



Brandon Gallery closes after more than 40 years

Jeff Pack
Writer

Not many of Fallbrook's businesses or establishments have enjoyed a run like the one the Fallbrook Brandon Gallery has enjoyed.

Since the professional artists' cooperative was established in 1977 on Brandon Street in 1977, the organization has served as a window into the creative minds of artists in the community and beyond.

Founded by three Fallbrook artists – Virginia Polise, Jeanne Shanahan and Mary Tomaskevitch – the organization's motto has always been "Enriching the community through exhibitions, demonstrations and outreach."

But recently, Fallbrook Arts Inc., which has operated the gallery since 2002, was forced to close the doors.

"The closing of the Brandon Gallery was driven by safety and business issues," Jerri Patchett, president of Fallbrook Arts Inc. said. "Rain damage made the building uninhabitable and unsafe for occupancy. We have all valued the Brandon Gallery as an important member of our arts community."

see **GALLERY**, page A-9

this week

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Chamber honors volunteers



Jean Dooley walks on stage to receive the Fallbrook Chamber of Commerce 2018 Lifetime Achievement Award at chamber luncheon at the Grand Tradition. See story and more photos on B-6.



Bob and Susan Lucy receive the Fallbrook Chamber of Commerce 2018 Citizen of the Year Award during the chamber's annual awards luncheon, May 15.

Family is focus at Fallbrook Vintage Car Show

Rick Monroe
Special to the Village News

The middle of the Memorial Day weekend will be both memorable and vintage.

Since 1965, the Fallbrook Vintage Car Show has been a local tradition. This year it's being held Sunday, May 26, with hot rods and custom cars. Visitors will see a rainbow of color with lots of chrome and shine from the 470-plus vehicles on display.

For the Fallbrook Vintage Car Club, sponsors of the event, the qualification of being a vintage vehicle is 25 years or older. In other words, built before 1995.

"Vintage" in the dictionary is defined as "the time that something of quality was produced."

Co-chairmen for this year's show are Steve Shapiro and Doug Allen with Shapiro taking the lead and Allen providing support since he has been the show chair or co-chair the last four years.

The show, held at the Pala Mesa resort, certainly has quality. That includes more than 20 vehicles from the brass era – 1914 and earlier – as well as two vintage fire truck engines.

The Fallbrook Vintage Car Show is not only one of the largest

car shows anywhere, it is the longest running consecutive show west of the Mississippi – this being the 54th annual, all on the Memorial Day weekend.

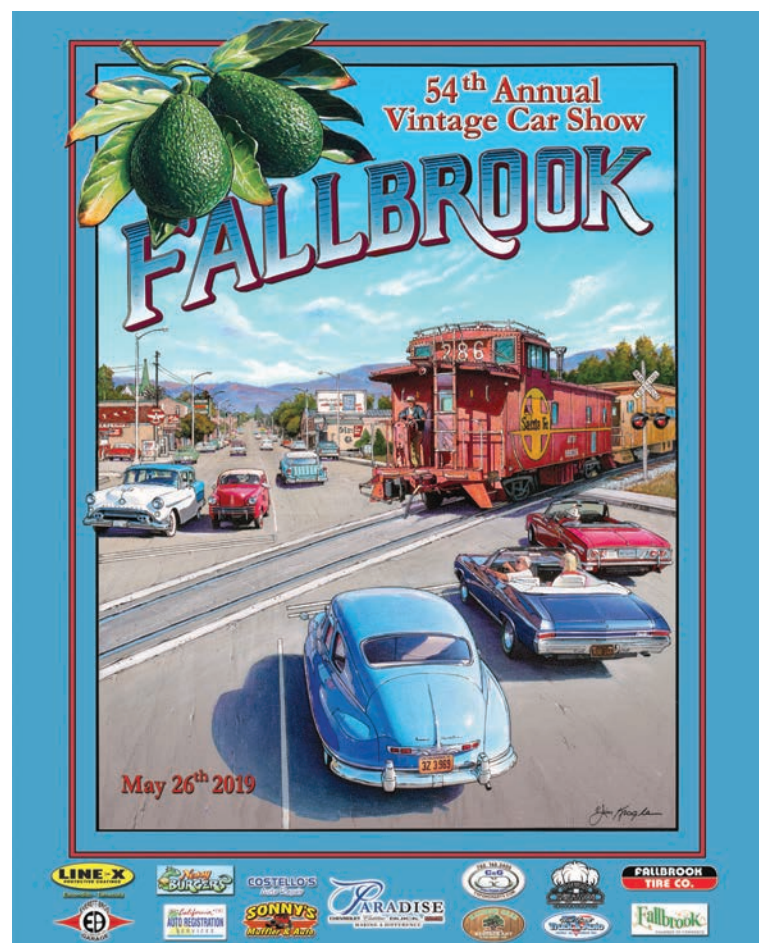
The event will be held on the first nine holes and driving range of the golf course at the Pala Mesa Resort, just west of Interstate 15, from 9 a.m. to 4 p.m. Rain or shine, the show will be held.

Parking and admission are free with about 20,000 visitors expected. Most of the vehicles being shown are 1970 and older, both stock and modified.

In addition to the car show, the activities include a large swap meet, full beer and wine garden, many food vendors, live DJ, play area and bounce house for children, giveaway raffles and special Restoration Road section with products and services for your next automotive project. Jewelry, antiques and crafts are also sold.

Allen pointed out that the vehicles on display are to be looked at, but not touched. Some will have their hood or trunk open for viewing, but he explained owners are concerned about their paint jobs.

see **SHOW**, page A-10



This year's car show poster is a re-creation of a train traveling through Fallbrook, with Roy Moosa as the conductor on the caboose, which is now sitting near Main Avenue and Elder Street.

McStay family murder trial may be nearing its conclusion

Jeff Pack
Writer

Jurors were shown the video Monday, May 13, of the questioning of Charles "Chase" Merritt by detectives Edward Bachman and Daniel Hanke regarding the dates of Feb. 4 and Feb. 6 in connection with the deaths of Fallbrook residents Joseph and Summer and their two young boys.

Bachman was on the stand as the video was shown and questioned by defense attorney Rajan Maline about inconsistencies in the investigators' reports and the questioning.

Dr. Leonid Rudin is the only witness left on the defense team's calendar and due to what is described as a "condition" suffered by defense attorney James McGee, the testimony or Rudin was delayed until Tuesday, May 21, for a morning session after press time.

Superior Court Judge Michael A. Smith told the jury that court was expected to be in session Wednesday and Thursday, May 22-23, as well.

He said he was going to be going over the exhibits that would be made admissible and jury instructions during closing statements on those dates.

One juror has said that they would not be available after May 30.

"We're going to see where we are. I'm hesitant to say this, but there's a possibility the case can at least be given to the jury to begin your deliberations before the 30th," Judge Smith told the jury. "And then of course, how long you'll be deliberating will be totally up to you."

The prosecution has long complained that the defense team has stalled the case, which has lasted more than the estimated four months, in order to cause a mistrial.

The McStay family was last seen alive Feb. 4, 2010, and relatives reported them missing a few days later. Their Fallbrook home appeared to indicate they left in a hurry that day with fruit left out and clothes scattered about the house.

Detectives thought initially that the family had gone on a trip and



Superior Court Judge Michael A. Smith tells the jury in the Chase Merritt murder trial that he expects to hand the case over to them by May 30. Merritt is accused of killing Fallbrook's Joseph and Summer McStay and their two children in February 2010.

would return after searches on one of the family's computers showed a web search about documents needed for children traveling to Mexico.

Boosting that theory was the discovery of the family's Isuzu Trooper was found parked in a strip mall near the Mexican border and the San Diego County sheriff's investigators then turned the case over to the FBI.

Over the course of the next two

years, the case gained national attention with tips coming in from all over the United States and the world.

Then, in November 2013, the skeletal remains of the four family members were discovered in shallow graves by a motorcyclist in the Mojave Desert.

Records show that all four were beaten to death, most likely with

see **MCSTAY**, page A-9

ANNOUNCEMENTS

FRHD to host public forum

FALLBROOK – The Fallbrook Regional Health District is hosting a public forum Wednesday, May 29, at 6 p.m., at 138 South Brandon Road, in Fallbrook.

Fallbrook Regional Health District is moving away from an at-large election system for its board makeup and is shifting to a five zone-based election system for the 2020 election to help strengthen community representation.

During this sixth public forum, the Fallbrook Regional Health District will review the draft maps, created by North County Fire Protection based on previous feedback from community members, April 18 and National Demographics Corporation.

After the public hearings on proposed zone maps, the district board of directors will vote on a final map that divides the district into the five new zones, which will go into effect for the 2020 elections. The public is encouraged to attend these public hearings as the zone-based election system will be a representation of the communities they serve.

For more information, visit www.fallbrookhealth.org.

Submitted by Fallbrook Regional Health District.

Civil War group to honor Memorial Day

FALLBROOK – The Sons of Union Veterans of the Civil War will be holding their annual Memorial Day Ceremony, Saturday, May 25, at 10:30 a.m. This event will be held at the Fallbrook Pioneer Oddfellow’s Cemetery located at the corner of Clemmens Lane and Alturas Street. The public is invited to attend.

Submitted by the Sons of Union Veterans of the Civil War.

Savvy women make smart investors

FALLBROOK – Britannia Connection Inc. announced their upcoming meeting and luncheon, Thursday, May 30, as women of either British or Commonwealth heritage, or those with a strong interest in British culture, gather for friendship, fun and philanthropy.

Jon Dickson, a financial adviser with Edward Jones, will share information on investing and the importance of women in financial management. The lunch will be hosted by Edward Jones, and the first 30 respondents are guaranteed a complimentary lunch. To register for this event, call Vanessa Caldwell at (208) 871-9644 no later than 5 p.m. Saturday, May 25.

BCI meetings are held the last Thursday of the month at The

Golf Club of California, 3742 Flowerwood Lane, in Fallbrook. A meet and greet time starts at 11 a.m. with coffee and tea available. The official meeting, including the presentation, begins at 11:30 a.m. and a hot lunch with dessert follows the meeting.

BCI is a registered nonprofit and holds fundraisers throughout the year with proceeds going to local charities. Past donations have benefited the Fallbrook Animal Sanctuary, Fallbrook Food Pantry, Fallbrook Wounded Warriors, Fallbrook Senior Center, Fallbrook High School marching band, SSNAAPE and The Foundation for Senior Care.

Submitted by Britannia Connection Inc.

VFW to hold Memorial Day Ceremony at Fallbrook Masonic Cemetery

FALLBROOK – Veterans of Foreign Wars Post 1924 will be holding its annual Memorial Day Ceremony Monday, May 27, at the Fallbrook Masonic Cemetery, 1177 Santa Margarita Drive, in Fallbrook.

The ceremony will begin at 10 a.m. and is open to the public. The ceremony will include Fallbrook JROTC cadet Audrey Gillcrist reciting her winning Voice of Democracy essay and honorary guest speaker retired Marine Corps Lt. Col. Stephen H. Mount, along with music from the Fallbrook Chorale. The Fallbrook Garden

Club will provide flowers for attendees to place to the graves of their choosing.

This event will pay tribute to those who have paid the ultimate price for our freedom. The ceremony will be followed by a luncheon provided at the VFW Hall, 1175 Old Stage Road, in Fallbrook. Donations will be accepted toward the mission of the VFW to provide resources and support for active duty servicemen, veterans and the community.

Submitted by Veterans of Foreign Wars Post 1924.

See ‘How Solar Power Works’ at Fallbrook library



Community Development employees with Sullivan Solar Power will speak about “How Solar Power Works” at the Fallbrook Library Community Room Tuesday, May 28.

FALLBROOK – Community Development employees with Sullivan Solar Power will speak about “How Solar Power Works” at the Fallbrook Library Community Room Tuesday, May 28, at 6:30 p.m. Sandwiches and soft drinks will be served. The library is at 124 S. Mission Road in Fallbrook.

Fallbrook’s inland location makes the area a popular location for solar power. Many Fallbrook homes are on large plots of land, which makes placing solar panel arrays on the ground a viable option if a rooftop installation is not possible or desired. Sullivan Solar Power is an established Fallbrook solar power company, having helped dozens of residents and businesses start saving on rising utility bills by going solar, including North County

Fire Protection District stations, which serve Fallbrook and the surrounding areas of Rainbow and Bonsall.

The meeting will explain how solar works, how to determine if it is a right fit for a home, including the latest on battery technology, information on how much solar and batteries cost along with financing options and incentives.

The talk is presented by the Fallbrook Climate Action Team, a local group of volunteers promoting discussion and action to mitigate the effects of climate change. The presentation is open to the public.

For more information, contact Joy Frew at (425) 830-7569 or joyfrew@gmail.com.

Submitted by Fallbrook Climate Action Team.

FUESD to serve summer lunches

FALLBROOK – The Child Nutrition Program at Fallbrook Union Elementary School District will be serving free nutritious lunch during the Summer Lunch Program. It is open to everyone under 18 years and under.

The lunches will be served at the following school sites and facilities: La Paloma Elementary, Monday through Thursday, June

10, to July 3, from 11:30 a.m. to 12:30 p.m.; Fallbrook Stem Academy, Monday through Friday, June 6, to June 28 from noon to 1:15 p.m.; and Boys and Girls Club Fallbrook, Monday through Friday, June 3, to Aug. 9, from noon to 1 p.m.

Submitted by Fallbrook Union Elementary School District.

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LOCAL

Reflections of a 99-year-old Fallbrook Treasure

Jerry Bedoya
Special to the Village News

One of Fallbrook’s treasures and unsung heroes turned 99 years old, Friday, May 17. Robert Lee Bowman grew up during the Great Depression, was a World War II pilot and served as captain of a United Airlines 747 before his retirement. I recently spoke with Bowman to reflect on his life, and in doing so I must admit, I was taken aback by his recall, conversable nature and inspiring sensibility. Do not let his 99-year-old milestone fool you; he’s still sharp as a tack.

Born in Nampa, Idaho, in 1920, Bowman was raised on a 160-acre potato farm his father homesteaded following the Spanish-American War. The farm was eventually turned into a thriving sand and gravel business, which enabled his parents to provide well for him and his siblings despite growing up in the midst of the Great Depression. Although this era was challenging, Bowman’s escape was his family, the great outdoors and reading anything aviation related.

As he said, “I had a terrific childhood.”

Bowman’s interest in flying emerged at an early age. His older half brother, Dick, was instrumental in influencing this interest, being himself was an accomplished World War I balloonist and fighter pilot. Following the war, Dick became a Barnstormer and was one of the first to fly overnight airmail out of San Diego. Bowman also mentioned with great pride that Dick flew with Charles Lindbergh. Dick’s inspiration often left him gazing at the sky knowing one day it would be his domain.

Bowman graduated from high school in 1938, and although his father wanted him to take over the family business, he was determined to become a pilot. He enrolled in Northwest Nazarene College tuition-free because his father’s gravel business had built the school’s library. After completing his sophomore year, Bowman entered the government-sponsored Civilian Pilot Training Program, but in doing so he had to commit to the Navy following flight school. His dream was about to come true.

It was Dec. 7, 1941, while in flight school in Jacksonville, Florida., that Bowman was at a movie theater when he was unexpectedly summoned back to his base. Pearl Harbor had just been attacked. The following day his class gathered in the auditorium to listen to FDR’s seven-minute speech declaring war on the Empire of Japan.

Bowman said, “Following the President’s speech, me and another cadet were ordered to stand watch atop our barracks with a machine gun.”

Bowman nearly didn’t make it out of flight school – not because of his performance, mind you – but because of his brash flying antics. While his girlfriend and eventual wife, Elaine, was visiting,

Bowman broke protocol and performed an unauthorized aerial loop for all to see, including his commanding officer. Bowman was certain his flying career was finished, but in 1940, the Navy was desperate for pilots so they let his wayward conduct take a back seat to their personnel shortages.

Ensign Bowman received his wings following the eight-month training program. Upon graduation, he flew home and married Elaine. Upon returning, Bowman was assigned as a flight instructor in part because of his excellent flying skills. Although he desperately yearned for a combat assignment, Bowman also knew that as an instructor in the States he’d have ample time with his new bride. Bowman said he experienced the best of both worlds, “I had unlimited flying time and would also come home every night to beautiful Elaine.”

Bowman spent two years as an instructor before being deployed to the Pacific Theater in late 1943. He shipped out on the USS Nehenta Bay and was assigned to a TBM Avenger, a carrier-based torpedo bomber. The plane was manned by him, a radioman and a turret gunner. Bowman’s squadron while aboard the Nehenta patrolled his carrier battle group in an effort to identify and destroy Japanese submarines.

Lt. Bowman flew more than a hundred missions with the same crew. The three men trained, fought, laughed and cried together eventually forming a makeshift family. As a 23-year-old Navy pilot, Bowman not only embraced his duty, but also understood the burden of command and the obligation to his crew. He was forever mindful of this overwhelming responsibility. Bowman said he would stop at nothing to ensure the families of his crew would in time see their loved ones again.

After a year in the South Pacific, Bowman’s squadron was on leave in Monterey training with newly developed weaponry. Before being redeployed, Japan unconditionally surrendered.

