook Chamber of Commerce - Chamber’s Pick**  
Tesse Legge – “Festive Fireworks”

**Merit Award**  
James Berkey – “Red, White & Nussy”  
*Submitted by Ani ta Kimzey, event coordinator.*



PK-First grade entrants in the “Celebrating America” Junior Art Competition include, from left, Fatima, Ava and Amaya.



Second-Fourth graders hold their “Celebrating America” artwork, from left, front row, Iris, James, Jesse; back row, Axel, Tessa, and Joe.

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# Golfers have fun raising money



Dean Phelps aims to hit the gong at the Fallbrook Chamber of Commerce Golf Tournament. The Bang the Gong Contest winners were Tim Kirk – first place, Danny Miramontes – second place, and Scott Schlumpberger - third place.



The volunteers running the Bang the Gong Contest are, from left, Michael Starling, Teresa Ochoa, Angela Calderon and Jean Larsen. The golf tournament benefitted the Chamber and the Out of the Ashes Fund.



The first place team in the Veterans Division is made up of, from left, Michal Joe, Alex Vallette, Paul Ascura, Lila Hargrove who presented the prizes and Phil Fascetti.



Golfers are lined up and ready to go out on the Vista Valley Country Club course. See more photos on [www.villagenews.com](http://www.villagenews.com)



Tom Bethmann is the winner of Village News/My San Diego North County photos the Men's Division – Longest Drive contest.



Participants in the chamber golf tournament warm up at Vista Valley Country Club, Sept. 29.



One of the foursomes having fun on the golf course is made up of, from left, Katie Barnes, Nathan Benner, Charmaine Jennings and Banning Cantarini.



Jim Reed and Jim Ambroso are ready to roll with their golf clubs in tow for a morning of golf.



SPORTS

Lady Warriors block Ramona’s offense



Lady Warrior Grace Nordeen spikes the ball against Ramona. Fallbrook won the match 3-0.



Fallbrook’s Allie Stelma serves the ball during the varsity girls volleyball game against Ramona, Oct. 20.

VILLAGE NEWS

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Village News has been granted by the courts of San Diego County the right of adjudication, legal No. GINo13243. We can accept legal notices for publication.

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

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Lady Warrior Claire Nordeen sets the ball for her teammates. Fallbrook won the varsity girls volleyball game, 3-0.



Fallbrook’s Janice Garcia prepares to take a shot at the net as the ball is set by a teammate.

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Teal and white now official Vallecitos colors

**Joe Naiman**  
Village News Reporter

Teal and white are now the official colors of Vallecitos Elementary School.

The Oct. 10 meeting of the Vallecitos School District board included a 3-0 vote, with Terese Kristensen absent and one vacant seat, to adopt a resolution which recognizes teal and white as the official colors of Vallecitos Elementary School.

“It’s formally establishing the school colors as teal and white,” said Vallecitos School District Superintendent and Chief Business Officer Meliton Sanchez.

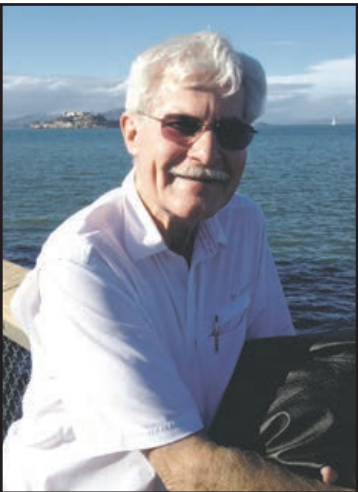
“We are excited about that,” Sanchez said. “There was some confusion about what the school colors were.”

School and district administration members sought input from students, school staff and members of the Rainbow community. The choice of teal and white, which represents the sea and the Viking spirit (Vallecitos’ nickname is the Vikings), was the most popular choice by a significant margin.

Shirts with the teal and white colors will be given to all Vallecitos Elementary School students. The school district will also be ordering teal and white uniforms for the Vallecitos athletic program, although those will not be ready when Vallecitos hosts a soccer tournament for small middle schools and K-8 elementary schools on (if weather permits) Oct. 26.



OBITUARIES



**Bryce Herndon** was a devout Christian, beloved husband, loving father, faithful son, adored grandfather, cherished brother, and loyal friend to many.

He was also a revered patriarch, awarded “Master Pilot” by the FAA for over 60 years of flying without accident or violation, an accomplished tenor, successful businessman, avid snow skier, water sports enthusiast of all types: Air chair, kayak, canoe, snorkeler, scuba diver, water skier, and beloved boat captain; horseback rider, supporter of global ministries, world traveler and adventure seeker, voracious reader, leader in his Church.

Bryce was born in Denver, Colorado on Oct. 26, 1935, to Virginia and Byron “Kes” Herndon. He grew up in Oregon with his two sisters, Karen and Betty, and graduated from Grants Pass High School in 1953. He attended Oregon State University and earned a B.S. in Business and a minor in Forestry.

Bryce knew he was destined to fly airplanes, so he also entered the ROTC college program in preparation to join the AirForce. He belonged to Kappa Sigma



Fraternity where he led his fellow brothers in singing competitions and won first place with “Sweet Kentucky Babe.”

It was in college where he met and married his college sweetheart, Catherine Wiser, better known to all as Kay, or Kay-Bob, as Bryce would so lovingly call her. To his joy, a family was started with the birth of his daughter, Sheri, and a few years later his son, Scott.

After graduating from college, he joined the Air Force where he trained to be a fighter pilot. Bryce graduated top of his class and quickly rose to the level of Captain. He was commissioned to the 49th Tactical Fighter Wing, 7th squadron, where he was his squad’s leader. He flew the most advanced fighter plane at the time, the F105 Thunderchief, known affectionately by pilots as the “Thud.” Bryce flew over 45 fighter pilot missions over North Vietnam and then along the Russian border while stationed in Germany.

After discharge, he served in the Air Force Reserve for a short stint before getting hired as a pilot at American Airlines in 1965. He continued to fly for

American for 30 years. He loved it all. He mastered over 15 types of aircraft and flew both domestic, but mostly, international flights for 30 years.

On his final flight from Chicago to Paris, he took his family and some friends with him to celebrate his last commercial flight. It was the blessing of a lifetime. When he had to take mandatory retirement in 1995, he bought himself a beautiful plane and continued to fly with family and friends. One of his planes was called Hummer.

Those who knew Bryce, knew that he loved to snow ski and water ski. Bryce would use his European layovers to ski in Switzerland, Germany or Austria. Winter vacations with the family often included snow skiing in the U.S. and around the world. At one point, his adventuresome spirit took him and his two children to British Columbia to do some helicopter skiing where they skied the powder of the Canadian Bugaboos.

From 1966 on, water skiing was always part of the Herndon family and the lake adventures started in Connecticut with Candlewood Lake, then to Southern California

with Mission Bay and local coastal lagoons, but always at the heart of it all was Lake Tahoe and Lake Powell.

Houseboats on Lake Powell filled with three to six families from our church community was one of his great joys. He was always the Captain, from the airplanes to the boats, and in life. He commanded respect because he was so good at what he chose to do. These trips and adventures were always filled with praise songs in circles, around campfires, and out on the lake.

Sometimes, he would take his big boat out into the middle of Lake Tahoe and spend the night. One can only imagine what night time beauty he saw out there and what wonderful prayers could be said under the Glory of God’s Creation.

Equally important to this love of travel and adventure, was his Christian walk with the Lord. He did this in many ways, from singing in choirs, to serving as elder in church, to leading groups in studying the Word of God.

During retirement he continued leading Bible Studies in his home and continued to serve in the prison ministry. He was a Founding Board member and chair of the Herndon Family businesses, which he wisely shepherded. Bryce enjoyed activities with the Grey Eagles, a retired pilot group and sat on the Board of Ministry to Muslim. He always had a very special passion for supporting missionaries and Christian charities.

In his Will he left considerable funds to 10 charities to support them doing the Lord’s work in the world. He also loved singing worship songs in choirs and groups and was emotional when hearing great devotional music. This he passed on to his children.

During it all, his family was by his side.

After 54 years of marriage, his wife Kay passed on peacefully surrounded by family and many angels who were in attendance.

As a widower, Bryce met Lynn Marie Avery in Incline Village. After a short courtship they married on Valentines Day, 2013 in Incline Village, where they lived part time in the summer and part time in the winter in Fallbrook, California.

They kept their church communities in both Reno and Fallbrook and Bryce continued his 30 year bible study men’s group in Fallbrook. Such a testament to his Christian path.

Bryce and Lynn Marie happily traveled the globe, mostly on cruises and in his Aerostar KT888, “The Spirit of Kai Tak,” for over 10 years and enjoyed wonderful, good times with family and friends until Bryce’s final flight on Good Friday, April 7, 2023. He is now with the Lord and reunited with all his loved ones.

Bryce has a wonderful family he leaves behind – Lynn Marie Herndon, his wife, and his two children, Sheri Herndon and Scott Herndon, his two grandchildren, Sage Herndon and Dakota Moss, as well as his two sisters, Betty Massoni and Karen Rogers and their children.

The family will be gathering and celebrating his life at Riverview Evangelical Free Church on Nov. 10, 2023, promptly at 12 p.m. in Bonsall. Please plan to be at the church no later than 11:45 a.m. to be able to start the celebration service on time. If you knew and loved Bryce, please join us to honor and celebrate his life. Thank you all for being part of Bryce’s life!



**Derwin Lee Williams**, 86, of Idaho Falls, Idaho, passed away on Oct. 4, 2023, from Central

Nervous System Lymphoma. He was born on Sept. 18, 1937, in Longview, Washington, to the late Ynola and Robert Williams.

Derwin was a beloved husband, father, and grandfather, whose life exemplified the values of love, integrity, and kindness.

Derwin dedicated his life to serving others, both in his professional career and volunteer work. He proudly served in the U.S. Marine Corp from 1960 to 1966, demonstrating his unwavering commitment and love of country.

After his military service, Derwin pursued a successful career as a Certified Public Accountant, holding positions in defense manufacturing and healthcare. His expertise and dedication as a Chief Financial Officer in the healthcare

industry were widely recognized.

Beyond his professional endeavors, Derwin was a pillar of his community. He generously volunteered his time and energy to various organizations, including St. Peter’s Thrift Store, Foundation for Senior Care, Rotary Club of Fallbrook, and the San Diego County Sheriff Senior Volunteer Patrol. His selflessness and compassion touched the lives of many.

Derwin found joy in simple pleasures and cherished moments spent with loved ones. He enjoyed volunteering, reading, gardening and playing senior softball.

Derwin Lee Williams will be deeply missed by his loving wife, Charlotte, who was his greatest gift; his daughters, Leann and

Nancy; his sons-in-law Mitch and Bill; and his grandchildren, Michael, Lori and Claire as well as his brothers, Jerry and Kent.

A funeral service to honor Derwin’s life will be held on Oct. 25, 2023, at 11 a.m. at Christ the King Church in Idaho Falls.

The family kindly requests that contributions in Derwin’s memory be made to the Rotary Club of Fallbrook, a cause that held a special place in his heart.

Condolences can be made at [www.BuckMurphy.com](http://www.BuckMurphy.com).

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HEALTH

Healthy Habits for Bonsall & Fallbrook Folks:  
Carpal Tunnel Syndrome – Traffic  
at the nerve route

**Megan Johnson McCullough**  
*Special to the Village News*

Chronic, lingering wrist pain that causes discomfort for daily living activities may be attributed to carpal tunnel syndrome. When pain, tingling and/or numbness is felt in some of the fingers, there can be nerve compression.

The uncomfortable feeling can be attributed to the median nerve. This nerve runs down the arm, through the wrist and to the fingers. The route the nerve takes is through the carpal “tunnel.” Movement of all fingers, except the pinky, are controlled by this nerve. When swelling occurs, the “tunnel” becomes narrowed. There are about 200,000 cases of CTS per year in the U.S.

Repetition

We live in a world of repetition. Our hands are a vital part of many actions that we take. Most tasks require our hands, fingers and wrists. We write, type, put our shoes on, open doors, eat and the list of hand work could go on and on. These are the very repetitive movements that can lead to CTS, but other culprits include pregnancy, obesity, diabetes, arthritis and hypothyroidism.

Due to these conditions, the wrists are being asked to work under excess weight conditions or through hormonal imbalances that affect joint motion. It is more commonly found among women, possibly because the “tunnel” is naturally smaller. Certain jobs that have repetitive functions also increase the likelihood of CTS. These might include jobs such as a hairdresser, cashier, musician, baker or assembly line worker who does the same movement over and over.

Symptoms

When early detection is possible, a person might feel burning, itching or numbness in their palm or fingers. Your fingers might even fall asleep. This pain can travel up to the shoulder. If the symptoms increase you might lose your grip. Eventually strength in the wrist decreases.

Diagnosis and treatment



People are experiencing carpal tunnel symptoms as more and more people work their fingers at the keyboard.

Village News/Courtesy photo

There are a couple tests for CTS. Besides a doctor’s general inspection of your wrist mobility, you can have a test called EMG-NCV done. It measures the degree of the median nerve function. Upon diagnosis a doctor might tell you to keep the wrist immobile. Using a splint can help lessen the pressure on the median nerve. It helps that nerve rest. Medications are available to help with the inflammation. Steroid shots can be done. Worst case scenario is surgery to correct the problem.

Even a teacher who grades paper after paper can experience carpal tunnel syndrome. We don’t realize how much we do and how many

times we do these tasks, until suddenly they are painful. CTS doesn’t happen overnight; it is the over and over use. Years later we might feel the side. Like most other elements of life, moderation is key. Take breaks and watch your form. Moderate your repeat functions. Keep the tunnel open and not backed up with traffic that leads to frustration and lack of movement.

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

At-home COVID-19  
testing kits can be ordered

FALLBROOK – Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to their home, by ordering them at <https://www.covid.gov/tests>.

Also, the Fallbrook Regional Health District has at-home COVID-19 Testing Kits available for pick-up at the following locations:

FRHD Administration Building: 138 S. Brandon Road, Fallbrook  
FRHD Community Health & Wellness Center: 1636 E. Mission Road, Fallbrook

Hours of operation for both locations are Monday through

Friday from 9 a.m. to 5 p.m.

New information is available on extended expiration dates for several at-home COVID-19 tests that people already have and may throw away; they can check out the FDA At-Home OTC COVID-19 test webpage at <https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests#list> for more information.

If anyone has questions, they can call the FRHD office at 760-731-9187.

*Submitted by Fallbrook Regional Health District.*

Amino acids eliminate cravings  
for toxic junk food

**Julia Ross, MA, NTS**  
*Special to the Village News*

Are you plagued with cravings for sweet, starchy, and fatty junk food? Despite the concerns that so many of us have about our diets, staying away from health-destructive foods has been a losing battle. Today’s mostly processed food diet contains little protein and lots of nutrient-void fats, sugars, and starches that intoxicate and addict the brain rather than nourish it.

Our brain’s appetite chemistry is dependent on specific nutrients and the problem is that our food-addicted brains are depleted in these same vital nutrients. We have almost completely overlooked the most potent nutrients of all when it comes to appetite control: the 20 amino acid powerhouses found in high-protein foods and as supplements.

As a licensed psychotherapist and an addiction and eating disorder specialist in San Francisco in the early 1980s, I was asked to create an outpatient treatment program for addicted adolescents and adults.

Within two years, our program for pot-addicted adolescents had spread into three counties and had an 80% success rate! Our adult program, however, was a complete failure. The crack cocaine epidemic had just hit, and all the addiction treatment programs in the country were experiencing the same 100% early dropout rates.

At around the same time, some addiction-focused neuroscientists started reporting that brain-generated cravings could be reduced using a few specific amino acids taken as supplements.