Shortly thereafter Bowman saw his brother Dick land a United Airlines mail carrier at the airport he was stationed. Dick convinced Bowman he could get him a job at United so the giddy Lt. Bowman jumped in the nearest TBM Avenger and flew with his brother to the nearby United headquarters. Dick introduced him to his boss, and he was hired on the spot because of his Navy background.

Upon being honorably discharged, Bowman and Elaine drove to their Idaho family farm and eventually made their way to Portland, Oregon, where he began his career flying DC3s for United. After eight years, Bowman promoted to captain, and in time began flying 747s from Los Angeles to Hawaii. Noticing the beauty of North San Diego County from the air, Bowman, Elaine and their three children, Sandy, Ed and Vickie, relocated from Northridge to beautiful Fallbrook in 1972.



Courtesy photos



This weekend Ryan Brierly will be marrying the love of his life, Lauren Hessel. He considers himself the luckiest man alive because not only is Lauren absolutely beautiful, she is smart, affectionate, caring and driven. She is also an inspiring step mother to Bridget.

Ryan will be waiting at the altar this Sunday afternoon, May 26, 2019, at the Grand Tradition Estate & Gardens. Lauren will join him in front of all their family and friends to whom they will pronounce their marriage and devotion to one another. The wedding will then turn into an unbelievable night of non-stop dancing and fun.

#happilyeverbrierly

EVENTS CALENDAR

May 26 – 9:30 a.m. to 4 p.m. – The 54th annual Fallbrook Vintage Car Show will be held on the grass at the Pala Mesa Resort, 2001 Old Highway 395. Show and parking are free to visitors. Hot rods and customs are this year’s featured cars. Vendors, food and beverages will also be available.

May 27 – 10 a.m. – VFW Post 1924 hosts a Memorial Day Ceremony on at the Masonic Cemetery located at 1177 Santa Margarita Dr.

June 8 – 12:30-4 p.m. – The Fallbrook Historical Society holds its annual general membership meeting at The Heritage Center, 1730 Hill Ave. (at Rocky Crest). Annual report and elections will take place from 12:30-1 p.m. After which the public is invited to the presentation of Pioneer of the Year Award, Vintage Business of the Year Award, and Member of the Year Award, as well as an Open House of all the historic buildings and displays, crafts and fun activities, and refreshments.

June 10 – 12-1:30 p.m. – Foundation for Senior Care so-hosts Senior Concern Seminar, “Caregiver Economics” at Christ the King Lutheran Church, 1620 S Stage

Coach Lane. Free of charge and lunch will be provided. Register at www.SCInstitute.org/FSC or call (760) 723-7570.

June 15 – 5:30-10 p.m. – Rotary Club of Bonsall hosts Wine, Brews & Blues at Pala Mesa Resort, 2001 Old Hwy 395. Includes wine and handcrafted beer tastings, tasty bites by local restaurants, silent auction, dancing, and Bill Magee Blues Band. Tickets are \$75 (\$55 for designated drivers), available at www.BonsallRotary.com.

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

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

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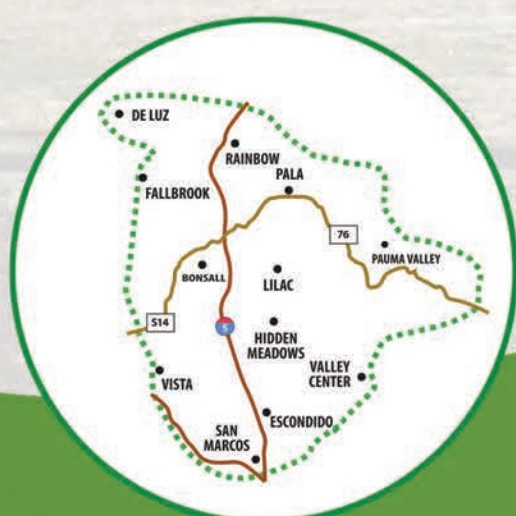
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Former Fallbrookian and his Impala win Hot Wheels Legends tour event

Jeff Pack
Writer

Alfredo “Freddy” Quintero will tell you straight up – he needed to make a change in his life – a big change.

Growing up in Fallbrook, Quintero found trouble the way a lot of youngsters with difficult upbringings find it – too much time on their hands and not enough money in the family to pay to keep them busy.

His father picked avocados and his mother packed them for more than 30 years and Quintero said times were tough.

“We had very limited income, so they couldn’t put us into sports or anything like that,” Quintero said.

Quintero readily admitted he was always in trouble. He didn’t make it through his freshman year at Fallbrook High and was sent to Job Corps as a sophomore. Though he graduated from the school in Imperial Beach, trouble continued to be a big part of his life for many years.

But it was a life-changing jail sentence that helped him realize that he needed to change.

“I had too much at stake, but I just couldn’t release myself from that lifestyle,” Quintero said. “It gave me a little eye opening to say, ‘Hey, you know what? What are you doing? This is the end of it, it’s over. If you don’t beat this case it’s over, it’s done.’”

“It was in (jail) that I joined the jail ministry, and I met a guy that had similar to the same background as me – drug addiction and so forth – so, I started to listen to him and I would go to those classes. I said that’s it, if I ever get out, I’m turning my life around ... and I did just that,” Quintero said.

Along with the help of his friends, his mentors and his wife and children, Quintero got his life in order. Then he mentioned to his wife his dream about the car that he’s had since he was a teenager.

“She said, ‘OK, well then, let’s just build this car,’” he said.

Nine years ago he purchased the same model of car with which he



Former Fallbrook resident Alfredo ‘Freddy’ Quintero and his custom 1975 Chevrolet Impala recently won the 2019 Hot Wheels Legends Tour stop in Atlanta, Georgia. Freddy Quintero photos



If Quintero and his Impala can win the finals of the Hot Wheels Legends Tour competition in Las Vegas, the car would be made into a die-cast replica for production and distribution for sale all over the world.

learned to drive and was built the year he was born – a 1975 Chevy Impala.

“It was pretty cool to be able to find the car,” Quintero said. “I bought it in an original type of shape. I just took it and redid what you see now.”

“Work, her and the kids, and the car took so much more of my time and my focus that I didn’t have to so much feel the temptation of the drug addiction. It kept me so occupied it was ridiculous,” he said.

The commitment and hard work paid off.

Now living in Canton, Georgia, Quintero and his custom Impala won the top prize at the 2019 Hot Wheels Legends Tour in Atlanta, Georgia, which means he will compete in November at the SEMA Show in Las Vegas.

“Basically, they celebrated 50 years for Hot Wheels, and they started a tour,” Quintero said. “I didn’t make it last year, but they

did so good last year, they decided to do it again this year. I presented my car with hundreds of other cars and that day I was picked as the winner.”

“It’s unexplainable, really. I stepped outside of my comfort zone to go ahead and compete with cars that are very unique. Took a chance and got the win. I feel absolutely blessed,” he said.

In Las Vegas, he and his car will compete against 18 other tour stop winners with the chance to be chosen as the car that will be made into a die-cast replica by Hot Wheels.

“Hot Wheels is like a household item. I mean everybody’s had one,” Quintero said. “Just to think of them making a car like mine – it’s mind-blowing. Later on, my kids, my kids’ kids, and so on can play with it.”

Quintero said Hot Wheels will transport his car and fly him out to Las Vegas for the show, which is one of the biggest in the world.

Saul Echeverria of the GROUPE car club was the one that reached out to the Village News for this story.

“He’s super excited about this whole thing,” Quintero said. “He said, ‘Dude, you just like broke a barrier that went above and beyond just the lowrider community.’”

As excited as Quintero is about the SEMA Show, he’s also excited to share his story with kids just like him back in Fallbrook.

“Growing up in Fallbrook ... it’s a small town,” he said. “We did a lot of outside playing around, but we got into some stuff just because we were bored. I would definitely say stay focused, some kind of hobby, a sport that takes up their time. Building a car would be a much more appealing alternative to the streets – writing on the walls or doing drugs or anything like that.”

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



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Red Cross to use Bonsall Community Center and elementary school as an emergency shelter

Joe Naiman
Village News Correspondent

The agreement for the American Red Cross to use Sullivan Middle School as a temporary shelter for emergency or disaster situations has been replaced by an agreement in which the Red Cross will use the Bonsall Community Center and Bonsall Elementary School.

The BUSD board voted 5-0, May 14, to approve the agreement which allows the Red Cross to use the BUSD facilities as a temporary emergency public shelter during and following a disaster. The formal agreement has no expiration date but would end 30 days after either the school district or the Red Cross provides written notice to terminate the agreement.

“I’m pleased that it’s right here not only for our students and our parents. It makes sense to have a safe, secure location here,” BUSD superintendent David Jones said.

The Red Cross and the school district reviewed several qualifying factors including accessibility and determined that the community center and the adjacent elementary school would be a more suitable and practical location for disaster refuge and relief purposes. The Bonsall Community Center land is owned by the Bonsall Unified School District.

“I think it’s a really great facility for emergency reasons,” Jones said. “It’s a really nice facility. There’s a lot of space.”

The Red Cross will have the primary responsibility for operating the shelter and will designate a Red Cross official as the shelter manager to manage the activities, while the school district will designate a facility coordinator for organizing the facilities with the shelter manager. The facility manager will identify and secure all equipment the Red Cross should not use while operating the facility.

If the Red Cross requests food services or custodial services, the school district will make such

resources available to the Red Cross. The facility coordinator will designate a food service manager to coordinate meals to shelter occupants. In addition to supervising meal planning and preparation, the food service manager will establish a feeding schedule and determine food service inventory and needs. The facility coordinator will designate a facility custodian to coordinate the cleaning and sanitation of the facilities.

The Red Cross will reimburse the school district for the costs of private security, custodial and food service personnel the school district otherwise would not have incurred. The reimbursement will be at the straight time rate for wages actually incurred but will not include overtime or the costs of salaried staff. The Red Cross will also reimburse the school district for utility costs which otherwise would not have been incurred. If any facility damage occurs due to the Red Cross operation the school district will also be reimbursed, although the Red Cross is not responsible for damage from storms or from the disaster itself. The Red Cross will indemnify the school district for any liability for bodily injury, death or property damage from the Red Cross using the facility, and the Red Cross will have a minimum of \$1,000,000 of liability insurance coverage.

The Red Cross shelter manager and the school district facility coordinator will coordinate with law enforcement regarding any public safety issues at the shelter. The school district will refer all media questions about the shelter to the shelter manager. The school district will not issue press releases or provide other publicity about the use of the shelter without the written consent of the shelter manager. The Red Cross can post signs identifying the site as a Red Cross shelter in locations approved by the facility coordinator, and those signs will be removed after the shelter is closed.

Uber-volunteer Vivian Collins passes the bat after 20 years on Little League board

BONSALL – “Surprise!” yelled the hundreds in attendance at the Bonsall Fallbrook Little League closing ceremony Saturday, May 18 as a shining commemoration sign was unveiled in honor of volunteer Vivian Collins.

Collins served the community’s Little League program for 20 years. Her dedication will be reflected with a permanent sign on Field No. 2, which was named the “Viv” Collins Field.

Among her biggest and littlest fans attending the event to celebrate her retirement were 2017 California Little League World Series umpire Chris Rutz of San Diego, North County Fire Protection District fire Chief Steve Abbott and Bonsall Fallbrook Little League President AJ Garcia. But it wouldn’t have been a party without 150 little leaguers amped up over a visit from Thunder, Lake Elsinore’s Storm mascot.

To register for fall baseball, visit www.bfll.com.

Submitted by Bonsall Fallbrook Little League.



From left, North County Fire Protection District fire Chief Steve Abbott, Vivian Collins and California Little League World Series umpire Chris Rutz celebrate Collins’ retirement from the Bonsall Fallbrook Little League board, May 18.



Retiring Bonsall Fallbrook Little League board member Vivian Collins takes a photo with a few of her children from years past.



Chris Rutz and Lake Elsinore Storm mascot Thunder help commemorate “Viv” Collins Field.

Thunder does what he does best – cheering on the children.



Courtesy photo

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GALLERY

form page A-1

Known for its diversity of art and artists, member demonstrations and workshops, the gallery has hosted at least two open-call exhibitions each year juried by some of the top artists in the region.

Prominent artists were invited to show as featured artists several times each year.

Brandon Gallery was well-known in the arts community for presenting a wide variety of media, including watercolor, oil, acrylic, mixed media, pastel, photography, printmaking, textile art, collage, assemblage, drawing and digital art.

With around 30 artists in the cooperative, the gallery had been going strong in the last few years. But structural damage to the building on Main Street made



Fallbrook Brandon Gallery has closed its doors after more than four decades because of damage done to the building by recent rains.

Fallbrook Brandon Gallery photo

continuing to keep the doors open unfeasible.

The gallery also sold consignment art from regional jewelry designers, ceramists, glass artists and fiber artists, and there was a section dedicated to the sale of artists’ supplies. JP Framing, a full-service, professional framing business operated by Jennifer Paprock, was located at the gallery as well.

So far, there is no indication the gallery will move to another location.

“Regarding Brandon Gallery’s future in Fallbrook, if an opportunity arises that we find suitable we would consider regrouping,” Noreen Ring said in a statement.

Despite the loss of Brandon Gallery, art is not dead in Fallbrook by any means.

Fallbrook Arts Inc. is currently hosting the eighth annual Artist Guild Show at the Fallbrook Art Center, a juried guild exhibition and sale featuring more than 90 works, through June 16.

The “Five Artists, Five Visions” show featuring artists Susan Frommer, Annie Youngblood, Julie Compton, Ruth Parker and Jan Carre, inside The Rosalie and Spencer Lehmann and The Salon Galleries at the Fallbrook Art Center continues through June 18

For more information about Fallbrook Brandon Gallery and news about the future of the gallery, visit www.fallbrookbrandongallery.org for updates.

For more information about Fallbrook Arts, Inc., visit www.fallbrookartcenter.org.

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

MCSTAY

form page A-1

a sledgehammer owned by Joseph McStay.

At that point, the investigation was taken over by the San Bernardino County Sheriff’s Department. Investigators announced the arrest of Merritt, Nov. 7, 2014, and charged him with four counts of murder.

Investigators believe that the McStays were killed at their home and transported by Merritt to the San Bernardino desert.

In November 2014, a defense attorney said Merritt is in poor health and wishes for a speedy trial. Then in January 2015, said he wanted to represent himself, claiming to have only six to eight months to live and he can’t afford an attorney.

It wasn’t until Jan. 7, that the trial began.

Prosecutors maintain that greed was the basis for Merritt committing the murders and have said they will be seeking the death penalty in the case.

Detectives said Merritt deposited checks worth thousands of dollars from McStay after the family went missing, using QuickBooks and even called QuickBooks from his cellphone, identifying himself as Joseph McStay and asking to transfer the money in the account.

Defense attorneys have said that investigators zeroed in on Merritt early on the case and never looked at anyone else. It is expected that the defense will continue to point the finger at another business associate of Joseph McStay, Daniel Kavanaugh, who the defense said was overlooked by investigators.

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



Chase Merritt is seen in this file photo during opening arguments.



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SHOW

from page A-1

“These are expensive cars and you don’t want your paint job ruined,” Allen said. “That’s why dogs are not allowed. No smoking and no drones, either. There’s just too much of a risk.”

However, most owners are happy to answer questions and let visitors pose in front of their car.

“This isn’t the stereotype beer-drinking guys event,” Allen noted. “It’s for couples and families – people of all ages. It’s a place to come and meet people and have fun.”

Asked what he enjoys the most as co-chair of car show, Allen



Steve Shapiro’s 1954 Olds 98 is one of the cars shown in the car show poster this year.



Doug Allen is at the wheel of his 1926 Model T Touring at Ingold Field, Fallbrook.

Courtesy photos

Schedule and details... a fact sheet

57th Annual Fallbrook Vintage Car Show
Sunday, May 26, 9 a.m. to 4 p.m.
Pala Mesa Resort
2001 Old Highway 395, Fallbrook
Sponsor: Fallbrook Vintage Car Club

Schedule and awards

Gate Opens for Show Cars	6 a.m.
Breakfast Starts	7 a.m.
Live DJ	8 a.m. to 3 p.m.
Official Show Opening	9 a.m. (U.S. Marine Corps presentation of the colors, T-34 flyover and playing of the national anthem)
Raffle Drawings	Every half-hour starting at 10 a.m.
Judging Starts	10 a.m.
Final Raffle Drawing	2 p.m.
Awards Ceremony	3 p.m. (estimated)
Conclusion	4 p.m.

replied, “The cars, of course, but also the friendships, and that we’re able to give to community needs.”

“Last year we donated \$2,000 to help support local charitable and community organizations throughout the Fallbrook area, including our friends at Camp Pendleton,” Allen said. “That includes kids’ sports, senior programs, Toys for Tots, baby showers for military wives and more. Details are on our webpage about how to apply for funding.”

Allen said the car club has the same family focus, though there are a large number of retired folks.

“Not all members have vintage cars – you just have to enjoy them – but our members really get into it,” he said.

At the shows, Allen said he likes looking at the Chevrolet Bel Air cars from the 1950s and the Chevrolet Corvettes from the 1960s.