I had already been exploring the possibility that an improved diet and added vitamins and minerals might make a difference. But our crack-addicted clients rarely stayed around long, and those who did had ravenous cravings for junk food. Hoping to reduce their cravings for sugar as well as crack, we tried two amino acids, which worked very effectively.

Our first client reported being almost cravings-free during his first week on these aminos. We had equal success later using these and a few other amino acids with clients addicted to alcohol, marijuana, and methamphetamine. So did hundreds of other addiction and mental health professionals, who began to enthusiastically recommend these amino acids to their clients.

In my virtual clinic, we have worked successfully with over 6,000 people who have been food cravers. To meet the massive modern food craving challenge, these clients have only needed 1–5 amino acids, taken as individual supplements. This simple regimen quickly corrects the primary deficiencies that propel most of their food cravings.

How individual amino acids worked for two of my clinic clients, Wendi and Don

Wendi, a 50-year-old diabetic, who was 70 pounds overweight, had glucose levels over 200. Within two days of taking two capsules of a single amino acid three times per day between meals, she reported that her glucose levels had dropped under 100 for the first time in years because she had lost all cravings for high-carbohydrate junk food.

Her equally carb-addicted and diabetic husband, Don, age 62, who also had prostate cancer, took two different amino acids three times per day, and easily switched to a healthy diet. Within a few months, his glucose levels had dropped to

under 100, and his prostate-specific antigen (PSA) levels went from 400 to less than 1.

What about foods that are high in amino acids?

The word “protein” indicates that the amino acid content of any food constitutes its primary value. Animal protein sources are much higher in aminos than most plant sources. Because the aminos stop their junk food cravings so quickly, our clients almost immediately drop their junk foods and start eating and enjoying a totally healthy diet.

Once the amino acid supplements have stocked up their appetite-regulating brain sites, high-protein foods alone, consumed three times per day, along with healthy fats and carbs, can keep their cravings at bay permanently – without the further use of amino supplements.

Below are the five specific individual aminos that help regulate our appetites, and also regulate our moods. Please note that free-form amino acids are more potent than any bound, food-based, amino supplements.

Tryptophan or 5-HTP are similar amino acids that can reduce Type 1 cravings, namely depressed, anxious, and sleepless cravings. They both convert into the neurotransmitter serotonin, our vital appetite, mood, and sleep regulator.

Glutamine eliminates Type 2 or crashed cravings and is the amino acid that Wendi (mentioned earlier) took. Because she skipped meals and relied on short-acting sweets and starches, her blood glucose levels often dropped too low, which set off frantic hypoglycemic carb cravings several times per day. Her brain converted the glutamine into just enough glucose to turn off those cravings almost instantly. Providing emergency glucose to myriad cells in the brain and body is just one of glutamine’s extraordinary powers.

DPA (D-phenylalanine) increases our levels of the comforting, pleasurable, pain-killing neurotransmitters called endorphins. Don (also mentioned previously) was a Type 3 comfort craver and took DPA to stop his cravings for comfort foods like chocolate and ice cream.

GABA is both an amino acid and a neurotransmitter that provides natural tranquility, relaxing our mind and our muscles by reducing adrenaline levels. Don was also a Type 4 stressed craver and used GABA to stop his stress cravings.

Tyrosine is used for fatigued Type 5 cravers. It also promotes muscle coordination and mental focus. Tyrosine was the enlivening amino that had such amazing effects on my clinic’s exhausted crack addicts in 1986. People who crave energy from caffeine, chocolate, or sugar find tyrosine just as amazing.

You can find more information on this subject, including a Craving Type questionnaire at <https://www.juliarossures.com/>.

*Julia Ross, MA, NTS, has 35 years of experience as a licensed psychotherapist with 30 years of pioneering work in brain-targeted nutrient therapies. She is the author of the best-selling books The Mood Cure, The Diet Cure, and The Craving Cure, all based on her work as founder and director of several integrative treatment programs in the San Francisco Bay Area since 1980. She currently directs the Julia Ross Virtual Clinic in association with the Neuro-Nutrient Therapy Institute (NNTI), her intensive training program for health professionals.*

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# A prescription for good health: Selecting the right Medicare plan

**Dr. Tom Roben**  
*Special to the Village News*

As a physician, the last thing I want is for a patient to make decisions about their health and well-being based on the cost of care and medication rather than their actual care needs.

Right now is a critical time for the over 6.7 million individuals in California who rely on Medicare for their health insurance. Evaluating your own health care needs can help you select a plan that will cover you when you need it the most and fit within your budget.

While it's impossible to foresee all health issues that may require treatment, there are several things to consider during the Medicare Advantage and Prescription Drug Plan Annual Election Period, happening Oct. 15, through Dec. 7.

**Future health risks**

In addition to making sure your plan covers your current health needs, speak to your doctor about health risks that may require additional treatment. For instance, if you have prediabetes, consider the potential for future diabetes management.

**Prescription drug benefits**

Prescription drug coverage is included in many Medicare Advantage plans, unlike Original Medicare. If you prefer Original Medicare, you can opt for a stand-alone Prescription Drug Plan through a private insurer. Prepare a list of your current medications to compare costs while choosing plans.

**Doctors and hospitals**

If you have a favorite doctor, ensure they accept your plan to avoid any additional expenses for out-of-network providers. Also understand if the plan requires referrals for specialized care.

**Other benefits**

Consider additional benefits that can positively impact your health and well-being. Medicare Advantage plans may include dental, vision and hearing coverage; fitness programs; transportation to doctor visits; and even allowances that help eligible beneficiaries pay for healthy food and other essentials, like rent and utilities.

**Costs**

Different plans have different costs, so understand the full picture when comparing plans in your area. Look at monthly premiums,

deductibles and co-pays for hospital stays and doctor visits. Also, pay attention to annual maximum out-of-pocket costs – if you reach the limit, you will pay nothing for covered services the rest of the year.

**Quality**

The Centers for Medicare & Medicaid Services reviews and rates all Medicare Advantage plans before the enrollment period each year to help consumers make informed decisions. Plans are rated on a scale of one to five, with one indicating poor performance and five indicating excellence.

Your health insurance carrier is a partner that helps you get the care you need. If you are eligible for Medicare, take time to research your options and ensure you select the plan that best meets your personal health and financial needs.

The Medicare Plan Finder on [Medicare.gov](https://www.medicare.gov) can help compare plans and benefits and get an estimated cost for each plan. For more information, visit [http://Medicare.gov](https://www.medicare.gov) or call 800-633-4227, 24 hours a day, seven days a week. TTY users should call 877-486-2048.

Dr. Tom Roben is vice president of health services for California at Humana.

# NCFPD adjusts ambulance fees

**Joe Naiman**  
*Village News Reporter*

The North County Fire Protection District adjusted the fees charged for NCFPD ambulance calls.

A 5-0 NCFPD board vote Tuesday, Sept. 26, approved the new ambulance fee schedule. The fees will increase by approximately 7.5%.

“That’s an annual inflator off of San Diego’s CPI,” NCFPD fire Chief Keith McReynolds said. “We can raise fees accordingly.”

In September 2016, the NCFPD board adopted a policy which provides an automatic annual rate increase for ambulance service based on the annual Consumer Price Index for San Diego County. The adjustments are applied annually July 1, and the district continues to conduct periodic reviews of the regional average fees within northern San Diego County to evaluate the effectiveness of the fee structure and determine if a change in fees above or below the automatic adjustments warrants NCFPD board consideration.

The California Health and Safety Code allows a special district to charge a fee to cover the cost of any service the district provides, and the California Vehicle Code allows fire agencies to recover costs related to responses for incidents on a public highway. In 2009, the North County Fire Protection District implemented a cost recovery program for vehicle incidents, and in August 2020, the NCFPD board expanded the cost recovery program to add false alarms. A revised cost recovery fee schedule was approved by the board in October 2020.

The 2020 review included ambulance fees, and the board changed the regional average from

fire-based agencies only to all transporting emergency medical service providers. Two-thirds of the increase became effective in November 2020, and the October 2021 board meeting addressed the final third.

The new basic life support transport fees will be \$1,464.10 for NCFPD residents and \$1,512.17 for non-residents. Advanced life support activity has treatment as well as transport fees. The non-transport treatment fee is \$226.83 for residents and \$249.40 for non-residents while if cardiopulmonary resuscitation is involved the fees increase to \$875.05 for a resident and \$903.00 for a non-resident.

The non-transport Level 2 trauma fees are now \$691.23 for residents and \$770.78 for non-residents. The new transport fees for NCFPD residents will be \$2,437.50 for base advanced life support and \$2,646.04 for Level 2 advanced life support transport. Non-residents will be charged \$2,501.70 for base ALS transport and \$2,708.85 for Level 2 ALS transport. A mileage charge of \$41.80 per mile or fraction thereof will also be part of the fee.

The fees also include \$136.53 for a Level 1 disposables bundle, \$262.30 for a Level 2 disposables bundle, \$109.65 for oxygen and \$39.78 for an electrocardiogram. A night charge of \$65.58 is also part of the fee structure.

The district also has a Continued Quality Improvement Fee which is for the administrative time associated with processing electronic patient care reports. That fee was increased to \$139.75.

*Joe Naiman can be reached by email at [jnaiman@reedermedia.com](mailto:jnaiman@reedermedia.com).*

# County launches new ‘Getting to Zero’ app for HIV resources

**Fernanda Lopez Halvorson**  
*County of San Diego Communications Office*

The county has a new free app to help San Diegans find HIV resources like testing locations and treatment providers.

The Getting to Zero Mobile App, launched by the county’s Public Health Services in collaboration with 2-1-1 San Diego, is designed to increase access to HIV, STD and hepatitis related information.

The app helps San Diegans and anyone living with HIV or at-risk of contracting HIV, organizations and people working in HIV-related fields, with easy-to-access resources.

People using the app can search from their mobile phone for service providers based on their location or needs. The app can also provide information about transportation routes, other available services and resources and much more. It is available in multiple languages.

“Public Health Services has been dedicated to equity and innovation with Getting to Zero since launching the campaign more than seven years ago,” said Wilma Wooten, M.D., M.P.H., County Public Health Officer. “I’m excited about this new app and encourage people to download it and share it with others so we can continue our journey toward ending HIV infections.”

A new Getting to Zero Resource Guide is also available online and in print version in English and Spanish. It has information about existing HIV resources including HIV support, prevention, care, and treatment, as well as how to access other essential services like food, housing, and transportation, as well as resources for behavioral and emotional health.

“HIV is highly preventable and treatable. The new Getting to Zero App is another way that we are working to lower barriers and increase access for people to

receive the care they need.” said Patrick Loose, County Public Health Services Chief of HIV, STD and Hepatitis Branch. “The app is also integrated with 2-1-1 San Diego, putting a wealth of information at people’s fingertips.”

The Getting to Zero app is available for download in the Apple App Store and Google Play.

Getting to Zero Initiative The Getting to Zero App is part of the Getting to Zero Initiative adopted by the County of San Diego Board of Supervisors, in March 2016, to work toward ending the HIV epidemic.

The initiative focuses on ensuring HIV testing is widely available and providing access to treatment and supportive services.

For more information about HIV and AIDS in San Diego County, visit [https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/hiv\\_std\\_hepatitis\\_branch.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/hiv_std_hepatitis_branch.html).



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## BUSINESS DIRECTORY

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

<div><b>ANTIQUE REPAIR &amp; WOOD CARVING</b></div> <div><b>ANTIQUE RESTORATION</b> Furniture Maker Professional Woodcarving Leather Repair / Moccasins Joseph F. Schembri <b>(631) 725-4473</b> Fallbrook</div>	<div><b>CONSTRUCTION</b></div> <div><b>HELLING CONSTRUCTION</b> Small &amp; Big Jobs to fit your needs! Lic.# 397422 <b>(760) 723-2831</b> <b>(760) 723-5932</b> cell <b>(760) 518-3002</b></div> <div><b>CONTRACTORS</b></div> <div><div><b>MICHAEL B. McDONALD</b> General Engineering Contractor Excavating &amp; Grading for New Homesites, Roads, Barn Pads, Ponds &amp; Agricultural Developments License #359625-A <b>Cell: (760) 644-7541</b> <a href="mailto:MBM@McDonaldWestern.com">MBM@McDonaldWestern.com</a></div></div> <div><b>LANDSCAPING</b></div> <div><b>DOMINGO YARD MAINTENANCE</b> Landscaping, Irrigation Systems, Hauling, Cleanup &amp; more! <b>FREE ESTIMATES</b> Reasonable Prices <b>(760) 468-4467</b></div>	<div><b>NUTRITION</b></div> <div><b>RICHER HEALTH</b> Nutritional Consulting Iridology, Live Cell Analysis, Herbology, Detox Programs Gary Richer, B.S., M.H. Hilltop Center For Appointments on 2nd Wednesday call <b>(760) 723-8291</b></div> <div><b>PAINTING</b></div> <div><b>WOOD'S PAINTING CONTRACTORS</b> Interior ~ Exterior Professional Workmen! Reasonable Rates, Free Estimates Lic#700305 Fallbrook / North County <b>760-728-1796 / 760-723-1736</b> Temecula <b>951-246-0350 / 951-676-6530</b> <a href="http://www.woodspainting.com">www.woodspainting.com</a></div> <div><b>REAL ESTATE</b></div> <div><b>COLDWELL BANKER VILLAGE PROPERTIES</b> <b>(760) 728-8000</b> Fallbrook's most successful Real Estate firm since 1917 Homes-Estates-Equestrian Properties - Land <a href="http://CBVillageProperties.com">CBVillageProperties.com</a> 5256 S. Mission Rd. Suite 310 Bonsall, CA 92003 DRE# 01934791</div> <div><b>CR PROPERTIES REAL ESTATE SERVICES</b> ...because integrity matters. 128 S. Main Ave., Fallbrook <a href="http://CRPropertiesRealEstateServices.com">CRPropertiesRealEstateServices.com</a> <b>(760) 645-0792</b></div>	<div><b>REAL ESTATE</b></div> <div><b>ELISABETH H. LENTULO</b> Agent &amp; Broker Associate Recognized as Professional, Passionate, Enthusiastic Realtor Specializes in North County San Diego &amp; More! Ask Elisabeth about her special incentives for seniors and military! <b>(760) 532-1057</b> BRE#01904564 <a href="mailto:elisabeth@ehlentulo.com">elisabeth@ehlentulo.com</a> <a href="http://www.ehlentulo.com">www.ehlentulo.com</a> Broadpoint Properties</div> <div><b>EPIC REALTY GROUP</b> <b>TIM KIRK</b> MGySgt, USMC (Ret.), MBA OWNER/REALTOR® <a href="http://www.EpicRealtySoCal.com">www.EpicRealtySoCal.com</a> <b>(760) 704-9252</b> <a href="mailto:Tim.EpicRealtyGroup@gmail.com">Tim.EpicRealtyGroup@gmail.com</a> DRE #01941662</div> <div><b>KEN FOLLIS &amp; SHARON ROBINSON GROUP   COMPASS</b> Buying, Selling, Investing, Downsizing or Moving Up – Local Area Experts You Can Trust. <b>Sharon Robinson</b> DRE #01384726 <b>(949) 295-1161</b> <b>Ken Follis</b> DRE #00799622 <b>(760) 803-6235</b></div>	<div><b>SOLAR</b></div> <div><b>SUNBROOK SOLAR POWER</b> Locally owned &amp; operated solar company specializing in solar power, energy storage systems &amp; electric vehicle charging. Our mission is to provide quality customer relations and quality installations. <b>(760) 207-2094</b> <a href="http://www.sunbrooksolarpower.com">www.sunbrooksolarpower.com</a></div> <div><b>TREE SERVICE</b></div> <div><b>DIEGO MARTIN TREE SERVICE</b> * 10 Years Experience * I do all types of tree work, weed removal, maintenance &amp; clean up. <b>FREE ESTIMATES</b> <b>(760) 586-6351</b></div> <div><b>WINDOW WASHING</b></div> <div><b>FALLBROOK WINDOW WASHING CO.</b> <a href="mailto:FallbrookWindowWashing@yahoo.com">FallbrookWindowWashing@yahoo.com</a> <b>(760) 728-8116</b> Put a smile on your windows! Residential &amp; Commercial Friendly, Courteous Service <b>50 YEARS IN BUSINESS!</b> <a href="http://www.fallbrookwindowwashing.com">www.fallbrookwindowwashing.com</a></div> <div><b>ADVERTISING</b></div> <div><b>YOUR AD HERE!</b> List your business for less than \$20/week. Call today!</div>
<div><b>AUTOMOTIVE SERVICES</b></div> <div><b>AUTOHEIM</b> Service &amp; Repair For ALL European &amp; Import Autos <i>We do most extended warranties!</i> <b>(760) 728-2338</b> 1236 S. Main St., Fallbrook</div>	<div><b>COMPUTER SERVICES</b></div> <div><b>HOME &amp; BUSINESS COMPUTER SERVICES</b> Zac Strain • Virus &amp; Malware Removal • Equipment Installation • Computer Cleanup &amp; Maintenance • Router Configuration &amp; Installation • Internet Speed Consultation • Teaches Classes • CompTIA Certified • Air Force Veteran • Lifelong Bonsall/Fallbrook Resident <b>(760) 505-6655</b> <a href="mailto:ZStrainIT@gmail.com">ZStrainIT@gmail.com</a></div>			
<div><b>CONSTRUCTION</b></div> <div><b>DOZER WORK</b> \$120/Hour CLEARING GRADING &amp; PADS Larry Herman #938001A <b>(760) 390-0428</b></div>				