Ironically, Allen’s three vintage vehicles are not Chevrolets. They are Fords – a 1926 Model T, a 1959 F100 pickup and a 1965 Ranchero pickup.

“You can spend a lot of money, \$20,000 to \$120,000, fixing them up,” he said. “But one thing I’ve learned is that you only get a fraction of the money you spent back when you try to sell one. You do it because it’s your passion.”

The car club is really is a social club, Allen said. Activities include a Christmas party, post car show barbecue, frequent mini car shows around the county, business meetings and monthly R.O.M.E.O. and J.U.L.I.E.T. get-

together. Those acronyms are for Retired Old Men Eating Out and Just Us Ladies Interacting and Eating Together. That’s social.

“I’ve been a member of 13 years, and you really get to know everyone,” he said. “A good number of my best friends are from the club.”

The club has more than 100 members, Allen said, and there is always some turnover.

“It seems like every year there are about 10 people who move away or stop coming, but 10-20 new people,” he said. “We have a kickoff breakfast every year and really welcome newcomers, who we encourage to see become involved.”

The original Vintage Car Club started as a Model A Ford Club in the late 1950s. At the time, it had approximately 10 members – all Model A owners. The club later moved to the Stiles’ Fallbrook Tractor office on East Mission. The original group’s only scheduled activity was an annual Memorial Day car show. The annual car show has continued uninterrupted ever since and is the longest running charitable event in the history of Fallbrook.

In 1961, the club was expanded, opened to select car brands and renamed the Fallbrook Car Club.

In 1975, the club was renamed the Fallbrook Vintage Car Club after joining the Antique Automobile Club of America as a chapter in the San Diego Region.

For more information, visit www.fallbrookvintagecarclub.com.



THANK YOU

FOR SUPPORTING OUR ROCKIN’ FOR RESCUE FUNDRAISER

April 27th at the Fallbrook VFW hosted over 120 guests at the Rockin’ For Rescue fundraiser. “This was meant to be a small, casual fundraiser with 50-60 people but there was so much interest to see the Anthony Cullins, Fallbrook Kid, perform and support for the Fallbrook Animal Sanctuary that this event exceeded our committee’s expectations,” Karen Estes, Event Chair, said.

During the evening guests enjoyed food, with vegetarian options, prepared by James Duncan and the VFW team, had the option to bid on silent auction items, heard Janet LuCore of the sanctuary share successes and challenges that they deal with and, of course, listened and danced to the Fallbrook Kid’s music.

The Fallbrook Animal Sanctuary is a non-profit, no-kill shelter serving Fallbrook and Bonsall. For more information or to provide support, go to www.fallbrookanimalsanctuary.org.

Thank You for your Support of the Fallbrook Animal Sanctuary

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Raising funds with style and fun

BONSALL – The Bonsall Woman’s Club had a successful luncheon fashion show at the Vista Valley Country Club, May 10. The event, themed “A Fashion Fantasy,” had models wearing gowns from Peggy Scudder’s collection and clothes from Aston’s Boutique in Bonsall.

To the enjoyment of the audience, the event started with a fairy godmother played by Ellen Wirtz granting wishes by tapping her wand and taking the audience to prominent places: Wimbledon, the Kentucky Derby and Paris

with backdrops representing each area and BWC members modeling appropriate clothing for each setting.

The event would not have been an overwhelming success without its sponsors: Drs. Carlson & Drury, Riverview Properties, TruBeauty by Gigi, Marely Mortgage, and many members of the BWC. All proceeds benefit local charities.

For more information, visit www.bonsallwomensclub.org.

Submitted by Bonsall Woman’s Club.



Bonsall Woman’s Club members attending the luncheon fashion show include, from left, Valerie Swaisland, Michele Monson (mother & daughter), Peggy Durling, Jean Fortin and Ellen Wirtz.



Chris Hawanik, with her parasol, portrays her wish to visit Paris. Her fairy godmother granted her three wishes during the fashion show.



Deborah Baker is the winner of the “All about Chocolate” basket which was donated by BWC’s Book Club and decorated by Marcia Sawyer.



Models, from left, Carla Boldt, Maura Button and Pat Miller enjoy a fantasy tennis match at Wimbledon.

June Bernesser photos



Event chair Rene Barnes, right, recognizes Ellen Wirtz, co-chair and event program, for all the work she put in choreographing the fashion show which was more like a musical, with dancing models.



BWC member June Stone serves as the fashion show photographer for A Fashion Fantasy.



Vocalist Madison Prince provided entertainment before the fashion show started.



BWC Past-president Diane Trappen sells raffle tickets at the luncheon. Sixteen themed baskets were raffled off during the event which also included a silent auction.



Ellen Wirtz portrays the fairy godmother who grants wishes in the fashion show.

HEALTH & BEAUTY

Temecula Valley Hospital earns 6th Leapfrog ‘A’ grade for patient safety

TEMECULA—Temecula Valley Hospital was awarded an “A” from The Leapfrog Group’s spring 2019 Hospital Safety Grade. The designation recognizes Temecula Valley Hospital’s efforts in protecting patients from harm and meeting the highest safety standards in the United States.

“We are very excited to have received our sixth straight ‘A’ grade since 2016 for the Leapfrog Safety Grade ratings,” Darlene Wetton, CEO of Temecula Valley Hospital, said. “We are committed to ensuring patient safety and are so proud of our Temecula Valley Hospital team that demonstrates the highest standard of care, every day.”

The Leapfrog Group is a national organization committed to improving health care quality and safety for consumers and purchasers. The safety grade assigns a letter grade to hospitals across the country based on their performance in preventing medical errors, infections and other harms among patients in their care.

“To be recognized nationally as an ‘A’ hospital is an accomplishment the whole community should take pride in,” Leah Binder, president and CEO of The Leapfrog Group, said. “Hospitals that earn an ‘A’ grade are making it a priority to protect patients from preventable medical harm and error. We congratulate hospital leaders, board members, staff, volunteers and clinicians who work so hard to earn this A.”

Developed under the guidance of a national Expert Panel, the Leapfrog Hospital Safety Grade uses 28 measures of publicly available hospital safety data to assign grades to more than 2,600 U.S. acute-care hospitals twice per year. The Hospital Safety Grade’s methodology is peer-reviewed and fully transparent and the results are free to the public.

Temecula Valley Hospital was awarded an ‘A’ grade when Leapfrog announced grades for the spring 2019 update. To see Temecula Valley Hospital’s full grade details and to access patient tips for staying safe in the hospital, visit www.hospitalsafetygrade.org and follow The Leapfrog Group on Twitter and Facebook.

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. The flagship Leapfrog Hospital Survey collects and transparently reports hospital performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog’s other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents and infections.

Temecula Valley Hospital brings advanced technology, innovative programs, patient-centered and family sensitive care to area residents. The hospital features 140 private patient rooms; emergency care featuring ER Reserve; advanced cardiac and stroke care; orthopedics; and general and surgical specialties. Temecula Valley Hospital is nationally recognized for patient safety by The Leapfrog Group, with a 2017 Top Hospital Award and six consecutive “A” grades for patient safety in spring 2019, fall 2018, spring 2018, fall 2017, spring 2017 and fall 2016. The hospital also recently received two 2019 Women’s Choice Award Achievements; One of America’s Best Hospitals for Patient Safety and One of America’s Best Stroke Centers, the American Heart Association/American Stroke Association’s Get With The Guidelines-Stroke Gold Plus Quality Achievement Award, The Joint Commission’s Gold Seal of Approval for Certification for hip and knee replacement, 5 Star Medicare Hospital Compare Rating, the American College of Cardiology Chest Pain Center with Primary PCI and Resuscitation Accreditation, the honor of the Inland Empire’s Top Workplaces 2017 and 2018, has been designated an Aetna Institute of Quality Cardiac Care Facility for comprehensive heart and vascular treatment, including cardiac medical intervention, cardiac rhythm programs and cardiac surgery. For more information, visit www.temeculavalleyhospital.com.

Submitted by Temecula Valley Hospital.

UCSD study finds link between Roundup herbicide and liver disease

Eli Walsh
City News Service

Researchers at University of California San Diego published a study last week establishing a link between the weed killer Roundup and severe cases of liver disease in humans.

The researchers studied the amount of glyphosate, the main ingredient in Roundup, in the urine samples of two groups of people: one with nonalcoholic fatty liver disease and one without. The study found that glyphosate residue was higher in the urine of subjects with liver disease regardless of possible underlying factors such as age, body mass index or race.

Company representatives could not be immediately reached for comment on the results of the study, which was published in the journal Clinical Gastroenterology and Hepatology.

The university researchers surveyed 93% in total, 41% of whom were men and 42% were white. An additional 35% of subjects were Hispanic or Latino.

“There have been a handful of studies, all of which we cited in our paper, where animals either were or weren’t fed Roundup or glyphosate directly, and they all point to the same thing: the development of liver pathology,” university professor and study leader Paul Mills said. “So I naturally thought: ‘Well, could it be exposure to this same herbicide that is driving liver disease in the U.S.?’”

Roundup, manufactured by Monsanto, a subsidiary of the German chemical company Bayer AG, has rapidly increased in use since the mid-1990s. During that same period, nonalcoholic fatty liver disease cases in the U.S. have also risen significantly, according to researchers.

Glyphosate-based herbicides account for roughly half of Monsanto’s annual revenue, and most people are exposed to the chemical by eating non-organic grains like wheat and oats. Glyphosate is currently the most widely used herbicide in the country, according to University of California San Diego.

On Monday, a jury in Alameda County awarded more than \$2 billion to a San Francisco Bay Area couple who claimed Roundup caused them to contract Non-Hodgkin lymphoma.

The verdict was the third Roundup-related legal battle Monsanto has lost in California since mid-2018. The company said it plans to appeal the decision, as it has the other two, and maintains that Roundup does not cause cancer or other illnesses.

“Bayer is disappointed with the jury’s decision and will appeal the verdict in this case, which conflicts directly with the U.S. Environmental Protection Agency’s interim registration review decision released just last month, the consensus among leading health regulators worldwide that glyphosate-based products can be used safely and that glyphosate is not carcinogenic and the 40 years of extensive scientific research on which their favorable conclusions are based,” the company said in a statement.

More than 13,000 plaintiffs across the country currently have lawsuits pending against Monsanto.

Mills and the University of California San Diego research team plan to launch further studies into glyphosate’s effect on humans. One of those studies includes putting a group of subjects on a strict diet of organic food to track how herbicide-free food may affect the development of liver disease. The researchers also intend to monitor how other herbicides affect human health.

“There are so many synthetic chemicals we are regularly exposed to,” Mills said. “We measured just one.”

Brain changes linked with Alzheimer’s disease years before symptoms appear

BALTIMORE – In a records review of 290 people at risk for Alzheimer’s disease, scientists at Johns Hopkins University said they have identified an average level of biological and anatomical brain changes linked to Alzheimer’s disease that occur three to 10 years – some even more than 30 years – before the disease’s first recognizable symptoms appear.

“Our study suggests it may be possible to use brain imaging and spinal fluid analysis to assess risk of Alzheimer’s disease at least 10 years or more before the most common symptoms, such as mild cognitive impairment, occur,” Laurent Younes, Ph.D., professor and chair of the Department of Applied Mathematics and Statistics at The Johns Hopkins University, said.

A report of their findings was published online April 2, in *Frontiers in Aging Neuroscience*.

Younes cautioned that brain changes vary widely in people and that their research findings reflect an average level of such changes in a small group of research subjects. As a result, he said, the scientists cannot yet use them to draw any precise conclusions about brain changes in individual people. Nor, they said, are there any drug or other interventions yet known to slow or stop the disease process even if risk is identified early. But the work, he said, could lead eventually to a test to determine an individual’s relative risk for Alzheimer’s disease and to guide the use of treatments when and if they are developed.

For the study, the scientists reviewed medical records collected from 290 people age 40 and older by the National Institutes of Health and the Johns Hopkins University School of Medicine as part of the BIOCARD project, an effort to develop predictors of cognitive decline. It is currently directed by Johns Hopkins University neurologist Marilyn Albert, Ph.D.

Most of the 290 people had at least one first degree relative with dementia of the Alzheimer’s disease type, putting them at higher than usual risk.

As part of the BIOCARD studies, scientists collected cerebrospinal fluid and performed MRI brain scans of study participants every two years between 1995 and 2005. They also conducted five standard tests of memory, learning, reading and attention annually from 1995 to 2013.

Because all 290 participants were cognitively normal when the study began, the scientists were able to track various biological and clinical features associated with Alzheimer’s disease in the years leading up to the appearance of symptoms. By the time of their last appointment with the BIOCARD project, 209 study participants remained cognitively normal, and 81 were diagnosed with mild cognitive impairment or dementia due to Alzheimer’s disease.

In the 81 people who developed cognitive problems or dementia, the Johns Hopkins University team found subtle changes in cognitive test scores 11 to 15 years before the onset of clear cognitive impairment. They also found increases in the rate of change of a protein called Tau, which has long been considered a marker of Alzheimer’s disease, in cerebrospinal fluid an average of 34.4 years for T-tau, or total Tau and 13 years for a modified version called P-tau before the beginning of cognitive impairment.

Submitted by Johns Hopkins University.

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May is Mental Health Awareness Month

SAN DIEGO – May is Mental Health Awareness Month, an annual observance designed to increase awareness about mental health and mental illness. According to Mental Health America, adolescent depression is increasing at an alarming rate and recent studies show that as many as one in five teen suffers from clinical depression. The latest Centers for Disease Control and Prevention Youth Risk Behavior Surveillance Survey, released for California, 32.1% of high school students answered that they have experienced the feeling of hopelessness and sadness for a constant period of two weeks or greater during the past 12 months, which could be the possible beginning of clinical depression.

Good mental health is essential to overall health and personal well-being. It also contributes to the ability to lead a healthy, balanced and productive life. Emotional problems can impair a person’s thinking, feelings and behavior, and over time it can become increasingly serious and disabling. Unfortunately, many people do not seek treatment for mental health issues for a number of reasons. They may not be completely aware of the extent of their problem; they may be hesitant to make contact with a mental health professional because they fear they will be stigmatized or they may not know how to access services. Yet, overall the quality of life is greatly improved when a person with a mental health concern or problem seeks help and receives appropriate treatment from a qualified professional.

Numerous suicides and suicide attempts have been attributed to undiagnosed and/or under treated mental illness. For this reason, The Jason Foundation supports the efforts of Mental Health America and Mental Health Awareness Month. The Jason Foundation Inc. is a nationally recognized leader in youth suicide prevention and awareness and provides programs to all 50 states at no cost through their National Network of Affiliate Offices. The programs are designed to help the public recognize when a young person is struggling with thoughts of suicide and where they can go for help.

For more information, visit the Jason Foundation online at <http://jasonfoundation.com>.

Submitted by Jason Foundation.

Blood test can measure effectiveness of treatments for aggressive skin cancers

NEW YORK – Blood tests that track the amount of tumor DNA can – after only one month of drug therapy – detect how well treatment is working in patients with skin cancer, a new study found.

Led by researchers from New York University School of Medicine and Perlmutter Cancer Center, the study took advantage of the nature of cancer cells, which die and are replaced by new cells continuously as part of aggressive cancer growth. Tumor cells burst as they die, spilling their DNA into the bloodstream, where it can be measured by tests, enabling improved diagnosis and better targeting of treatment based on each individual tumor’s DNA.

For the new study, researchers traced circulating tumor DNA or ctDNA for the cancer gene BRAF, a gene that plays a key role in many melanomas, the most deadly form of skin cancer. In the United States, more than 7,200 individuals are expected to die from metastatic melanoma in 2019, with BRAF mutations playing a role in nearly half of such diagnoses, according to the Skin Cancer Foundation.

“Our study offers firm evidence that tracking this genetic information may be helpful in identifying patients whose cancers shrink and who survive longer as a result of a particular drug regimen,” senior study investigator Dr. David Polsky, the Dr. Alfred W. Kopf professor of dermatologic oncology at New York University Langone Health, said.

For the study, which is being presented at the 2019 American Society of Clinical Oncology annual meeting, June 1, in Chicago, researchers analyzed blood samples from 345 male and female patients with stage III or IV melanoma, which had already spread from the skin to other organs, and who had BRAF mutations.

These patients could not be treated surgically and were part of a larger group of patients participating in a clinical trial of the drugs dabrafenib and trametinib, designed to target BRAF-mutated cancers.

Among the study’s key findings was that the tumor’s BRAF mutation could be detected by the new blood test in 93 percent of the patients before treatment started. In addition, the research team found that BRAF ctDNA levels were no longer detectable after one month of therapy in the 40 percent of patients who had a positive clinical outcome after targeted therapy as measured by an average survival time of 28 months. By contrast, the 60% of patients who did not respond as well still had detectable ctDNA levels and survived for an average of just 14 months.

Polsky and his colleagues said this test appears to be more revealing than the current standard test, which measures lactate dehydrogenase or LDH, an enzyme often elevated by melanoma, because fluctuations in LDH often do not accurately predict treatment success or failure.