LEGALS

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

NOTICE OF PETITION TO ADMINISTER ESTATE OF  
RICHARD DUANE PHILLIPS

CASE NO. 37-2023-00042297-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: RICHARD DUANE PHIL-LIPS

A Petition for Probate has been filed by MEGAN SIEMS in the Superior Court of California, County of SAN DIEGO  
The Petition for Probate requests that MEGAN SIEMS 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 require 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: December 14, 2023 Time: 1:30 p.m. Dept. 503  
Address of court: 1100 Union St. San Diego, CA 92101  
Central Courthouse-Probate  
If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing.  
Your appearance may be in person or by your attorney.  
If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.  
Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
**You may examine the file kept by the court.** If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.  
Attorney for petitioner: Jonas Bailey, The Bailey Law Firm, 1405 Garden Street, #2, San Luis Obispo, CA 93401, 805-232-4577  
Legal: 6338  
PUBLISHED: October 19, 26, November 2, 2023

SHERIFF’S LOG

Oct. 1	
900 blk Alturas Road	Assault w/ a deadly weapon; not firearm
100 blk W. Fallbrook St.	Grand theft - Burglary from motor vehicle
Oct. 2	
300 blk Ammunition Road	Grand theft from motor vehicle
200 blk Oberlander Way	Fraud - Obtain money by false pretenses - Over \$950
200 blk S. Main Ave.	Arrest - Possession of controlled narcotic substance and paraphernalia
500 blk Iowa St.	Assault w/ a deadly weapon; misc. Incidents
1000 blk S. Main Ave.	Arrest - Disorderly conduct - Under the influence: Alcohol
1400 blk Alturas Road	Grand theft - Commercial - From building
1100 blk S. Main Ave.	Arrest - Suspicious vehicle - Possession of controlled substance and paraphernalia
Oct. 3	
31900 blk Del Cielo Este	Burglary from motor vehicle - Over \$2,000
Oct. 4	
2000 blk Ridge Pl.	Fraud - Get credit/others ID
300 blk S. Ridge Dr.	Trespassing - Grand theft
Oct. 5	
1700 blk Adalane Pl.	Missing adult - At risk
4700 blk Pala Rd.	Arrest - Subject stop - Possession of controlled substance and paraphernalia
500 blk Iowa St.	Battery with serious bodily injury
400 blk Meadowood St.	Simply battery
1800 blk Willow Glen Rd.	Grand theft from building
1500 blk Macadamia Dr.	Petty theft - All other larceny
2000 blk Fuerte St.	Arrest - Burglary - Residential - Hot prowl
Olive Hill Rd. / Hwy 76	Traffic stop - Found property
1200 blk S. Old Hwy 395	Arrest (2) - Traffic stop - Possession of controlled substance
Oct. 6	
1400 blk Alturas Ct.	Violation of domestic court order
35100 blk Cooper Pl.	Petty theft from vehicle
700 blk Glenhart Pl.	5150 - Mental health disorder - 72 hr. Watch
5400 blk Villas Dr.	5150 - Mental health disorder - 72 hr. watch
Oct. 7	
4200 blk Holly Ln.	Arrest - Violation of temporary restraining order - Contempt of court: disobey court order and violate protective court order
900 blk Sunny Hill Ct.	5150 - Mental health disorder - 72 hr. watch
Oct. 8	
S. Mission Rd.@/ Almond St.	Arrest - Traffic stop - Other agency warrant - Felony
S. Mission Rd.@ Almond St.	Arrest - Traffic stop - Possession of controlled substance paraphernalia
5200 blk 5th St.	Petty theft - Possession of personal identifying information with intent to defraud
300 blk W. Clemmens Ln.	Arrest - Child abuse/neglect - Threaten crime with intent to terrorize - Willful cruelty to child with apparent minor injury
3100 blk S. Old Hwy 395	Grand theft - Money/labor/property
Oct. 9	
700 blk W. Alvarado St.	Arrest - Disorderly conduct - Under the influence: Drugs
35100 blk Vintage Cv.	Grand theft - Commercial - From building

TS No.: MAEF.577-134 APN: 214-410-28-00 Title Order No.: 2322604CAD NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 1/6/2020. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: Aaron Brodowski, a Married Man, as His Sole and Separate Property Duly Appointed Trustee: PROBER AND RAPHAEL, ALC Recorded 1/14/2020 as Instrument No. 2020-0019477 in book N/A, page N/A of Official Records in the office of the Recorder of San Diego County, California, Date of Sale: 11/17/2023 at 9:00 AM Place of Sale: East County Regional Center, 250 E. Main Street, El Cajon, CA 92020, Entrance of the East County Regional Center Amount of unpaid balance and other charges: \$765,631.45 Street Address or other common designation of real property: 1012 FOXGLOVE VW CARLSBAD, California 92011-4847 A.P.N.: 214-410-28-00 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (855) 976-3916 or visit this Internet Website <https://tracker.auction.com/sb1079>, using the file number assigned to this case MAEF.577-134. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Website. The best way to verify postponement information is to attend the scheduled sale. For sales conducted after January 1, 2021: NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (855) 976-3916, or visit this internet website <https://tracker.auction.com/sb1079>, using the file number assigned to this case MAEF.577-134 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. Date: 10/3/2023 PROBER AND RAPHAEL, ALC 20750 Ventura Blvd. #100 Woodland Hills, California 91364 Sale Line: (855) 976-3916 Phone Number: 818-227-0100 Rita Terzyan, Trustee Sale Officer NPP0441563 To: VILLAGE NEWS INC 10/19/2023, 10/26/2023, 11/02/2023

APN: 103-300-45-00 TS No.: 22-04537CA TSG Order No.: 220604076-CA-VOI NOTICE OF TRUSTEE SALE UNDER DEED OF TRUST YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED DECEMBER 8, 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. 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 December 15, 2006 as Document No.: 2006-0892083 of Official Records in the office of the Recorder of San Diego County, California, executed by: Carlos Cortes and Olivia Cortes, husband and wife as community property, as Trustor, will be sold AT PUBLIC AUCTION TO THE HIGHEST BIDDER for cash (payable in full at time of sale by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). All right, title and interest conveyed to and now held by it under said deed of trust in the property situated in said county and state, and as more fully described in the above referenced deed of trust. Sale Date: November 13, 2023 Sale Time: 10:00 AM Sale Location: At the entrance to the East County Regional Center by the statue, 250 E. Main St, El Cajon, CA 92020 File No.:22-04537CA The street address and other common designation, if any, of the real property described above is purported to be: 747 West Fig Street, Fallbrook, CA 92028. 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: \$256,187.37 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call, (916) 939-0772 for information regarding the trustee's sale or visit this internet website, [www.nationwideposting.com](http://www.nationwideposting.com), for information regarding the sale of this property, using the file number assigned to this case, T.S.# 22-04537CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the internet website. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (916) 939-0772, or visit this internet website [www.nationwideposting.com](http://www.nationwideposting.com), using the file number assigned to this case 22-04537CA to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. File No.:22-04537CA If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. For Trustee Sale Information Log On To: [www.nationwideposting.com](http://www.nationwideposting.com) or Call: (916) 939-0772. Dated: October 2, 2023 By: Trixie Obnimaga Foreclosure Associate Affinia Default Services, LLC. 301 E. Ocean Blvd., Suite 1720 Long Beach, CA 90802 (833) 290-7452 NPP0441401 To: VILLAGE NEWS INC 10/19/2023, 10/26/2023, 11/02/2023

CLASSIFIEDS

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# LEGALS

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

## Fictitious Biz. Name

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9018592  
Name of Business  
**CROWN CULTURE**  
4660 North River Rd, Spc 108, Oceanside, CA 92057  
Mailing address: 4660 North River Rd, Spc 108, Oceanside, CA 92057  
County: San Diego  
This business is registered by the following: Edgar J. Moreno, 4660 North River Rd, Spc 108, Oceanside, CA 92057  
This business is conducted by an Individual Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Sep 08, 2023  
**LEGAL: 6318**  
**PUBLISHED: September 28, October 5, 12, 19, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9018819  
Name of Business  
**BK DENTURE STUDIO**  
239 Canopy Trails Place, Fallbrook, CA 92028  
Mailing address: 239 Canopy Trails Place, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following: Byung-Koo Lee, 239 Canopy Trails Place, Fallbrook, CA 92028  
This business is conducted by an Individual Registrant first began to transact business under the fictitious name listed above as of 9/1/23  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Sep 13, 2023  
**LEGAL: 6319**  
**PUBLISHED: September 28, October 5, 12, 19, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9019364  
Name of Business  
**GENESIS BACKGROUND SCREENING SERVICES**  
1119 S. Mission Rd 126, Fallbrook, CA 92028  
Mailing address: 1119 S. Mission Rd 126, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following: GBSS Inc, 1119 S. Mission Rd 126, Fallbrook, CA 92028  
This business is conducted by a Corporation This Corporation is registered in the state of California  
Registrant first began to transact business under the fictitious name listed above as of 4/1/2007  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Sep 20, 2023  
**LEGAL: 6321**  
**PUBLISHED: September 28, October 5, 12, 19, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9019524  
Name of Business  
**COASTLINE LENDING SERVICE**  
1757 Tamarack Ave, Carlsbad, CA 92008  
Mailing address: Same as above  
This business is registered by the following: Kristine Murray, 1757 Tamarack Ave, Carlsbad, CA 92008  
This business is conducted by an Individual Registrant first began to transact business under the fictitious name listed above as of 9/22/2023  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Sep 22, 2023  
**LEGAL: 6330**  
**PUBLISHED: October 12, 19, 26, November 2, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9020391  
Name of Business  
**WELDY LANDSCAPE SERVICES**  
516 Village View Place, Fallbrook, CA 92028  
Mailing address: 516 Village View Place, Fallbrook, CA 92028  
This business is registered by the following: Andrew Weldy, 516 Village View Place, Fallbrook, CA 92028  
This business is conducted by an Individual Registrant first began to transact business under the fictitious name listed above as of 10/04/2023  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 04, 2023  
**LEGAL: 6331**  
**PUBLISHED: October 12, 19, 26, November 2, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9020523  
Name of Business  
**P R WAVE MECHANICAL CONTRACTORS**  
1515 S Melrose Dr 172, Vista, CA 92081  
This business is registered by the following: Israel Lebron Rivera, 1515 S Melrose Dr 172, Vista, CA 92081  
This business is conducted by an Individual Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 5, 2023  
**LEGAL: 6332**  
**PUBLISHED: October 12, 19, 26, November 2, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9019910  
Name of Business  
**FOUND OUTPOST**  
2116 Main St E 2, Julian, CA 92036  
Mailing address: 5415 El Arbol Dr, Carlsbad, CA 92008  
This business is registered by the following: Jessica Smith, 5415 El Arbol Dr, Carlsbad, CA 92008  
This business is conducted by an Individual Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Sep 27, 2023  
**LEGAL: 6333**  
**PUBLISHED: October 12, 19, 26, November 2, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9019425  
Name of Business  
**a. JACCS EVENTS**  
**b. JACCS FAMILY CARE**  
3811 Via De La Bandola, San Diego, CA 92173  
Mailing address: 3811 Via De La Bandola, San Diego, CA 92173  
County: San Diego  
This business is registered by the following: JACCS Ventures LLC, 3811 Via De La Bandola, San Diego, CA 92173  
This business is conducted by a Limited Liability Company  
This LLC is registered in the state of California  
Registrant first began to transact business under the fictitious name listed above as of 1/ SEP/2023  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Sep 21, 2023  
**LEGAL: 6322**  
**PUBLISHED: September 28, October 5, 12, 19, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9017535  
Name of Business  
**THE KINGS ARMOR MOBILE DETAILING**  
1214 El Nido Drive, Fallbrook, CA 92028  
Mailing address: 1214 El Nido Drive, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following: Mathew R. Rodriguez, 1214 El Nido Drive, Fallbrook, CA 92028  
This business is conducted by an Individual Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Aug 23, 2023  
**LEGAL: 6320**  
**PUBLISHED: September 28, October 5, 12, 19, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9016966  
Name of Business  
**CLUB LUX AND EVENTS**  
1818 Playa Rivera Dr, Cardiff, CA 92007  
Mailing address: Same as above  
County: San Diego  
This business is registered by the following: Marcie Y. Guerrero, 1818 Playa Rivera Dr, Cardiff, CA 92007  
This business is conducted by an Individual Registrant first began to transact business under the fictitious name listed above as of 8/16/2023  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Aug 16, 2023  
**LEGAL: 6325**  
**PUBLISHED: September 28, October 5, 12, 19, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9018588  
Name of Business  
**FRESCO GRILL**  
5256 S. Mission Road, Bonsall, CA 92003  
County: San Diego  
This business is registered by the following: GRP Twenty nine, Inc, 518 Knots Lane, Carlsbad, CA 92011  
This business is conducted by a Corporation This Corporation is registered in the state of CA  
Registrant first began to transact business under the fictitious name listed above as of 12/08/2008  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Sep 08, 2023  
**LEGAL: 6323**  
**PUBLISHED: September 28, October 5, 12, 19, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9019046  
Name of Business  
**FALLBROOK CAR STEREO & TINTING**  
507 S. Main Ave#A, Fallbrook, CA 92028  
Mailing address: 747 S. Mission Rd PO Box 2334, Fallbrook, CA 92088  
County: San Diego  
This business is registered by the following: Henado Marquez, 18258 Strickland Ave, Lake Elsinore, CA 92530  
This business is conducted by an Individual Registrant first began to transact business under the fictitious name listed above as of 07/01/2009  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Sep 15, 2023  
**LEGAL: 6326**  
**PUBLISHED: October 5, 12, 19, 26, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9018180  
Name of Business  
**FALLBROOK BATting CAGES**  
720 E. Mission Rd., Fallbrook, CA 92028  
Mailing address: 720 E. Mission Rd., Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following: a. David Lewis, 720 E. Mission Rd., Fallbrook, CA 92028  
b. Jeffrey Clapp, 126 Almond St, Fallbrook, CA 92028  
This business is conducted by a General Partnership  
Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Sep 01, 2023  
**LEGAL: 6327**  
**PUBLISHED: October 5, 12, 19, 26, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9019785  
Name of Business  
**WILDWOOD CROSSING AND CANTINA**  
116 Civic Center Drive, Vista, CA 92084  
Mailing address: same  
County: San Diego  
This business is registered by the following: Terramar Restaurant Group, Inc., 116 Civic Center Drive, Vista, CA 92084  
This business is conducted by a Corporation This Corporation is registered in the state of California  
Registrant first began to transact business under the fictitious name listed above as of 09/25/2018  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Sep 26, 2023  
**LEGAL: 6328**  
**PUBLISHED: October 5, 12, 19, 26, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9017313  
Name of Business  
**a. DC HUB LLC**  
**b. PHONTVILLE**  
**c. BADD BOMBS**  
**d. INNERVATIONS**  
858 Maryland Ave, Vista, CA 92083  
County: San Diego  
This business is registered by the following: DC Hub LLC, 858 Maryland Ave, Vista, CA 92083  
This business is conducted by a Limited Liability Company  
This LLC is registered in the state of California  
Registrant first began to transact business under the fictitious name listed above as of 8/24/2018  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Aug 21, 2023  
**LEGAL: 6324**  
**PUBLISHED: September 28, October 5, 12, 19, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9020143  
Name of Business  
**FALLBROOK KITCHEN RENTALS**  
560 Industrial Way, Unit D, Fallbrook, CA 92028  
Mailing address: 560 Industrial Way, Unit D, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following: Heart Always, Inc, 560 Industrial Way, Unit D, Fallbrook, CA 92028  
This business is conducted by a Corporation This Corporation is registered in the state of California  
Registrant first began to transact business under the fictitious name listed above as of 10/1/2023  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 02, 2023  
**LEGAL: 6329**  
**PUBLISHED: October 5, 12, 19, 26, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9019635  
Name of Business  
**a. FUERZA HISPANA**  
**b. FUERZAHISPANA SITE**  
322 Garrison St #152, Oceanside, CA 92054  
This business is registered by the following: a. Librado Godinez Rivera, 322 Garrison St #152, Oceanside, CA 92054  
b. Arlen Alaine Borrego Areyanas, 322 Garrison St #152, Oceanside, CA 92054  
This business is conducted by a Married Couple Registrant first began to transact business under the fictitious name listed above as of 9/25/2023  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Sep 25, 2023  
**LEGAL: 6334**  
**PUBLISHED: October 19, 26, November 2, 9, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9019634  
Name of Business  
**LGR RIDE**  
322 Garrison St #152, Oceanside, CA 92054  
This business is registered by the following: Librado Godinez Rivera, 322 Garrison St #152, Oceanside, CA 92054  
This business is conducted by an Individual Registrant first began to transact business under the fictitious name listed above as of 09/25/2023  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Sep 25, 2023  
**LEGAL: 6335**  
**PUBLISHED: October 19, 26, November 2, 9, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9020879  
Name of Business  
**a. UNDER THE MOON POETRY**  
**b. UNDER THE MOON**  
3018 E. Pala Mission Rd, Pala, CA 92059  
This business is registered by the following: Elizabeth Martinez, 3018 E. Pala Mission Rd, Pala, CA 92059  
This business is conducted by an Individual Registrant first began to transact business under the fictitious name listed above as of 02/05/2022  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 11, 2023  
**LEGAL: 6336**  
**PUBLISHED: October 19, 26, November 2, 9, 2023**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2023-9020318  
Name of Business  
**JOHN SMITH CONSULTING GROUP**  
3510 Madison Ave., San Diego, CA 92116  
This business is registered by the following: Neil Rios, 3510 Madison Ave., San Diego, CA 92116  
This business is conducted by an Individual Registrant first began to transact business under the fictitious name listed above as of 10/3/2023  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 03 27, 2023  
**LEGAL: 6337**  
**PUBLISHED: October 19, 26, November 2, 9, 2023**