The typical method of identifying disease progression for these melanoma patients is through CT scans every three months, but Polsky said the blood test in the current study, noted as the largest BRAF detection rate in patients’ blood to date, suggested it may be helpful to doctors because these tests can be done more frequently and efficiently, and results could be available within a few days.

“If further testing proves successful, monitoring blood samples for BRAF could give us an early indication of whether or not we need to adjust a patient’s treatment plan,” Polsky, dermatologist and director of the pigmented lesion service at New York University Langone, said.

Researchers next plan to test the efficacy of monitoring patient blood samples over longer periods of time, such as several months. They also hope to open a clinical trial to determine whether treatment decisions based on these test results improves patient survival.

Submitted by New York University Langone Health and New York University School of Medicine.

DEA’s 17th National Prescription Drug Take Back Day has highest-ever partner participation

WASHINGTON – With participation nationwide, Drug Enforcement Administration and its law enforcement partners have collected nearly 12 million pounds of unused or expired prescription medications over the course of 17 successful DEA National Prescription Drug Take Back events. During the 17th semiannual event, April 27, the Take Back initiative saw records for the numbers of law enforcement partners and collection sites.

Together with these local, state, tribal and federal partners – more than 5,000 total – at nearly 6,400 collection sites, DEA collected and destroyed close to 469 tons of potentially dangerous unwanted drugs.

This addition brings the total amount of drugs collected by DEA since fall 2010 to 11,816,393 pounds, or 5,908 tons.

“The ever-increasing public support and continuously growing numbers of partners and collection sites are a true testament to the value of DEA’s National Prescription Drug Take Back program,” acting administrator Uttam Dhillon said. “Just as DEA and our law enforcement partners are committed to ending the opioid epidemic, our communities recognize that this is a pervasive and heartbreaking crisis. DEA Take Back Day gives every American a way to help by simply cleaning out their medicine cabinets.”

National Prescription Drug Take Back Day events raise awareness of the link between unused medications and addiction and overdose deaths. The public has embraced the opportunity these events provide to remove medicines languishing in the home that are highly susceptible to misuse, abuse and theft, according to the DEA. Public demand for safe and secure drug disposal has also resulted in a significant increase in year-round drug drop boxes at law enforcement facilities, pharmacies and elsewhere, making drug disposal even more convenient, the agency said.

Complete results for DEA’s spring Take Back Day are available at www.DEATakeBack.com. Video of DEA’s Take Back Day collections being weighed and destroyed is available at https://youtu.be/5y_LCuJvWRs.

DEA’s next National Prescription Drug Take Back Day is Oct. 26.

Submitted by Drug Enforcement Administration.

Albertsons in Fallbrook host blood drive with San Diego Blood Bank


FALLBROOK – Albertsons in Fallbrook is hosting a mobile blood drive in partnership with the San Diego Blood Bank Monday, May 27, from 1-6 p.m. in their parking lot at 1133 S. Mission Road, in Fallbrook.

Anyone 17 and older, who weighs at least 114 pounds and is in good health may be eligible to donate blood. A good meal and plenty of fluids are recommended before donation. All donors must show picture identification. Donors are encouraged to schedule an appointment to donate, but walk-ins are welcome.

To schedule an appointment or for more information, visit www.sandiegobloodbank.org or call (800) 469-7322.

Submitted by San Diego Blood Bank.

Don't miss a beat on what is happening in Fallbrook, Bonsall, Pala, De Luz and Rainbow. Whether it is breaking news, local youth sports, or information on events and activities, you will } _UZbf2\j R_UVRtj Re



The Fallbrook Village News





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SHERIFF'S LOG		
May 10		
Camino del Cielo and Via Casitas	Vehicular burglary	
700 block of South Mission Road	Forgery	
May 11		
800 block of Magarian Road	Threaten crime with intent to terrorize	
Rainbow Valley Drive and Old Highway 395	Vandalism	
1100 block of South Vine Street	Vandalism	
700 block of Alturas Lane	Vehicular burglary	
May 12		
1100 block of South Mission Road	Miscellaneous incidents	
1400 block of Alturas Road	Assault with a firearm on person	
200 block of Royal Glen Drive	Exhibit of deadly weapon other than firearm	
400 block of West Clemmens Lane	Vehicular burglary	
1100 block of South Mission Road	Assault with a deadly weapon	
May 13		
30600 block of North River Road	Residential burglary	
200 block of Ammunition Road	Taking vehicle without owner's consent	
5600 block of Rancho Del Caballo	Residential burglary	
6400 block of Camino del Rey	Simple battery	
1100 block of South Main Avenue	Vandalism	
4600 block of Dulin Road	Fraud	
700 block of South Mission Road	Forgery	
South Old Highway 395 and Pala Road	Possession of a controlled substance	
3100 block of Pankey Road	Possession of controlled substance paraphernalia	
May 14		
1500 block of Linda Street	Simple battery	
1000 block of South Main Avenue	Domestic violence	
2400 block of Stage Coach Lane	Simple battery	
5900 block of Rio Valley Drive	Found property	
700 block of Hackberry Place	Child abuse	
May 15		
300 block of Morro Hills Road	Battery	
1000 block of East Mission Road	Shoplifting	
500 block of South Main Avenue	Petty theft	
Calavo Road and South Mission Road	Spousal abuse	
1400 block of Via Monserate	Simple battery	
40500 block of Sandia Creek Drive	Evading a police officer	
400 block of Ammunition Road	Grand theft	
2400 block of South Stage Coach Lane	Commercial burglary	
700 block of Alturas Lane	Battery/Violate domestic relations order	
1100 block of South Mission Road	Promote/Assist felony criminal street gang	
700 block of South Mission Road	Forgery	
5400 block of Triple Crown Drive	Vehicular burglary	
May 16		
6900 block of West Lilac Road	Rape by force/fear	
1600 South Mission Road	Commercial burglary	
May 18		
West Alvarado Street and North Pasadena Avenue	Drunk in public	
May 19		
400 block of Potter Street	Domestic violence	
Kimble View and East Fallbrook Street	Drunk in public	
1000 block of East Mission Road	Conspiracy to commit crime	
1000 block of East Mission Road	Shoplifting	

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ENTERTAINMENT

Grace Wade to sing at Fallbrook Vintage Car Show



Grace Wade of Fallbrook High School will sing at the Fallbrook Vintage Car Show, Sunday, May 26. Courtesy photo

FALLBROOK – Local singer Grace Wade will perform at the 54th annual Fallbrook Vintage Car Show, Sunday, May 26. The show will be held at Pala Mesa Resort, 2001 Old Hwy 395, in Fallbrook. Wade will perform the national anthem to kick off the show at 9:30 a.m., followed by a musical set, starting at 10:30 a.m. Wade is a classically trained singer who performs a wide variety of music. Wade graduates from Fallbrook High School next month. She has been performing both as a soloist and madrigal throughout high school in Fallbrook. Wade sings professionally and as a frequent volunteer for charitable events.

Submitted by Grace Wade.

In The Vineyards Under The Stars Concert Series is back

TEMECULA – Heyday Productions continues presenting musicians and cover bands to play yesterday’s hits from legendary bands in picturesque winery settings. Special ticket prices are available for a short time only, offering two-for-one deals at select performances. All tickets can be purchased online at www.heyday.com. The Bruno Mars Experience – Earth to Mars will perform Friday, June 14, at Bel Vino Winery. Their top-tier frontman takes on the persona of Bruno Mars. The band is stacked with world-class, professional musicians from Los Angeles. The audience can expect hits like “Uptown Funk,” “That’s What I like,” “Just The Way You Are,” “Locked out of Heaven,” “When I Was Your Man,” “Nothin’ On You,” “Finesse,” “It Will Rain” and “Grenade.” Desperado, the Eagles tribute band, is queued to play Friday, June 21, at Longshadow Ranch Winery, 39847 Calle Contento, in Temecula Valley Wine Country. With five lead vocalists and instrumentalists, this group includes members who have performed with Eagles, including Don Felder, J.D. Souther and Chris Farmer. Desperado will be singing Billboard No. 1 songs: “Heartache Tonight,” “Hotel California,” “New Kid in Town,” “One of These Nights” and “Best of My Love.” Heyday’s Hella 90s Music and Fashion Festival is a tribute to 90s greatest rock bands with cover bands Green Today, Faux Fighters and Infinite Sadness performing Friday, July 26, at Mount Palomar Winery. These bands will be playing hits from Green Day, Foo Fighters, Smashing Pumpkins and more bands will be added to the lineup soon. Some of 90s Fest playlist include “Longview,” “When I Come Around,” “Learn To Fly,” “Big Me,” “1979” and “Bullet With Butterfly Wings,” as well as many other favorites. Heyday has also added a fashion element to this festival by bringing in top models to show off that 90s look. Sundresses and Cowboy Boots Country Music Fest, Heyday’s popular country music event, will be Friday, Aug. 2, at Longshadow Ranch Winery. There will be line dancing, country fashion, roping, mechanical bull rides and music by some of the most popular local bands. Save the date and look for more information coming soon at www.Heyday.com. A Journey tribute by the popular cover band Escape will be Friday, Aug. 16, at Mount Palomar Winery. Escape is the longest-running Journey tribute band around, headlining venues all across North America since 1996. They are one of the tightest bands with the ability to play and sing every note with all the subtle nuances of the original performances. With a repertoire spanning three decades, Escape fully explores the musical evolution of Steve Perry-led Journey, from 70s departures like “Lights” and “Lovin’ Touchin’ Squeezin’,” through the 80s musical frontiers like “Don’t Stop Believin’” and “Who’s Cryin’ Now” to songs from Journey’s Trial By Fire reunion in the 90s. Stairway To Zeppelin will perform the music of Led Zeppelin at Bel Vino Winery Friday, Aug. 30, with special guests The Stevie Ray Vaughan Experience. Stairway To Zeppelin consists of four seasoned musicians reincarnating the music of this legendary band. They are all about the music and the show experience. Each band member has had a successful music careers and performed with legendary musicians, now they are on tour together performing some of the greatest rock music of all time like “Over the Hills and Far Away,” “Kashmir,” “Heartbreaker” and “Stairway to Heaven.” Erotic City will play Friday, Sept. 13. This tribute is Prince with a funky twist. For the last 20 years, Julian Stefoni has shown his talents playing guitar, keyboards, singing, dancing and performing. Erotic City delivers a high-energy show that features classic Prince songs from his ultimate collection. With a complete live stage show, when its time to party like its 1999, Erotic City doesn’t hold back with the high heels, the lace pants, the ‘infamous’ purple coat and all of the sexiness in a Prince show; “Dearly beloved, we are gathered here today to get through this thing called life.” These performances are part of the of the Heyday “In the Vineyards Under the Stars” Concert Series. For a limited time, select events offer general admission tickets for two-for-one pricing, regularly \$25-\$30 per person. VIP tables of eight are also available for closer to the stage reserved seating. General admission seating is first come, first served or guests are welcome to bring their own chairs as well. Parking is limited. Carpooling, Uber, Lyft etc. is encouraged. Food is available until approximately 7:30 p.m. To purchase tickets or for a complete list of events, visit www.Heyday.com or call or text Robert Rankin Walker at (760) 716-6295. Submitted by Heyday Productions.

Senior center offers vacation tours

FALLBROOK – The Fallbrook Senior Center is offering four tours for seniors from July through November. See Yellowstone, Grand Tetons and Mt. Rushmore. Fly into Denver and take the short drive to Laramie, Wyoming, to begin this historic tour. Visit Mt. Rushmore; Custer State Park; the Crazy Horse Memorial; Deadwood, South Dakota; Yellowstone National Park; the Grand Teton National Park and much more. The trip fee includes round trip airfare, airport transfers, deluxe motor coach with a professional tour director, park entrance fees, eight breakfasts and two dinners over nine days and eight nights, July 27 to Aug. 4. Next, visit the Canadian Rockies and Glacier National Park. The trip begins with a flight to Vancouver, British Columbia, followed by dinner and a short tour of the city. Sightseeing highlights include British Columbia Wildlife Park, Banff National Park, Lake Louise, a Sulfur Mountain Gondola Ride and Glacier National Park to name a few. The trip fee includes round trip airfare, airport transfers, deluxe motor coach, professional tour director, National Park entrance fees, six breakfasts and three dinners over seven days and six nights, Sept. 8-14. Travel the Big Sur and Central Coast. Begin by motor coach for Central California with a tour director. The tour includes stops at Santa Barbara, Monterey Bay and Big Sur. Spend time at the Monterey Bay Aquarium, do shopping in San Luis Obispo and enjoy two wine tastings in central California. See the scenic overlook of McWay Falls and stroll down Cannery Row in Monterey. The trip includes a two night stay at the Spring Hill Suites in Paso Robles and one night in Monterey with three breakfasts and two dinners over four days and three nights, Oct. 7-10. For a closer adventure, explore Palm Springs, Death Valley, Joshua Tree and Las Vegas. Travel by deluxe motor coach through California and Nevada’s majestic countrysides. Tour highlights include Death Valley National Park, Joshua Tree National Park, Cabot Pueblo Museum, the Coachella Valley Windmill and the cities of Palm Springs and Las Vegas. A professional tour guide will be available to direct guests to the various exhibits and encourage their exploration of all the intriguing sites found throughout the desert. Stay one night at the Hilton Palm Springs Hotel and Spa, one night at the Longstreet Inn and one night in Las Vegas, which is to be announced, and enjoy three included breakfasts over four days and three nights, Nov. 4-7. For more information, contact the Fallbrook Senior Center at (760) 728-4498. Submitted by Fallbrook Senior Center.

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LEGALS

File Number: 2019-9011089
Name of Business

1435 Sycamore Way, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Charlotte Marianne Ljungquist Alpas, 1435 Sycamore Way, Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 04/30/19

File Number: 2019-9010883
Name of Business

1109 Belair dr., Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
ABC Resources LLC, 1109 Belair Dr., Fallbrook, CA 92028
This business is conducted by a Limited Liability Company
This LLC is located in the state of California
Registrant first commenced to transact business under the above name as of 4/01/2019
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 04/26/19

File Number: 2019-9011451
Name of Business

7335 Pogo Row #7, San Diego, CA 92154
Mailing address: 946 Donax Ave. #898, Imperial Beach, CA 91932
County: San Diego
This business is registered by the following:
Hollister Auto Carriers Inc., 7335 Pogo Row #7, San Diego, CA 92154
This business is conducted by a Corporation.
This Corporation is located in the state of California.
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 04/30/19

File Number: 2019-9011463
Name of Business

2947 Pioneer Way, Jamul, CA 91935
Mailing address: PO Box 98, Jamul, CA 91935
County: San Diego
This business is registered by the following:
a. Daniel Hector Perez, 2947 Pioneer Way, Jamul, CA 91935
b. Stephanie Rae Perez, 2947 Pioneer Way, Jamul, CA 91935
This business is conducted by a Married Couple
Registrant first commenced to transact business under the above name as of 05/03/2019
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 05/03/19

File Number: 2019-9011809
Name of Business

3620 Lake Park Rd, Fallbrook, CA 92028
Mailing address: 1119 S. Mission Rd #241, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Michael Richard Soleri, 3620 Lake Park Rd, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above name on 05/03/2019
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 05/07/19

File Number: 2019-9011599
Name of Business

1593 South Mission Road, Suite A, Fallbrook, CA 92028
Mailing address: PO Box 2230, Fallbrook, CA 92088
County: San Diego
This business is registered by the following:
a. Kandis C. Pinamonti, Trustee of the Kandis C. Pinamonti Trust dated April 30, 1996, 758 Pizzo Lane, Fallbrook, CA 92028
b. Kathrynne A. Paris, Trustee of the Kathrynne A. Paris Trust dated April 8, 1996, 1828 Fox Bridge Court, Fallbrook, CA 92028
c. and Steward H. Kulp, Jr., Trustees of the Kulp Family Trust dated April 30, 1996, 1711 Napoli, Fallbrook, CA 92028
d. Karen D. Kulp, Trustee of the Kulp Family Trust dated April 30, 1996, 1711 Napoli, Fallbrook, CA 92028
This business is conducted by a General Partnership
Registrant first commenced to transact business under the above name as of 01/18/1989
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 05/06/19

File Number: 2019-9011737
Name of Business

5038 San Jacinto Cir E, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
a. Joyce Marie Witek, 5038 San Jacinto Cir E, Fallbrook, CA 92028
b. Michael Roman Witek, 5038 San Jacinto Cir E, Fallbrook, CA 92028
This business is conducted by a Married Couple.
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 05/07/19

File Number: 2019-9009992
Name of Business

2327 Culver Rd, Fallbrook, CA 92028
Mailing address: P.O. Box 544, Fallbrook, CA 92088
County: San Diego
This business is registered by the following:
Big Green Packing Inc., 631 Elbrook Dr., Fallbrook, CA 92028
This business is conducted by a Corporation
This Corporation is located in the state of California
Registrant first commenced to transact business under the above name as of 1/4/19
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 04/17/19

File Number: 2019-9010700
Name of Business

145 Cedar Road Ste A, Vista, CA 92083
County: San Diego
This business is registered by the following:
Sean Gardner Dental Corporation, 145 Cedar Road Ste A, Vista, CA 92083
This business is conducted by a Corporation
This Corporation is located in the state of California
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 04/25/19