Loan No.: 16287 - Yeo TS no. 2023-10766 APN: 255-272-23-00 NOTICE OF TRUSTEE'S SALE UNDER DEED OF TRUST YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 7/22/2022, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE IS HEREBY GIVEN, that on 10/25/2023, at 10:00 AM of said day, At the entrance to the East County Regional Center by the statue, 250 E. Main St, El Cajon, CA 92020, Worldwide Lenders, Inc., a Delaware Corporation, as duly appointed Trustee under and pursuant to the power of sale conferred in that certain Deed of Trust executed by Annie Yeo, an unmarried woman recorded on 7/29/2022 in Book n/a of Official Records of SAN DIEGO County, at page n/a, Recorder's Instrument No. 2022-0310127, by reason of a breach or default in payment or performance of the obligations secured thereby, including that breach or default, Notice of which was recorded 6/28/2023 as Recorder's Instrument No. 2023-0168423, in Book n/a, at page n/a, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH, lawful money of the United States, evidenced by a Cashier's Check drawn on a state or national bank, or the equivalent thereof drawn on any other financial institution specified in section 5102 of the California Financial Code, authorized to do business in the State of California, ALL PAYABLE AT THE TIME OF SALE, all right, title and interest held by it as Trustee, in that real property situated in said County and State, described as follows: Lot 328, Carlsbad Tract No. 88-03-2, Arroyo La Costa, Unit 2 (Villages G,H,J,P,Q,R and S), per Map Thereof No. 13366 filed December 20, 1996 The street address or other common designation of the real property hereinabove described is purported to be: 2385 Avenida Helecho, Carlsbad, CA 92009. The undersigned disclaims all liability for any incorrectness in said street address or other common designation. Said sale will be made without warranty, express or implied regarding title, possession, or other encumbrances, to satisfy the unpaid obligations secured by said Deed of Trust, with interest and other sums as provided therein; plus advances, if any, thereunder and interest thereon; and plus fees, charges, and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of said obligations at the time of initial publication of this Notice is \$613,255.25. In the event that the deed of trust described in this Notice of Trustee's Sale is secured by real property containing from one to four single-family residences, the following notices are provided pursuant to the provisions of Civil Code section 2924f: 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's sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 or visit this internet website [www.nationwideposting.com](http://www.nationwideposting.com), using the file number assigned to this case 2023-10766. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not be immediately reflected in the telephone information or on the internet website. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call 916-939-0772, or visit this internet website [www.nationwideposting.com](http://www.nationwideposting.com), using the file number assigned to this case 2023-10766 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid, by remitting the funds and affidavit or declaration described in Section 2924m(c) of the Civil Code, so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. Dated: September 28, 2023 Worldwide Lenders, Inc., a Delaware Corporation, as Trustee By: Ashwood TD Services LLC, its Agent Christopher Loria, Trustee's Sale Officer 231 E. Alessandro Blvd., Ste. 6A-693, Riverside, CA 92508 Tel.: (951) 215-0069 Fax: (805) 323-9054 Trustee's Sale Information: (916) 939-0772 or [www.nationwideposting.com](http://www.nationwideposting.com) NPP0441329 To: VILLAGE NEWS INC 10/05/2023, 10/12/2023, 10/19/2023

NOTICE OF TRUSTEE'S SALE T.S. No.: 2023-2128 Loan No.: YEO/STILLWELL YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/28/2022. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: ANNIE YEO Duly Appointed Trustee: ZTS Foreclosure Services, LLC Recorded 11/01/2022 as Instrument No. 2022-0420998 in book , page of Official Records in the office of the Recorder of SAN DIEGO County, California, Date of Sale: 11/02/2023 at 10:00 AM Place of Sale: At the entrance to Zenith Trustee Services, 217 Civic Center Drive #2, Vista, CA 92084. Amount of unpaid balance and other charges: \$642,095.17 Street Address or other common designation of real property: 6535 EASY STREET CARLSBAD, CA 92011 A.P.N.: 211-030-34-73 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 760-758-7622 or visit this Internet Website [WWW.ZENITH-TRUSTEE.COM](http://WWW.ZENITH-TRUSTEE.COM), using the file number assigned to this case 2023-2128. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not be immediately reflected in the telephone information or on the Internet Website. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call, 760-758-7622 or visit this internet website [WWW.ZENITHTRUSTEE.COM](http://WWW.ZENITHTRUSTEE.COM), using the file number assigned to this case 2023-2128 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. ALL BIDDERS MUST HAVE CERTIFIED FUNDS PAYABLE TO ZTS FORECLOSURE SERVICES, LLC, IN ORDER TO BID AT THE SALE. Date: 09/20/2023 ZTS Foreclosure Services, LLC A CA Limited Liability Company 217 Civic Center Drive # 2 Vista, California 92084 Sale Line: 760-758-7622 DANAA A. FAZIO, TRUSTEE OFFICER NPP0441482 To: VILLAGE NEWS INC 10/12/2023, 10/19/2023, 10/26/2023