File Number: 2019-9009278
Name of Business

685 Taylor St., Vista, CA 92084
Mailing address: 2161 Anda Lucia Way, Oceanside, CA 92056
County: San Diego
This business is registered by the following:
Jason Alfrey, 2161 Anda Lucia Way, Oceanside, CA 92056
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 04/10/19

File Number: 2019-9011954
Name of Business

1219 Palomino Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Louis John Mason, 1219 Palomino Rd, Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 05/09/19

File Number: 2019-9011134
Name of Business

1802 Green Canyon rd., Fallbrook, CA 92028
Mailing address: PO Box 804 Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
a. Tyler Braxton Breckenridge, 1802 Green Canyon rd., Fallbrook, CA 92028
b. Kendra Breckenridge, 1802 Green Canyon rd., Fallbrook, CA 92028
This business is conducted by a Married Couple
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 04/30/19

File Number: 2019-9012216
Name of Business

2196 Mardavido Ln. Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Stephen Arthur Lavallee, 2196 Mardavido Ln. Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 10/01/2004
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 05/13/19

File Number: 2019-9012178
Name of Business

35750 Asturian Way, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Daniel Alexander Azlin, 35750 Asturian Way, Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 05/10/19

File Number: 2019-9010989
Name of Business

2854 Overland Trail, Fallbrook, CA 92028
Mailing address: 1608 West Knapp Drive, Vista, CA 92083
County: San Diego
This business is registered by the following:
Amber Smith, 2854 Overland Trail, Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 04/29/19

File Number: 2019-9012734
Name of Business

101 State Place, St B, Escondido, CA 92029
Mailing address: 27007 Red Ironbark Dr., Valley Center, CA 92082
County: San Diego
This business is registered by the following:
Mortgage Options Funding, 101 State Place, St B, Escondido, CA 92029
This business is conducted by a Corporation
This Corporation is located in the State of California
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 05/16/19

File Number: 2019-9012609
Name of Business

34280 Canyon Rim Dr, Lake Elsinore, CA 92532
Mailing address: 2991 Canyon Hills Dr. Ste 1709-133, Lake Elsinore, CA 92532
County: Riverside
This business is registered by the following:
Complete Control Pest Management Inc, 34280 Canyon Rim Dr, Lake Elsinore, CA 92532
This business is conducted by a Corporation
This Corporation is located in the State of CA
Registrant first commenced to transact business under the above name on 4/15/15
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 05/16/19

TSG No.: 8749163 TS No.: CA1900284720 FHA/VA/PMI No.: APN: 122-081-35-43 Property Address: 5140 N RIVER RD UNIT C OCEANSIDE, CA 92057 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 05/23/2006. 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. On 06/17/2019 at 10:00 A.M., First American Title Insurance Company, as duly appointed Trustee under and pursuant to Deed. of Trust recorded 05/26/2006, as Instrument No. 2006-0376319, in book , of Official Records in the office of the County Recorder of SAN DIEGO County, State of California. Executed by: NINDIE MARIE ASEBEDO, A SINGLE WOMAN, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2924h(b), (Payable at time of sale in lawful money of the United States) At the entrance to the East County Regional Center by the statue, 250 E. Main St, El Cajon, CA 92020 All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: AS MORE FULLY DESCRIBED IN THE ABOVE MENTIONED DEED OF TRUST APN# 122-081-35-43 The street address and other common designation, if any, of the real property described above is purported to be: 5140 N RIVER RD UNIT C, OCEANSIDE, CA 92057 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$ 166,845.20. The beneficiary under said Deed of Trust has deposited all documents evidencing the obligations secured by the Deed of Trust and has declared all sums secured thereby immediately due and payable, and has caused a written Notice of Default and Election to Sell to be executed. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and if applicable, the rescheduled time and date for the sale of this property, you may call (916)939-0772 or visit this Internet Web http://search.nationwideposting.com/propertySearchTerms.aspx, using the file number assigned to this case CA1900284720 Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. Date: First American Title Insurance Company 4795 Regent Blvd, Mail Code 1011-F Irving, TX 75063 First American Title Insurance Company MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE FOR TRUSTEES SALE INFORMATION PLEASE CALL (916)939-0772NPP0353231 To: VILLAGE NEWS INC 05/16/2019, 05/23/2019, 05/30/2019

Case Number: 37-2019-00022326-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:

Present Name:

Proposed Name:

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

Date: 6/25/19 Time: 8:30 am Dept: 23
The address of the court is North County Division, 325 S. Melrose Dr., Vista, CA 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: MAY 01 2019 Signed: Sim von Kalinowski, Judge of the Superior Court.

Case Number: 37-2019-00022334-CU-PT-CTL
TO ALL INTERESTED PERSONS
Petitioner:

Present Name:

Proposed Name:

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

Date: 7/11/2019 Time: 9:00 AM Dept: 903
The address of the court is 1100 Union Street, San Diego, CA 92101
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: MAY 1 2019 Signed: Peter C. Deddeh, Judge of the Superior Court.

TSG No.: 8747715 TS No.: CA1800284559 FHA/VA/PMI No.: APN: 150-353-07-00 Property Address: 934 SOUTH MYERS STREET (aka 934 SOUTH MYERS ST #C) OCEANSIDE, CA 92054 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 05/02/2008. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 06/24/2019 at 10:00 A.M., First American Title Insurance Company, as duly appointed Trustee under and pursuant to Deed of Trust recorded 05/08/2008, as Instrument No. 2008-0249030, in book , page , of Official Records in the office of the County Recorder of SAN DIEGO County, State of California. Executed by: RAFAEL B. VEGERANO AND ROSALIE H. VEGERANO, TRUSTEES OF THE VEGERANO LIVING TRUST, DATED 1/10/94, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2924h(b), (Payable at time of sale in lawful money of the United States) At the entrance to the East County Regional Center by the statue, 250 E. Main St, El Cajon, CA 92020 All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: AS MORE FULLY DESCRIBED IN THE ABOVE MENTIONED DEED OF TRUST APN# 150-353-07-00 The street address and other common designation, if any, of the real property described above is purported to be: 934 SOUTH MYERS STREET (aka 934 SOUTH MYERS ST #C), OCEANSIDE, CA 92054 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$ 439,139.67. The beneficiary under said Deed of Trust has deposited all documents evidencing the obligations secured by the Deed of Trust and has declared all sums secured thereby immediately due and payable, and has caused a written Notice of Default and Election to Sell to be executed. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and if applicable, the rescheduled time and date for the sale of this property, you may call (916)939-0772 or visit this Internet Web http://search.nationwideposting.com/propertySearchTerms.aspx, using the file number assigned to this case CA1800284559 Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. Date: First American Title Insurance Company 4795 Regent Blvd, Mail Code 1011-F Irving, TX 75063 First American Title Insurance Company MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE FOR TRUSTEES SALE INFORMATION PLEASE CALL (916)939-0772NPP0353076 To: VILLAGE NEWS INC 05/16/2019, 05/23/2019, 05/30/2019

SUMMONS (Family Law)

NOTICE TO RESPONDENT: Ramon Parra
You have been sued. Read the information below.
Petitioner's name is: Carmen Parra
You have 30 CALENDAR DAYS after this and are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner. A letter or phone call will not protect you.
If you do not file your on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs.
For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (), at the California Legal Services website (www.lawhelpca.org), or by contacting your local county bar association.

These restraining orders are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or see a copy of them. FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party.
The name and address of the court:
North County Regional Center, 325 S. Melrose Dr, Vista, CA 92081
The name, address, and telephone number of the petitioner is:
Carmen Parra, 5256 S. Mission Rd. Apt-703-190, Bonsall, CA 92003 (760)696-1063
D

Starting immediately, you and your spouse or domestic partner are restrained from:
1. removing the minor children of the parties from the state or applying for a new or replacement passport for those minor children without the prior written consent of the other party or an order of the court;
2. cashing, borrowing against, canceling, transferring, disposing of, or changing the beneficiaries of any insurance or other coverage, including life, health, automobile, and disability, held for the benefit of the parties and their minor children;
3. transferring, encumbering, hypothecating, concealing, or in any way disposing of any property, real or personal, whether community, quasi-community, or separate, without the written consent of the other party or an order of the court, except in the usual course of business or for the necessities of life; and
4. creating a nonprobate transfer or modifying a nonprobate transfer in a manner that affects the disposition of property subject to the transfer, without the written consent of the other party or an order of the court. Before revocation of a nonprobate transfer can take effect or a right of survivorship to property can be eliminated, notice of the change must be filed and served on the other party.

You must notify each other of any proposed extraordinary expenditures at least five business days prior to incurring these extraordinary expenditures and account to the court for all extraordinary expenditures made after these restraining orders are effective. However, you may use community property, quasi-community, or your own separate property to pay an attorney to help you or to pay court costs.

Do you or someone in your household need affordable health insurance? If so, you should apply for Covered California. Covered California can help reduce the cost you pay towards high quality affordable health care. For more information, visit www.coveredca.com. Or call Covered California at 1-800-300-1506.

California law provides that, for purposes of division of property upon dissolution of a marriage or domestic partnership or upon legal separation, property acquired by the parties during marriage or domestic partnership in joint form is presumed to be community property. If either party to this action should die before the jointly held community property is divided, the language in the deed that characterized how title is held (i.e. joint tenancy, tenants in common, or community property) will be controlling, and not the community property presumption. You should consult your attorney, if you want the community property presumption to be written into the recorded title to the property.

more Legals on pageB-8

BUSINESS

Volunteers benefit businesses and community

Lucette Moramarco
Associate Editor

The Fallbrook Chamber of Commerce recognized the contributions of both individuals and businesses to the community at its annual awards luncheon, May 15, at the Grand Tradition.

Chamber member David Baxter served as master of ceremonies and kept the crowd laughing throughout the program. North County Fire Protection District Chief Steve Abbott led the Pledge of Allegiance, followed by the Rev. Rick Koole of LifePointe Church who gave the invocation.

Chamber CEO Lila McDonald thanked outgoing past president Deb Zoller who served on many committees, “making evident her love of the community.” McDonald described past president Erica Williams as focused on making life better for others and having a team mentality.

“She leads by example and action,” McDonald said.

Williams replied that “Fallbrook wouldn’t be what it is without all the volunteers,” working with the chamber and other groups.

Incoming chamber president Bob Hillery said the chamber’s mission is “to support businesses and the community with volunteers.”

He said that there are over 150 nonprofits in the area. He invited everyone to participate with the chamber by volunteering and paraphrased John F. Kennedy, by saying “Ask not what your chamber can do for you, but what you can do for your chamber.”

Chamber membership director Jackie Toppin recognized those businesses, nonprofits and individuals who have been members of the chamber for 25 or more years, from Hilltop Center with 25 years and Fallbrook Village Rotary with 26 years to the Fallbrook Woman’s Club with 47 years and Fallbrook Public Utility District with 53 years.

While there were many worthy nominations, McDonald said the Ambassador of the Year is a super volunteer, with “a knack

for connecting people” and a long list of volunteer positions. She has “stepped up to the plate” since she became an ambassador in 2016, McDonald said, as she announced Deborah Bottomley as the winner.

At that point, McDonald read the Chamber Shining Light Community Recognition list of community members who have died since last year’s luncheon, of “those who have passed, who chose to be kind and charitable.” She said it was good to see the list was shorter than last year’s list.

McDonald described the Chamber Member of the Year as someone with “a willingness to help; who devoted hours to help victims of the Lilac fire...and the Malibu fire last year.”

A sponsor of the Avocado Festival, Randy Vance of Serv Pro also helps clean up the streets after the event.

The year’s Business of the Year is CR Properties which has a staff who are ready to help even if just a cup of coffee is needed, McDonald said.

The many accomplishments and services of the Fallbrook Foundation for Senior Care were described as it was named the Nonprofit of the Year. Started in 1979, it has been a chamber member for 34 years and has raised \$2 million to serve the seniors in this area.

Rather than having one Citizen of the Year, there are two this year, Bob and Susan Lucy. They have worked alongside one another to serve their community through several nonprofits benefiting children, McDonald said. Susan Lucy is a retired critical care nurse, and Bob Lucy is on the board of Rainbow Municipal Water District and runs Del Rey Avocado.

The Lifetime Achievement Award winner volunteers with several nonprofits including Fallbrook Food Pantry, Fallbrook Land Conservancy, Fallbrook Beautification Alliance and the Angel Society and raises guide dogs and hosts exchange students. Jean Dooley is typical of the many volunteers in this community in saying “I don’t do much.”



2018 Ambassador of the Year Award winner Deborah Bottomley, center, is with Fallbrook Chamber of Commerce CEO Lila MacDonald and Fallbrook Chamber Membership Director Jackie Toppin.



Out-going chamber president Erica Williams, left, is honored by Fallbrook Chamber of Commerce CEO Lila MacDonald for her time serving as president.



Bob Hillery speaks after being installed as the new Fallbrook Chamber of Commerce board president, May 15.



Rachel Mason, left, and Theresa Geracitano of Foundation for Senior Care receives the Fallbrook Chamber of Commerce 2018 Nonprofit of the Year Award.



The 2018 Fallbrook Chamber of Commerce Member of the Year Award winner is Randy Vance.



Members of the chamber for 25 years or more gather on the stage at the Grand Tradition's Arbor Terrace.



Fallbrook Chamber ambassadors are recognized for their volunteer service.

Shane Gibson photos

Indigo blu offers more than hair care



Indigo blu Wellness Salon is located at 413 S. Mission Road, Suite A, in Fallbrook. Courtesy photo

FALLBROOK – Indigo blu Wellness Salon is a different type of salon, offering services in a relaxed, friendly and comfortable environment. Its staff is here to serve and fill a need for its guests who wish to learn and create wellness and balance from the inside out. Their mission is to help people make a lifelong healthy commitment to be the best they can be.

Indigo blu is an Aveda Exclusive salon featuring a full range of Aveda products for hair, skin, body and makeup as well as Aveda chakra scents and essential oil blends. These products are environmentally friendly, cruelty-free and naturally sourced.

The Indigo blu salon offers its guests hair services along with a full consultation focusing on a look that best suits the client’s face shape and lifestyle.

Wellness products are vitamin and mineral-fueled and easy to drink. The Bod.ē Pro products can help a person feel wellness from within. Health coaching programs are designed specifically to help a guest reach their personal goals in life.

The owner, Caroline Pinker, studied and trained in hairdressing in Vidal Sassoon’s techniques in London. Understanding hair with a strong shape and color, designed for the individual, is what works best for easy maintenance and a great look.

Sarah Radosevic, Pinker’s business partner, is Indigo blu’s salon coordinator and handles promotions, wellness products and works with Pinker on health coaching. They have worked together many times over the years. So, this salon is a creation of a multitude of ideas, a lifelong goal.

The community is invited to come by and visit Indigo blu Wellness Salon at 413 S. Mission Road, Suite A or call (760) 556-8017 to make an appointment.

Submitted by Indigo blu Wellness Salon.

Unemployment drops to even 3% countywide, lowest since May 2018

City News Service
Special to Village News

San Diego County’s unadjusted unemployment rate dropped to an even 3% last month, with both farm and nonfarm industries showing job gains, according to data released by the California Employment Development Department.

The April rate, down from a revised 3.6% in March and a tick below the April 2018 rate of 3.1%, is at its lowest point since May 2018.

The county’s nonfarm industries gained nearly 8,000 jobs from March to last month, increasing from 1,492,600 to 1,500,400. Farm jobs increased by 300 from 8,700 in March to 9,000 last month.

Nearly every nonfarm industry in the county added jobs in April, with only the mining and logging industry showing no gains or losses, according to the EDD. The construction industry added the most jobs of any industry with 2,200.

“There is a lot of talk out there of concern about the business climate, but it’s not a surprise to us that we continue to add jobs,” Sean Karafin, the San Diego Regional Chamber of Commerce’s vice president of policy and economic research, said. “Our monthly survey of businesses, the CalPrivate Bank Business Forecast, continues to find businesses are optimistic about growth each month.”

Year-over-year nonfarm employment showed even higher gains, increasing by 20,400 jobs from 1,480,000 to 1,500,400. Farm employment dipped by 400 jobs last month compared to April 2018, falling from 9,400 to 9,000. Multiple nonfarm industries showed year-over-year employment increases of more than 2,000 jobs.

The educational and health services industry added 7,600 jobs from April 2018 to last month, the highest year-over-year gain of any industry. Government and manufacturing jobs each increased by more than 3,000 jobs, as well, according to EDD data.

The trade, transportation and utilities industry showed the largest year-over-year job decrease, losing 2,800 jobs. The information and financial activities industries also lost 500 and 100 jobs, respectively.

The state’s unadjusted unemployment rate remained at 4.3% in April, the same as the state’s adjusted rates in March as well as April 2018.

Nationwide, unemployment fell from 3.8% in March to 3.6% in April.



Fallbrook Village Rotary hears from Storm general manager



Rotary president-elect Steve Abbott introduces guest speaker Raj Narayanan to Fallbrook Village Rotary. Courtesy photo

FALLBROOK – The speaker for the Fallbrook Village Rotary’s May 14 meeting was Raj Narayanan, the general manager for Storm Stadium in Lake Elsinore for the last six years. He was also in the Temecula Rotary for eight years. He said he feels that it is important to give back to the community, so he left a successful career in finance for baseball. He quoted Ubuntu philosopher Nelson Mandela, “I am because we are.”