### Rainbow Municipal Water District Notice of Election November 7, 2023 – Measure “B”

On November 7, 2023, an election will be held within the Rainbow Municipal Water District (RMWD) on Measure “B” regarding the detachment of the RMWD from the San Diego County Water Authority. You have likely already received the County of San Diego “Voter Information Pamphlet and Sample Ballot” for this election. If you have not, you may obtain a copy at <https://www.sdvote.com/content/ro/en/sample-ballot-info-lookup.html> or you can contact the San Diego County Registrar of Voters at (800) 696-0136. The purpose of this letter is to satisfy legal requirements related to the Measure “B” election, which requires RMWD to provide mailed notice of the election to voters qualified to vote at the upcoming November 7, 2023, election. The following is the substance of the terms and conditions of Measure “B”:

On July 10, 2023, the San Diego Local Agency Formation Commission (LAFCO) (by adoption of LAFCO Resolution No. 2023-12), approved the detachment/exclusion of the Rainbow Municipal Water District (RMWD) from the San Diego County Water Authority, which is RMWD's current wholesale water supplier, and the annexation of RMWD into the neighboring Eastern Municipal Water District (resulting in a switch to a new wholesale water supplier). LAFCO's approval was subject to various LAFCO-imposed terms and conditions (described in more detail below), which included a requirement that the voters within RMWD approve the detachment/exclusion from the San Diego County Water Authority. RMWD voters will decide this issue at the November 7, 2023, election. LAFCO's terms and conditions include submission to LAFCO of a final map of RMWD's territory, submission of checks making payment for various LAFCO and Board of Equalization fees, and if the RMWD voters approve detachment/exclusion, payment by RMWD of an exit fee of \$15,798,250.00 to San Diego County Water Authority, to be paid in five annual installments of \$3,159,650.00, with the first installment to be paid within 30 days of the certification of the results of the election, and the remaining installments to be paid on the anniversary of the initial payment. As stated in the record of LAFCO's proceedings, the exit fee was imposed by LAFCO to provide “net-revenue protection to the County Water Authority and its remaining member agencies for the first 60 months” following RMWD's detachment/exclusion from the San Diego County Water Authority. LAFCO estimates that if the detachment/exclusion of RMWD from the San Diego County Water Authority is approved and RMWD annexes to Eastern Municipal Water District, RMWD would realize approximately \$4.8 million in annual savings before the exit fee payment. Other terms and conditions of LAFCO's approval are described in Measure “B” and LAFCO's approval documents located at <https://www.sdlafco.org/resources/major-proposals/fallbrook-pud-rainbow-mwd-wholesaler-reorganization-2020-21>. A YES vote on Measure “B” would approve detaching/excluding RMWD from San Diego County Water Authority and permit annexation into the Eastern Municipal Water District. A NO vote on Measure “B” would approve RMWD remaining within the San Diego County Water Authority and not annexing into to Eastern Municipal Water District.

If you have any questions, please contact the District the Registrar of Voters/Election Official's office at (800) 696-0136.

RAINBOW MUNICIPAL WATER DISTRICT





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NEW LISTING  
185 Morro Hills, Fallbrook \$1,499,000



COMING SOON  
AVAILABLE 10/20  
3294 Integrity Way, Fallbrook \$1,525,000



NEW LISTING  
752 Palomino, Fallbrook \$880,000



00 Chisholm, Bonsall \$1,698,000



PENDING  
2469 E. Mission Road, Fallbrook \$749,000



FALLBROOK  
55+ COMMUNITY  
1120 E. Mission Rd, Space 89, Fallbrook \$165,000



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# Vote Yes on Measures A and B



## Yes on Measure A

For FPUD voters,  
Yes on Measure A authorizes the  
Fallbrook Public Utility District  
to purchase water from the  
nearby Eastern Municipal  
Water District instead of the San  
Diego County Water Authority,  
saving Fallbrook residents  
approximately \$2.9 million a year.



## Yes on Measure B

For Rainbow MWD voters,  
Yes on Measure B authorizes the  
Rainbow Municipal Water District  
to purchase water from the  
nearby Eastern Municipal Water  
District instead of the San Diego  
County Water Authority, saving  
Rainbow residents approximately  
\$4.8 million a year.

**Please join our County  
Supervisor Jim Desmond,  
the California Avocado  
Commission, our local  
Planning Groups and  
Chambers of Commerce and  
the Boards of Directors of the  
FPUD and Rainbow MWD  
in voting  
Yes on Measures A and B.**

For all the facts:  
**FairWaterRates.com**

Paid for by Citizens for Fair Water  
Rates, Yes on Measures A & B.



## Yes on Measures A and B

**SAME  
Source.**

**SAME  
Pipes.**

**SAME  
Reliability.**

**FAIR  
Rates.**

PAID POLITICAL AD



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The Fallbrook/Bonsall

## Village News

Invites You to  
Join Us for a

# Friends- giving

## FUNDRAISER

**Saturday  
November 18th  
11am-2pm**

463 S. Stagecoach Lane  
Fallbrook, CA 92028



To attend go to  
[villagenews.com/donate](http://villagenews.com/donate)  
and make a donation  
of any size!



**We will supply  
Turkey, Ham,  
Dressings, Yams,  
Cranberry, Pies,  
Drinks &  
Green Salad**

*Feel free to bring your  
favorite dish to share*

**Silent Auction & Raffles!**



# THE GREATER FALLBROOK AREA SOURCEBOOK

Why do hundreds of  
businesses market their  
products & services in  
the Greater Fallbrook  
Area Sourcebook?

## Results.



## Your Local Magazine.



**Sourcebook has been  
distributed free to the  
local community for  
over 20 years!**

FEATURING:

- Local Businesses
- Local Artists and Residents Making an Impact
  - Local Dining
  - Local Nonprofits
  - Local Shopping
- Local Entertainment
- Local Home & Garden
- And So Much More!

# THE GREATER FALLBROOK AREA SOURCEBOOK

RESERVE YOUR SPACE TODAY  
FOR THE 2024 EDITION

**Call Josephine at 760-468-1662  
or email [jmackenzie@reedermedia.com](mailto:jmackenzie@reedermedia.com)**





## Some of the shelves are empty at the food pantry!

**Please help with food or donations from your groves, gardens, or pantry.**



**The Food Pantry is serving 6600 people, including over 2600 children. Since May, with inflation, new clients have grown 125%.**

**North Coast Church and the Village News are co-sponsoring food drives for the Fallbrook Food Pantry.**

People can bring food to the Village News office during the week, Monday through Friday, from 9 am to 5 pm, at 111 W. Alvarado St., Fallbrook.

On the weekends, please deliver donations to North Coast Church on Nov. 4 and 5 or Nov. 11 and 12th at 1375 S Mission Rd, Fallbrook, CA 92028

### Donation Suggestions:

Donate fresh food from your trees and gardens, canned and frozen foods, fruits and vegetables. Low-sugar, low-sodium foods, pasta, rice, beans, meats, cereals, oats, shelf-stable milk, peanut butter, diapers, baby food, etc. For safe handling purposes Fallbrook Food Pantry does not accept donations in glass containers.

92% OF DONATIONS GO DIRECTLY TO PROVIDING FOOD



The Fallbrook/Bonsall  
**Village News**



[www.fallbrookfoodpantry.org](http://www.fallbrookfoodpantry.org)

*Because when you're hungry, nothing else matters!*