The Storm baseball team now is in its 26th season and is involved in many community activities such as the Thunder Care Foundation for children, sponsors activities and hosts events for the Boys & Girls Club.

The Fallbrook Village Rotary meets most every Tuesday at noon at the 127 West Social House Restaurant, 127 W. Elder St., in downtown Fallbrook. To RSVP, email sandymaruca@sbcglobal.net.



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Crime is down in Sheriff's Department areas

SAN DIEGO – A new San Diego Association of Governments report is out, and it shows crime in all San Diego County Sheriff's Department patrol areas is down.

All categories of crime show a decrease. The good news is violent crimes such as homicide, rapes, aggravated assaults and robberies were down in 2018. The largest part of the drop was in property crime, which is noteworthy considering the county's growing population.

Since taking office in 2009, Sheriff Bill Gore has championed information-led policing as a crime fighting strategy.

Information-led policing is a modern law enforcement model that harnesses data and information from a wide range of sources and helps them identify patterns, links and trends.

According to the department, the actionable information gives deputies a better understanding of their beats while strengthening relationships with community members.

Sheriff Gore said, "It's about putting our resources at the right place and the right time. It's a game-changer for our deputies to connect the dots and stop the crime before it happens. Utilizing information-led policing is about enhancing our

ability to provide service through a partnership with the community that builds trust, reduces crime, creates a safe environment and enhances the quality of life in our neighborhoods.”

Gore also credited the continuing drop in crime to the hard work and dedication of deputies, professional staff and the collaborative efforts occurring within communities.

Investigators and analysts also check with their counterparts in Riverside, Orange, San Bernardino and Los Angeles counties for crime trends or series that might spread into other communities.

The department said they will focus on increasing staffing in unincorporated areas and improving mental health services in the next year. This year saw the creation of the Homeless Outreach Team and Alzheimer's Response Team in some of patrol areas.

To read the full SANDAG report, visit <https://bit.ly/2QeCJu9>.

To see the Sheriff's Department's patrol areas, visit www.sdsheriff.net/patrol.

To learn more about the Sheriff's Department, community outreach and crime prevention programs, visit www.sdsheriff.net.

*Submitted by San Diego Sheriff's
Department.*

LEGAL CONT.

APN: _____ Batch ID: _____

Date of _____

Sale: _____ at _____ Place of Sale: _____

First American Title Insurance Company, a Nebraska Corporation, 1 First American Way, Santa Ana, CA in care of: 400 S. Rampart Blvd, #290 Las Vegas, NV 89145 – Phone: _____ as the duly appointed Trustee, Successor Trustee, or Substituted Trustee of Deed(s) of Trust executed by _____ and recorded among the Official Records of _____ and pursuant to that certain _____ thereunder recorded, all as shown on _____ for cash, lawful money of the United States of America, (a cashier's check payable to said Trustee drawn on a state or national bank, a state or federal credit union, or a state or federal savings and loan association, or savings bank as specified in section 5102 of the Financial Code and authorized to do business in this state) _____ conveyed to and now held by it under said Deed of Trust in the property situated in said County and State to wit: Those certain Timeshare Interval as shown as Legal Description Variables on _____ within the timeshare project located at _____

The undersigned Trustee disclaims any liability for any incorrectness of the street address shown herein. Said sale will be made without covenant or warranty, express or implied, as to title, possession or encumbrances to satisfy the unpaid balance due on the note or notes secured by said Deed(s) of Trust, as shown on as Note Balance on _____ plus accrued interest thereon, the estimated costs, expenses and advances if any at the time of the initial publication of the Notice of Sale, together with estimated expenses of the Trustee in the amount of _____ Accrued Interest and additional advances, if any, will increase this figure prior to sale. First American Title Insurance Company, a Nebraska Corporation. _____ : NOD Recording Date and Reference 02/06/2019; 20190043424. Contract No., Loan No., Legal Description Variables, Trustor, DOT Dated, DOT Recording Date and Reference, Note Balance; 1230817462, 1230817462, POINTS: 168000, FREQUENCY: Odd, UNDIVIDED INTEREST: 64,000/785,316,000, BOBBY DAVIS and SHINEAN DAVIS, 07/18/2008, 09/16/2008; Inst: 2008-0491228, \$1,121,665; 1230817751, 1230817751, POINTS: 168000, FREQUENCY: Odd, UNDIVIDED INTEREST: 64,000/785,316,000, GORDON L. KELLER, 07/21/2008, 11/19/2008; Inst: 2008-0600088, \$2,393,67; 731312229, 731312229, POINTS: 105000, FREQUENCY: Odd, UNDIVIDED INTEREST: 52,500/647,452,000, MARIA PADILLA, 11/11/2013, 12/30/2013; Inst: 2013-0743385, \$7,886.49; 731313912, 731313912, POINTS: 64000, FREQUENCY: Annual, UNDIVIDED INTEREST: 64,000/647,452,000, TOM TORTOREO and KATHY TORTOREO, 12/26/2013, 03/06/2014; Inst: 2014-0089670, \$12,340.00; 731703815, 731703815, POINTS: 410000, FREQUENCY: Annual, UNDIVIDED INTEREST: 410,000/785,316,000, CRYSTAL O'NEAL, 04/09/2017, 07/18/2017; Inst: 2017-0332378, \$72,965.47; 731709564, 731709564, POINTS: 64000, FREQUENCY: Annual, UNDIVIDED INTEREST: 64,000/785,316,000, LISA GARRISON, 08/25/2017, 11/13/2017; Inst: 2017-0528592, \$9,100.55. Published: 05/16/19, 05/23/19, 05/30/19

FALLBROOK
MASONIC CEMETERY
OPEN TO THE PUBLIC - ALL FAITHS WELCOME

OBITUARIES



Robert O. Zoller of Fallbrook was born Sept. 9, 1937, in Kearny, New Jersey, to Oliver and Frieda Zoller. He was raised in Sayville,

Long Island in New York and lived on Long Island until 1978. He passed May 11.

Robert earned his associate degree in mechanical engineering in 1967 from State University of New York and acquired his bachelor's degree in 1978 from New York Institute of Technology. He had an abiding love of aviation and for engineering business jet interiors.

The companies he worked for or consulted with include Brookhaven National Labs, Garrett-AiResearch, Tracor Aviation, U.S. Technical, Pentastar, Rogerson-Kratos, IAS, Dyne Corp. and Lockheed Martin AeroSpace.

After his military service, Robert married Gerlinde Bassermann with

whom he had daughters Erica Salda and Debbie (Doug) Sharpe. Gerlinde preceded Bob in death.

Robert leaves wife Anne Youngblood, daughters Erica, Debbie and step-daughter Ligeia, grandchildren Charisse, Kristen, Amber, Jamie, DJ, Joe and John, sister Marion Brauneck and her sons Jim, Bill and Paul, brother-in-law Dr. John Youngblood (Marilyn) and sister-in-law Patricia Shinn (James).

Robert excelled at staying connected with childhood friends and loved ones. An old friend summed it up: “If you became friends with Bob, you had a friend for life.”

He will be forever in our hearts
and will be dearly missed.

Harry Ernest White, 79, of Union, Oregon, died Dec. 29, 2018, at the home of his daughter in Pauma Valley after a short battle with pancreatic cancer.

Harry was born Oct. 21, 1939, to David and Fay White in the old hospital on Main Street in Fallbrook. He grew up with two sisters, Judith and Mary, on a lemon and avocado ranch. He attended Fallbrook elementary and high schools.

In 1959 in San Diego he married Bridget Piper. They had one daughter, Micheale. They later divorced. In April 1977 he married Marie Sights in Vista. She had two daughters, Anne and Dawn, who

Harry helped raise.

During his years in Fallbrook, Harry worked for the Fallbrook Citrus Association and Fallbrook Public Utility District. In 1990 Harry and Marie embarked on a new adventure, moving to Union in northeastern Oregon where they lived among the abundant wildlife and beautiful scenery and enjoyed owning horses and living in a small community. Harry was employed by the La Grande Golf Course for a number of years.

Survivors include three daughters, Micheale and her husband Guy White of Pauma Valley, Anne Knickerbocker and her husband Kevin of Phoenix

and Dawn Sights of Murrieta; grandchildren David and Guy White Jr., Paige and Lauren Knickerbocker, great-grandsons Elijah and Noah White; sister Mary Oyler of Grants Pass, Oregon; brother-in-law Ralph Schober of Fallbrook, nephews Charles (Carmen) Schober, and Kenneth (Pennie) Schober.

He was preceded in death by his wife, Marie; parents David and Fay White; sister Judith Schober and former wife Bridget.

A memorial celebration will be held at the Fox Cemetery in Fallbrook Sunday, May 26.

86%

of women surveyed said they bought a pre-need funeral plan to make the funeral easier on their children.

100%

of their children are extremely grateful.

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

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The Fallbrook/Bonsall
Village News

Fallbrook steps up to support food pantry



Ian Mckesson prepares for a day of golf during the Fallbrook Food Pantry Charity Dinner and Golf Tournament presented by Murphy & Murphy Southern California Realty at Pala Mesa Resort, May 17.



Chris Ciremele tees off while participating in the Fallbrook Food Pantry Charity Dinner and Golf Tournament presented by Murphy & Murphy Southern California Realty at Pala Mesa Resort.



Carmen Willard dresses as Blues Brothers movie character Sister Mary Stigmata during the Blues Brothers-themed Fallbrook Food Pantry Charity Dinner and Golf Tournament presented by Murphy & Murphy Southern California Realty at Pala Mesa Resort.



Auctioneer Darren Diess leads a live auction to raise funds for the Fallbrook Food Pantry during the annual Charity Dinner and Golf Tournament presented by Murphy & Murphy Southern California Realty at Pala Mesa Resort.



From left, Veterans of Foreign Wars Post 1924 member Bryan Lewis, U.S. Marine Corps Base Camp Pendleton fire Capt. Curt Jack, VFW Post 1924 member Cody Frazier and North County fire Capt. John Choi present the colors at the Fallbrook Food Pantry Charity Dinner and Golf Tournament presented by Murphy & Murphy Southern California Realty at Pala Mesa Resort.



Chris Murphy of Murphy & Murphy Southern California Realty welcomes guests and speaks about helping those in hunger during the Fallbrook Food Pantry Charity Dinner and Golf Tournament presented by Murphy & Murphy Southern California Realty at Pala Mesa Resort.



Kim Murphy of Murphy & Murphy Southern California Realty speaks during the Fallbrook Food Pantry Charity Dinner and Golf Tournament presented by realty agency at Pala Mesa Resort.

REAL ESTATE & HOME AND GARDEN

NFPA offers tips for safe grilling this Memorial Day and beyond

TEMECULA—Often considered the unofficial kick-off to summer, Memorial Day weekend includes many celebrations featuring cookouts and barbecues. As the holiday and warmer months approach, the National Fire Protection Association reminded residents to follow some basic precautions for safely grilling outdoors.

According to NFPA’s statistics, in 2013-2017, U.S. fire departments responded to an annual average of 10,200 home fires involving grills, hibachis or barbecues, including an average of 4,500 structure fires and 5,700 outside or unclassified fires. These fires resulted in 10 deaths, 160 injuries and \$123 million in direct property damage on average each year.

Peak months for grilling fires are July, followed by June, May and August. Leading causes of home grilling fires include failing to properly clean the grill, leaks or breaks and having a flammable object too close to the grill. Unattended cooking is a major cause of all types of cooking fires, including grill fires. Leaks and breaks are a particular problem with gas grills.

“As people prepare to do more

entertaining and cooking outside in the months ahead, it’s a good time to inspect your grill to make sure it’s in working order, especially if it hasn’t been used during the winter months,” Lorraine Carli, vice president of outreach and advocacy at NFPA, said. “It’s also important to establish a fire-safe location for using your grill, making sure it’s a safe distance from your home and other items that can burn.”

NFPA offered these tips and recommendations for enjoying a fire-safe grilling season.

For propane grills, check the gas tank for leaks before use in the months ahead. Keep the grill clean by removing grease or fat buildup from the grills and in trays below the grill.

Place the grill well away from the home, deck railings and out from under eaves and overhanging branches.

Always make sure the gas grill lid is open before lighting it.

Keep children and pets at least 3 feet away from the grilling area.

If starter fluid is used when charcoal grilling, only use charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire. When the



grilling is finished, let the coals cool completely before disposing in a metal container.

Never leave a grill unattended when in use.

Founded in 1896, NFPA is a global, nonprofit organization devoted to eliminating death, injury, property and economic loss due to fire, electrical and related hazards. The association delivers information and knowledge through more than 300 consensus codes and standards, research, training, education, outreach and advocacy and by partnering with others who share an interest in furthering the NFPA mission. For more information, visit www.nfpa.org. All NFPA codes and standards can be viewed online for free at www.nfpa.org/freeaccess.

Submitted by National Fire Protection Association.

Plan for a home remodel

Family Features
Special to Village News

Homeowners who are remodeling their home could be thinking about a bathroom update, kitchen overhaul or a new room addition, but planning and setting realistic expectations are critical in ensuring a project goes as smoothly as possible.

Consider these steps from the National Association of the Remodeling Industry before getting started.

Determine the goals and needs. A homeowner should understand why they are undertaking the project, whether it’s for resale value or to enjoy the home more. If they are looking to increase the resale value, consider the neighborhood and potential upgrades that can have the highest impact when going to market. If remodeling can make for a more comfortable space, create a list of “must-haves” and “nice-to-haves” then evaluate what’s feasible. Being realistic about needs and wants can help the homeowner create a budget.

Get inspired. Whether watching home improvement shows or browsing the internet, finding

photos of styles and looks the homeowner admires can be beneficial when sharing their vision with a remodeling contractor.

Understand the budget. Setting a budget and staying within it is critical to the project’s success. Be sure to build in a contingency fund for unforeseen expenses. Project expenses should factor in the cost of products, labor and project management. There are also possible additional costs such as long-term maintenance, repairs, energy use and a dining out budget if undergoing a full kitchen remodel or hotel costs sometimes necessary with large-scale projects. To avoid any unpleasant surprises, be sure to get a written estimate and scope of work a contractor has been selected.

Determine timing. If there is a specific event driving the remodel, work backward through the various project stages to determine a realistic timeline. Build in additional time as a buffer for unexpected delays and recognize remodeling contractors typically have long lead times and may require flexibility to deliver optimal results.

Find a trustworthy contractor. Home remodeling can be stressful



If remodeling can make for a more comfortable space, create a list of “must-haves” and “nice-to-haves” then evaluate what’s feasible.

no matter how well it is planned out, but a dependable partner can make the process go smoother. While some of the best references may come from neighbors, friends or family members, a trade association like NARI can help with its online “Find a Remodeler” tool. Make sure any contractor under consideration has several years of relevant experience, as well as liability insurance.

Check references. When it comes to remodeling a home, a homeowner can never be too careful when choosing who to work with. Be sure to follow up on references, read reviews online and even check out the work of any remodelers before hiring them.

Prepare for the process. Regardless of the size of the project, there will almost surely be inconvenience, noise, dust and potential delays. The homeowner’s daily routine will most likely be disrupted. Because it can be especially stressful when redoing the kitchen or an essential bathroom, they’ll probably need to consider a backup plan or other arrangements throughout the duration of the project. Remember to also declutter the work area and protect or pack away any belongings that might be in the way during the renovation.

Find more tips for planning a remodel at www.RemodelingDoneRight.com.



Because it can be especially stressful when redoing the kitchen or an essential bathroom, homeowners will need to consider a backup plan or other arrangements throughout the duration of the project.

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– Richard and Matthew O'Brien

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3903 Limber Pine Rd, Fallbrook \$1,195,000	3617 Canonita Drive, Fallbrook \$1,198,000	3949 Wendi Court, Fallbrook \$1,150,000	2095 Kristi Court, Fallbrook \$1,095,000	3891 Wendi Ct, Fallbrook \$1,050,000	4408 Highland Oaks, Fallbrook \$1,050,000	3763 Keri Way, Fallbrook \$1,025,000
2793 Dos Lomas, Fallbrook \$999,900	1184 Capra Way, Fallbrook \$969,888	4024 Milagra, Fallbrook \$875,000	3134 Camino Portofino, Fallbrook \$850,000	29421 Vista Valley, Vista \$849,900	4055 Millagra Dr, Fallbrook \$825,000	1608 Prince St, Fallbrook \$799,900-\$849,900
2262 Winter Haven, Fallbrook \$799,900	3006 Skycrest Dr, Fallbrook \$799,000	2855 Dos Lomas, Fallbrook \$799,000	1827 Marita Lane, Fallbrook \$785,000	1815 Marita Lane, Fallbrook \$775,000	1961 James Gaynor, Fallbrook \$775,000	4927 Conejo Road, Fallbrook \$750,000
197 Morro Hills Rd, Fallbrook \$750,000	1560 Vista Del Lago, Fallbrook \$750,000	974 Via Hillview, Fallbrook \$750,000	2923 Canonita Dr, Fallbrook \$750,000	1994 James Gaynor, Fallbrook \$749,000	1629 Crown Court, Fallbrook \$699,900	1109 Sea Larke Drive, Fallbrook \$677,700
2040 Winter Haven Rd, Fallbrook \$675,000	2704 Via Rancheros, Fallbrook \$2,195,000	5045 Olive Hill, Fallbrook \$750,000	2063 Rainbow Glen Rd, Fallbrook \$699,000	4264 Via El Dorado, Fallbrook \$699,000	3048 Rainbow Glen, Fallbrook \$675,000	3502 Luneta, Fallbrook \$650,000
770 Inverlochey Dr, Fallbrook \$599,000	1407 Singletree Pl, Fallbrook \$1,610,000	2568 Dos Lomas, Fallbrook \$1,310,000	5789 Lake Vista, Bonsall \$1,265,000	4205 Via Rancho Del Lago, Bonsall \$1,150,000	2935 Mesa Grove, Fallbrook \$949,900	604 Via Cumbres, Fallbrook \$940,000
2640 Secret Lake Ln, Fallbrook \$790,000	3665 Palomar Drive, Fallbrook \$750,000	1667 Margarita Glen, Fallbrook \$750,000	2259 Via Rancheros, Fallbrook \$740,000	2357 Gracey Lane, Fallbrook \$721,250	1215 Firecrest Way, Fallbrook \$699,000	2305 Harvest Vista Ln, Fallbrook \$663,000
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Maximize the perks of a townhouse lifestyle



Many townhouse communities are designed with lifestyle in mind. Modern townhouses may have tennis courts, resort-style swimming pools, fitness centers, walking trails and children's playgrounds right on the premises.

FALLBROOK – Townhouse living is experiencing a resurgence, and many people may find this lifestyle choice fits with their home ownership goals.

Townhouses provide the benefits of single-family living without all of the responsibility of having a detached property – typically at a more affordable price. Realtor.com said that the median prices for townhomes and row homes in the United States in September 2016 was \$198,000.

Townhomes are now the fastest-growing segment of the single-family housing construction market, according to the National Association of Home Builders, a trade group based in Washington. According to the most recent data available, townhouse construction was up 17.8% between 2014 and 2015.

Although various styles of homes and apartments have their pros and cons, townhouse communities have much to offer and can be the way to go for busy professionals or people who live active lifestyles. Here is a look at some of the benefits of living in a townhome.

Residents own their homes. Unlike an apartment, townhome residents own their homes and the land they're built on, according to the lifestyle resource The Nest.

Townhouse can have spacious square footage.

Townhouse builders are masters at maximizing interior space through innovative design. Depending on where a homeowner lives, a

simple search on Trulia or Zillow can yield many townhomes that boast anywhere from 1,500- to 3,000-square-foot townhomes with three or more bedrooms.

Landscape maintenance is handled by an outside company.

Townhouse communities often collect a maintenance or homeowner's association fee each month that covers upkeep of the grounds. Depending on the area, this fee may cover the cost of leaf and snow removal, landscaping and pool maintenance. That freedom gives homeowners more time to relax on weekends.

Townhomes offer additional amenities.

Many townhouse communities are designed with lifestyle in mind. Modern townhouses may have tennis courts, resort-style swimming pools, fitness centers, walking trails and children's playgrounds right on the premises. In addition to the parks and fitness areas, many of these communities have common areas and green spaces that enable residents to meet and socialize. It affords townhome residents ample opportunities to socialize.

Townhomes are built in proximity to town.

Whether they're in the city or suburbs, townhouse communities tend to be built in booming areas that are close to town, shopping, metro hubs and schools.

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FBA helps families recycle batteries



Fallbrook Beautification Alliance member Brenda Carden, right, is seen with her grandson Liam Schueneman and his father Cody Schueneman at the FBA booth at Arts in the Park.

FALLBROOK – Children decorated empty tennis ball canisters to hold old used household batteries until they can be properly disposed of at multiple recycling locations in Fallbrook with help from the Fallbrook Beautification Alliance at the recent Arts In The Park event, April 28. Their booth and recycling craft taught both parents and children the importance of responsibly recycling the hazardous material.

Household batteries may be dropped off at three local food markets through the efforts of FBA and the Fallbrook Village Rotary. The local markets are Major Market, Albertson's and Northgate Market. Recycling containers may be found at or near the front door at each location, and additional drop off spots are located in the Fallbrook Library and at EDCO Waste Collection and Recycling Center at 550 W. Aviation Road.

FBA member Brenda Carden created and coordinated the recycling craft as identifying a safe and secure spot to keep old batteries at home is the first step in developing good recycling habits.

Submitted by Fallbrook Beautification Alliance.

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TAC recommends radar recertification of Burma Road speed limit

Joe Naiman
Village News Correspondent

San Diego County's Traffic Advisory Committee has recommended that the 45 mph speed limit on Burma Road between Olive Hill Road and Luneta Lane continue to be certified for radar enforcement.

The TAC's April 26 recommendation will require ratification by the San Diego Board of Supervisors, who are scheduled to consider the radar recertification July 10. The segment from Olive Hill Road to Luneta Lane covers 0.63 miles.

In order for a speed limit to be enforceable by radar, a speed survey must show that the speed limit is within an adjacent 5 mph increment to the 85th percentile speed. Periodic recertification, including a supporting speed survey, is required for continued radar enforcement, and the Department of Public Works or a DPW contractor typically conducts speed surveys every seven years. The speed limit may

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

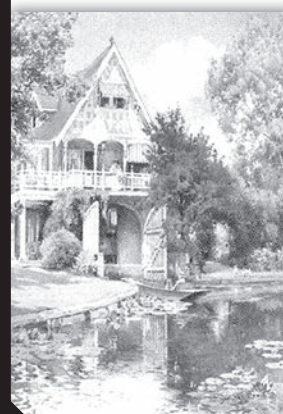
Burma Road is a two-lane roadway with 24 feet of travel way width and a road bed width of 30 feet. It is striped with a double yellow centerline and white edge striping. Burma Road is not classified on the mobility element of the county's general plan.

A traffic survey for Burma Road was taken 500 feet west of Olive Hill Road, Dec. 11, 2018. The 1,881 vehicles consisted of 949 eastbound and 932 westbound motorists. The greatest hourly volumes were 238 drivers between 4 p.m. and 5 p.m., 185 motorists between 3 p.m. and 4 p.m., 180 vehicles between 6 a.m. and 7 a.m., and 166 drivers between 7 a.m. and 8 a.m. The previous traffic survey was taken in October 2011 when 2,540 vehicles crossed the survey point.

Two collisions, neither of which involved injury, were reported on that stretch of road during the 36 months from Jan. 1, 2016, to Dec. 31, 2018. The collision rate of 1.62 per million vehicle miles exceeds the statewide average of 1.19 for similar suburban two-lane conventional roads with speed limits between 45 mph and 55 mph.

The speed surveys were taken 580 feet east of Cazador Lane. The 2011 speed survey had an 85th percentile of 48.5 mph with 54.7% of the drivers traveling within a 10 mph pace of 39-48 mph. The 2018 speed survey was taken Dec. 4, between 11:45 a.m. and 1:45 p.m. The 85th percentile speed was 45.4 mph and 54% of the drivers were within a 37-46 mph pace. The most frequent speeds were 39 mph with 15 drivers, 45 mph with 14 motorists and 37 mph with 13 vehicles. The three fastest motorists were one traveling 55 mph, one driving 54 mph and one at 51 mph. Two vehicles at 21 mph and two at 22 mph were the slowest.

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Camp Pendleton hosts regional fire school

Sgt. Gabino Perez
Marine Corps Installations West –
Marine Corps Base Camp Pendleton

Preserving and maintaining U.S. Marine Corps Base Camp Pendleton's more than 125,000 acres of land is a year-round effort for the Marines and firefighters of the installation. Annual exercises and training programs take place at Camp Pendleton in preparation for the 2019 fire season.

The higher-than-average levels of rainfall in Southern California resulted in increased vegetation growth across the base. When the vegetation dries it becomes highly flammable, raising the threat of wildfire. Firefighters aboard Camp Pendleton take extra measures to ensure they are ready for the 2019 fire season.

"We have found our greatest success early on in the season with (prescribed) burns on bigger brush. It works really well when things start to get more intense," Capt. Ryan Rushing, the station captain for Station 10 with the Camp Pendleton Fire Department, said. "We're setting a consumable fire so that when the main body of fire hits it, there's no more fuel because we already burned it."

The prescribed burn method is an effective way to safely clear out overgrown grasslands, eliminating fuels from training areas to reduce the risk of wildland fire, and preventing large-scale wildland fires in the future.

Firefighters practice many different extinguishing techniques such as progressive hose lays, mobile pumping and controlled



Photo by Lance Cpl. Desiree D. King, Marine Corps Installations West – Marine Corps Base Camp Pendleton

Over 200 firefighters with the U.S. Forest Service, Orange County Fire Authority, Cal Fire and local San Diego County agencies gathered at U.S. Marine Corps Base Camp Pendleton to participate in wildfire firefighting methods training, June 5, 2017.

burns to ensure that they are adequately prepared for any fire they face.

The annual requirement for firefighters is a course called RT-130, also known as the Wildland

Fire Safety Training Annual Refresher. It focuses personnel on operations and decision-making issues related to fire lines and all-hazard incident safety in order to recognize and mitigate risk, maintain safe and effective practices and reduce accidents.

"We use the Geographical Area Coordination Center, or GAAC, website in combination with our yearly RT-130 training to stay up to date on potential threats in our area," Rushing said.

Every year Camp Pendleton hosts bulldozer school for firefighters and equipment operators to get hands-on training with equipment. This training serves a dual purpose because the operators practice cutting fire breaks for the upcoming fire season and take another step toward the safety of the installation.

"This year, we have people from as far up as Alameda County, near San Francisco, coming for dozer school and I think that's great for them as well as us," Rushing said.

This year's increased participation in cutting out fire breaks on the base helps with potential large-scale wildland fires.

Whether it is disposing of charcoal properly or putting cigarette butts in their designated areas, everyone at Camp Pendleton can do their part to ensure that the Camp Pendleton Fire Department can focus on our safety in a bigger scale, Rushing said.

For more on Wildland Fire Information and Prevention, visit <https://pendleton.marines.mil/Wildland-Fire-Information-Prevention>.

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Fallbrook Regional HEALTH DISTRICT

**Public Forum:
Presentation of Draft Maps**

**Wednesday, May 29, 2019
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Fallbrook Regional Health District (FRHD) is voluntarily moving away from an at-large election system for its board makeup and is instead shifting to a five zone-based election system for the 2020 election to help strengthen community representation.

This is the sixth Public Forum the FRHD will host as part of the process of transitioning to zone-based elections. Join us to review the draft maps, created by North County Fire Protection (based on previous feedback from community members on April 18th) and National Demographics Corporation.

After the public hearings on proposed zone maps, the District Board of Directors will vote on a final map that divides the District into the five new zones, which will go into effect for the 2020 elections. The public is encouraged to attend these Public Hearings as the zone-based election system will be a representation of the communities we serve.

www.fallbrookhealth.org
If you have any questions, please call
(760) 731-9187

Fallbrook Regional HEALTH DISTRICT

Foro público: presentación de mapas redactados

**miércoles, 29 de mayo del 2019
a las 6:00pm**

**138 South Brandon Road,
Fallbrook CA 92028**

La mesa directiva de Fallbrook Regional Health District (FRHD) esta voluntariamente alejándose de un sistema electoral en general y cambiará a un sistema electoral de cinco zonas para la elección del año 2020, para así ayudar a fortalecer la representación de la comunidad.

Como parte del proceso de transición a las elecciones basadas en la zona, FRHD tendrá el sexto foro público. Acompáñenos para revisar los mapas redactados por North County Fire Protection (basados en comentarios previos de miembros de la comunidad en abril 18) y National Demographics Corporation.

Después de las audiencias públicas de los propuestos mapas, la mesa directiva de FRHD votará por un mapa final que divide el distrito en 5 nuevas zonas, que tomarán efecto en las elecciones del año 2020. Animamos al público asistir a estas audiencias y foros públicos, ya que el sistema electoral basado en la zona será una representación de las comunidades que servimos.

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Virginia Gissing949-292-2850

New Listing

Fallbrook

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Rich Heimback & Jane Wilson760-805-6822 or 760-805-3460

New Listing

Fallbrook

3338 Sunset Drive
\$530,000

Located down a private country road in the favored Green Canyon area of Fallbrook, you will find this gem of a home. Property has been lovingly cared for and updated over the years and features 3BD and 2 full baths + bonus room that could be used as a dining room or office. Beautiful succulent gardens and easy care yards, large shade tree. There's an extra room off the 2 car garage.

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EDUCATION

Fallbrook JROTC cadets qualify for national academic competition for 2nd year

FALLBROOK – The Fallbrook High School Marine Corps JROTC program has once again qualified to compete in the National Leadership and Academic bowl.

“Last year we took fifth in the nation in the first year we qualified – an outstanding achievement. The cadets had a great experience and their first taste of how the elite competition is run. The cadets even got to meet “Jeopardy” host Alex Trebek,” retired Lt. Col. William Wade, the senior military instructor at Fallbrook High, said.

JROTC programs from every branch of the service and Civil Air Patrol nationwide compete to qualify for the National Leadership and Academic bowl. Only 40 teams are selected. Each team receives a trip to Washington for the championship from their respective service. All team members have their academic knowledge tested in two pre-

qualifying rounds.

FHS cadet team members who achieved this exemplary distinction are: Jade Joseph, Angelina Louser, Zurisadai Trinidad, Audrey Gillcrist, Jonathan Gates and Thomas Tait. While only four of the cadets travel to the final competition and the other two remain as ready alternates, all of the cadets equally contribute to qualifying for the competition. The four cadets selected to go to the final competition are generally the more senior cadets, allowing younger cadets to compete, represent and lead their unit academic team in upcoming years.

This year’s competition will take place June 20-25. Team captain Audry Gillcrest, an alumna of last year’s team, said, “This year we know the game and are ready to win.”

Submitted by Fallbrook High School Marine Corps JROTC.



The 2019 Fallbrook High School MCJROTC National Academic Team will be, from left, Cadet 1st Lt. Audrey Gillcrist, Cadet 2nd Lt. Angelina Lauser, Cadet 2nd Lt. Zurisadai Trinidad and Cadet 1st Lt. Jade Joseph; not pictured are team alternates and cadets Johnathan Gates and Thomas Tait.

BHS students earn college certificates with Palomar

BONSALL – At Bonsall High School, 18 students recently earned college-level digital publishing certificates thanks to a Dual Enrollment agreement between the school and Palomar College. The high school has 360 students on their campus north of San Marcos.

“These are credits and grades that will stay with them,” Liz LaBlond, a full-time high school teacher in Bonsall and adjunct professor at Palomar College, said. “This is really powerful for the students and really helpful for the schools. It’s a win-win for everybody.”

To complete the certificate, the teens had to take a sequence of four Palomar College courses, provided at the high school during the day at no cost to the students. LaBlond said the group of certificate awardees included two sophomores, with the rest being juniors and seniors.

“We are proud of the work that our students are doing even before they graduate high school,” Joi Lin Blake, Ph.D., superintendent and president of Palomar College, said. “It’s inspiring to see students as young as 16 getting a head start on their college education while they work toward their diploma.”

LaBlond said the digital

publishing certificates will open up so-called “middle-skills” job opportunities to the students directly out of high school.

“They can go into a business and help with social media, website design, any marketing materials that need to be created,” she said. “I’m also looking at it from a teacher’s perspective – yes, they’re getting college credit for free, but the bigger thing is, we’re teaching them what college is. That’s the bigger takeaway.”

Palomar College has Dual Enrollment partnerships with 12 local high schools, including Bonsall High School, Escondido Charter High School, Escondido High School, Fallbrook Union High School, Guajome Park Academy, High Tech High North County, Julian Union High School, Orange Glen High School, Rancho Buena Vista High School, San Marcos Unified School District, Valley Center High School and Vista High School.

Palomar College classes are available to high school students for free. For more information about the Dual Enrollment program at Palomar College, visit www2.palomar.edu/pages/dualenrollment.

Submitted by Palomar College.

Student and teacher honored at the Fallbrook STEM Academy

Sarah Schiller
Special to Village News

The Monserate Chapter of the Daughters of the American Revolution recognized two people at the Fallbrook STEM Academy recently.

The DAR Youth Citizenship Award was awarded to sixth-grade student Leeanna Barksdale for her personal acts and attitudes as the most outstanding citizen in their graduating class. Her teachers said she exemplified the qualities of honor, service, courage, leadership and patriotism, and she was presented with a medal, pin and certificate.

The Monserate Chapter said they wanted to recognize a teacher the Fallbrook STEM Academy and named Theresa Rowley as the Most Innovative Teacher at their school. Rowley is a fourth-grade teacher, with expertise in English, science and history. The chapter members said she was a well-deserving teacher and an outstanding example for her students.

The Monserate Chapter partners with the Fallbrook STEM Academy and will continue their working relationship to provide enriching projects and recognitions for the students.



Leeanna Barksdale receives the Daughters of the American Revolution Youth Citizenship Award.



Theresa Rowley receives the Most Innovating Teacher award from Sarah Schiller, Monserate Chapter representative of Daughters of the American Revolution, who presents the award.

BUSD averts bus driver layoffs, route eliminations

Joe Naiman
Village News Correspondent

The Bonsall Unified School Board did not take action on a May 8 agenda item to lay off two bus drivers and eliminate the position, so bus service will continue from the Pala and Bonsall West areas.

“Those routes will remain for the 2019-2020 school year,” BUSD superintendent David Jones said.

The school district needed 127 bus pass commitments to make the bus routes financially feasible.

“What was on the agenda was a resolution to lay off two bus drivers,” Jones said.

The bus drivers work five hours each school day for 10 months.

The commitments included deposits, which was explained to the parents.

“It was shown to them that we needed to get to 127 deposits,” Jones said.

Additional deposits were received after the warning, although the school district does not have 127 deposits at this time.

“We were only \$17,000 short of our goal,” Jones said. “The board decided it was close enough.”

BUSD increases lunch prices

Joe Naiman
Village News Correspondent

Lunch prices for the 2019-2020 school year will be 25 cents more than what they are at Bonsall Unified School District schools for 2018-2019.

The price for lunch at the district’s elementary schools and Sullivan Middle School will increase from \$3 to \$3.25. Lunch for Bonsall High School students is now \$3.25 and will be \$3.50 for the next school year.

“Just kind of keeping up with the average,” BUSD superintendent David Jones said.

The U.S. Department of Agriculture has a paid lunch equity guidance policy which stipulates that if a school district’s average price for a lunch is less than the difference between free and paid reimbursements the school district must increase its revenue either by increasing its charge for paid meals or by adding non-federal funds to the district’s food service account. The 2018-2019 reimbursement amount for a free meal is \$3.37.

The increase in lunch prices is expected to increase BUSD revenue by \$8,700.

Elementary students learn about music



[top] Ken Bell of Brassissimo West Brass Quintet, right, conducts a music assembly for the students at William Frasier School, May 13. The program is sponsored by the Fallbrook Music Society.

Courtesy photos

[below] Supporting music in schools are, from left, Ken Bell of Brassissimo West Brass Quintet; Pat Dales of Rally for Children; Ann Murray, executive director of Fallbrook Music Society, and Bob Freaney, board president of Fallbrook Music Society. Music assemblies are made possible by donations from Rally for Children and the Angel Society.







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NEW 2019 HYUNDAI TUSCON SEL

NET COST **\$22,000**

OR LEASE **\$239** PER MO. 36 MOS. + TAX*

5 AT THIS OFFER

MSRP.....\$27,210
GOSCH DISCOUNT FROM MSRP.....\$2,210
SALE PRICE.....\$25,000
RETAIL BONUS CASH.....\$2,500
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(On approved above average credit through Hyundai Motor Finance, not all applicants will qualify)
NET COST.....\$22,000

*On above average credit thru HMF, not all applicants will qualify. \$2,500 customer cash or trade equity + \$2,750 lease cash = \$5,250 total due at signing. Plus government fees and taxes. Includes 10K miles/year, 15 cents/mile thereafter. Zero security deposit. Offers expire 5/31/19.



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5 AT THIS OFFER

MSRP.....\$23,120
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SALE PRICE.....\$20,750
RETAIL BONUS CASH.....\$750
NET COST.....\$20,000

*On above average credit thru HMF, not all applicants will qualify. \$1,000 Customer cash or trade equity + \$2,890 lease cash = \$3,890 total due at signing. Plus government fees and taxes. Includes 10K miles/year, 15 cents/mile thereafter. Zero security deposit. Offers expire 5/31/19.

Warriors finish fourth at national championships



Fallbrook Girls Rugby Club finished fourth in last weekend's High School Club National Invitational Tournament in Murray, Utah, overlooked by the Wasatch Mountains.

Stacey Savin photos

Jeff Pack
Writer

The Fallbrook Girls Rugby Club lost only once during their trip to the High School Club National Invitational Tournament in Murray, Utah, last weekend but finished fourth in the tournament.

Leading up to the season-ending tournament, which the Warriors have won five times previously, critics questioned the use of a pool play format in such a prestigious event. The results of the rain-soaked play in the tournament would only further critics' arguments.

The No. 2 seeded Warriors opened the tournament Friday, May 17, against defending High School Single-School champion Kahuku, a tough draw for sure, but it was the Warriors who led for most of the game.

Freshman Tiahna Padilla put the Warriors in front in the first half with a try, and Abbey Savin's conversion made the score 7-0.

That score would hold up beyond regulation time until a Warriors' penalty by mistakenly throwing the ball out of play as the clock wound down gave Kahuku one last chance to score.

A hard-driving push by Kahuku was successful, however controversial, and the team from Hawaii was able to convert the kick, ending the game in a tie.

The first-game tie meant the team that would emerge from the pool would be decided by points differential in the two teams'

remaining games.

In their second game, another hard-fought battle, the Warriors scored first on a Padilla try before the Sacramento Amazons responded with a score of their own to tie it at the half.

But the Warriors were too much for the Amazons with tries by Nevaeh Rivera, Morgan Bitner and freshman flanker Julia Tippin with conversions by Savin, and they pulled away for a 28-7 win.

The Warriors went into the third pool play game against Lamorinda Friday, May 18, with a slim 1-point margin in point differential between it at Kahuku, who was playing the Amazons on an adjacent field.

Though the Warriors handily beat Lamorinda 38-14, Kahuku pulled away late to defeat the Amazons 37-0 and advance out of the pool and into the finals.

Kahuku would go on to lose 22-10 to No. 4-seeded South Bay Spartans, who advanced out of the other pool group, a team that the Warriors had beaten last week in the Southern California Youth Rugby Championships and earlier in the year at the Fullerton Invitational Tournament.

After unsuccessfully qualifying for the NIT final, the Warriors were uninspired for their match with No. 1-seeded United from Utah and were never really in the game, losing 38-0 and finishing in fourth place.

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



Tiahna Padilla splits two defenders during the opening match with Kahuku.



Natalie Celis looks to make a pass to Julia Tippin against Kahuku.



Shelby Tippin passes to Morgan Bitner against Kahuku.



Abbey Savin wraps up a Lamorinda runner.



Phoebe Anderson braces her teammates during a ruck against the Sacramento Amazons.



Amanda Ware looks for space to run against the Amazons.



Abigail Bachman runs against the Amazons.

SPORTS

Lady Warriors gain experience



Lady Warrior Bayley Howley scores a run for Fallbrook High School against Ramona High School. It was the only run Fallbrook scored in the game as they lost 12-1.



Lady Warrior Ariana Arias winds up and delivers a pitch to a Ramona batter.

Shane Gibson photos



A Lady Warrior infielder attempts to make the catch in a game against Ramona, May 9.



Fallbrook's Amy Pierson watches the ball as she makes contact with a Ramona pitch.



Lady Warrior Faith Stehle makes contact with a Ramona pitch.



Fallbrook outfielder Jessica Wilbert makes the catch and holds back a Ramona baserunner.



Fallbrook outfielder Alexis Perez fields the ball and makes a throw in the game against Ramona.



Lady Warrior Mattie Ahrend swings at a Ramona pitch.



Lady Warrior pitcher Kyleigh Philo smiles with her teammate between pitches.

Join the Riverview Kids 2020 Soap Box Derby Team



Members of the children's ministry of Riverview Church in Bonsall will attend the San Diego Soap Box Derby, May 25 in San Diego.



Riverview Kids, the children's ministry of Riverview Church in Bonsall, is starting a soap box derby program for local families.

BONSALL – Looking for something to do with the family? Riverview Church children’s program is starting a soap box derby program to form a Riverview Kids Soap Box Derby race team in 2020 and would like to invite any family with children ages 7-19 who would like to learn more to come to the San Diego Soap Box Derby local race at 310 Twenty-second Street in San Diego, May 25.

The plan is to meet at Riverview Church, 4980 Sweetgrass Lane, in Bonsall at 8 a.m. and leave promptly at 8:15 a.m. by carpooling

to the race location. The group will watch several races from 9 a.m. to noon, depart for home with a stop at In’n Out for lunch and return to the church parking lot around 2 p.m. RSVP with Janae Kramer at jkramer@refc.org or call Keri Richmond at (760) 445-3688.

Soap box derby racing is a way to build family memories and relationships through shared experiences and working together. Families benefit from working together to build a car, tuning the car, traveling to races and working together to compete at races during the season.

The All-American Soap Box Derby is an international youth gravity racing program dating back to 1933. Soap box derby racing is open to boy and girl racers, ages 7-19 years old. The goals of the program is to teach youngsters the basic skills of workmanship, perseverance and the spirit of competition.

Riverview Church will also be holding a family Soap Box Derby Movie night June 14. For more information, contact Janae Kramer at jkramer@refc.org or visit www.refc.org.

Submitted by Riverview Church.

Courtesy photos

Swim lessons to begin June 10

Joe Naiman
Village News Correspondent

The last day of class for Fallbrook High School students is Wednesday, June 5, and the summer swim lessons at the school’s swimming pool will begin Monday, June 10.

The lessons will be overseen by head instructor Sean Redmond, who is the Fallbrook High School girls swim coach, the diving coach for both Fallbrook’s girls and the Warriors’ boys, and the director of coaching for the Fallbrook Associated Swim Team. Six, 5-day sessions will be held each week until the week of July 29 to Aug. 3. The week of July 1-5 will include July 4 sessions, so those lessons will also be for five days. Each day’s lesson will be for 40 minutes.

Each session will have up to 10 stations based on skill level. Station 1 is learning to breathe while in the water while stations seven through 10 could

be considered preparation for a high school junior varsity team. Fallbrook High School boys swim and girls swim team members will be assistant instructors, and the beginning levels will have no more than four students per instructor while the advanced levels may have six to eight students per instructor. The sessions include a parent-tot class, so there is no minimum age, and adults who desire to learn to swim may also participate in the classes. A diving class will also be offered.

The students must bring their own swimsuit and towel. Swim caps and goggles are optional. Payment can be made by cash or check, and swimmers or parents can register either at the pool or in advance through the www.swimfast.com website.

Additional information can be obtained by emailing Redmond at seanmary@aol.com or on the www.swimfast.com website.

Fallbrook Rugby opens summer 7’s signups

FALLBROOK – Fallbrook Rugby is offering a conditioning session of summer 7’s. Registration is open for the Under 10’s up to the Under 18’s age groups. Visit www.fallbrookrugby.org to sign up.

The session includes five tournaments around the county and possibly a sixth tournament, including Aztecs 7s, hosted by the San Diego Aztecs, June 1; Torrey Pines 7’s, hosted by the

San Diego Mustangs YRFC, June 8; Belmont 7’s, hosted by Belmont Shore RFC, June 15; Encinitas 7’s, hosted by the Coastal Dragons, June 22; Southern California Tournament of Flags, hosted by the San Clemente SCYR, June 29; Corona Summer 7’s, hosted by Silver Lakes Sports Complex, July 6, and the Cal State Games in San Marcos, July 13.

Submitted by Fallbrook Rugby.



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Dunham’s horses place first and second in Santa Anita race

Joe Naiman
Village News Correspondent

San Luis Rey Training Center trainer Dan Dunham had both the winner and the second-place horse in the ninth race, April 27, at Santa Anita Park.

Master Juba won the 5 1/2-furlong race on Santa Anita’s dirt track and crossed the finish line 5 1/4 lengths ahead of Golden Image, who finished 3 3/4 lengths in front of third place Carribean Colours.

“That was a good day at the races,” Dunham said.

Master Juba’s victory was Dunham’s 65th career win as a trainer, and Golden Image gave Dunham his 90th career second-place finish. Dunham had not previously trained horses who finished both first and second in the same race.

Both of Dunham’s horses in that race are 3-year-old geldings. Master Juba made his racing debut, March 1, at Santa Anita in a 6 1/2-furlong turf race and finished eighth among the nine horses.

“He didn’t run well the first time. I ran him down the hill and I thought he was a little confused,” Dunham said.

Santa Anita’s turf course has a downhill segment. The dirt track is flat, so Dunham used that surface for Master Juba’s second career race, April 27.

“He was back on the dirt,” Dunham said.

Evin Roman was Master Juba’s jockey for both races, so Dunham needed to provide Roman with little instruction before the April 27 race.

“He knew the horse,” Dunham said. “That horse is kind of a front-running horse.”

Roman thus proceeded to let Master Juba go to the front.

“That was the plan,” Dunham said.

Master Juba broke first among the eight horses in the maiden claiming race for 3-year-olds, and he led for the entire race. He completed the first quarter-mile in 22.40 seconds and was half a length in front of second-place Translucent. Golden Image, who broke second, was fourth after a quarter of a mile, a head behind third-place King Parker and two lengths in back of Master Juba. When Master Juba completed his first three-eighths of a mile 47.04 seconds after the start of the race he had a 2 1/2-length lead over Translucent, who lead Golden Image by a head. Golden Image was a length in front of King Parker, who had fallen to fourth place.

Golden Image had moved into second place entering the stretch and was a length in front of Carribean Colors, but Master Juba held a four-length lead when he entered the stretch 59.34 seconds after the race began.

“He tried, but he wasn’t going to go with the winner that day,”

Dunham said of Golden Image.

Master Juba had a winning time of 1:05.80. He earned \$19,000 of the \$32,000 total purse.

Golden Image, who was ridden by Tiago Pereira, earned \$6,400 for his second-place finish.

“We expected him to run well,” Dunham said.

Golden Image was foaled in California March 4, 2016. He was sired by Eddington out of Golden Reflection. He had two races in 2018 as a 2-year-old and finished seventh in both. His third career race and his most recent before the April 27 competition was a five-furlong race, March 23, at Santa Anita; he finished third among the eight horses.

Master Juba was foaled Feb. 23, 2016, in California. He was sired by Typhoon Slew out of Promenade and is owned by Woodstock Breeding Stable LLC and Jim Syren.

Golden Image is still eligible for maiden races, so Dunham’s plan is to run him in another one of those.

“Hopefully he can get it done this time,” Dunham said.

The win makes Master Juba ineligible for maiden races.

“We’ll probably run him in a starter allowance race,” Dunham said.

Master Juba went off at 6.9:1 odds, and Golden Image had 3.2:1 odds. Any betting slips for an exacta with Master Juba winning and Golden Image finishing second paid 29.3:1.

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Vikings place second in track and field meet

Joe Naiman
Village News Correspondent

Vallecitos Elementary School competed in a track and field meet May 2, at Julian Elementary School, and the Vikings finished second among the six participating teams despite not fielding athletes in all of the events.

“I’m very happy that we were able to get that,” Vallecitos coach Ray Hanbeck said of second place.

The meet had eighth grade boys, eighth grade girls, seventh grade boys and seventh grade girls divisions. Fifth grade and sixth grade students are eligible to compete in the seventh grade competitions. The Vallecitos contingent consisted of 10 boys and six girls.

Last year Kelsey Rossi placed second in the mile run for seventh grade girls. This year she wanted to focus on the sprints.

“At first I was a bit skeptical,” Hanbeck said. “She proved me wrong.”

Rossi won three eighth grade girls events: the 100-meter dash, the 200-meter dash and the long jump. Although she did not win the high jump, she set the school record.

“She’s a very strong runner and a very strong athlete,” Hanbeck said.

Rossi, who did not run the 100-meter dash last year, won this year’s race in 14.01 seconds.

“She proved to be excellent in that event,” Hanbeck said.

Her winning time in the 200-meter dash was 29.58 seconds.

“She had a very strong start, which I think helped her a lot,” Hanbeck said. “She went off the blocks with a tremendous amount of speed. It was amazing how fast she got out of the blocks.”

Rossi added the jumps to her sprint events.

“She did well in those, too,” Hanbeck said.

A distance of 12 feet, 4 inches gave Rossi first place in the long jump. Although a Julian girl won the high jump with a distance of 4-4, Rossi cleared 4-3 for second place and a school record.

Last year Rossi won the seventh-grade girls high jump with a height of 3-9. Ashley Ford previously held the Vallecitos girls high jump record with a distance of 4-2.

The mile race for seventh-grade boys was won by Edgar Ortega, whose time was 5:44.

“He’s a phenomenal runner,” Hanbeck said.

Ortega also had the superlative seventh grade high jump performance, as he cleared 4-5.

“We were able to do well in our high jump,” Hanbeck said.



Vallecitos Elementary School's 2019 track team shows off their ribbons and awards following a track and field meet, May 2, at Julian Elementary School. Courtesy photos

A Julian boy won the eighth grade high jump by clearing 4-11. Ivan Franco was second at 4-10, and Leo Hernandez took third place by clearing 4-9.

Franco won the long jump for eighth grade boys with a distance of 15-1 1/2 inches. Hernandez placed third with a jump of 14-8. Ortega had the second place long jump distance for seventh grade boys.

Pedro Nieto was second in the 200-meter dash for eighth grade boys with a time of 28.06 seconds. Franco had the third place time of 28.20 seconds.

Franco was also on the eighth grade boys’ 4x100 relay team, which took third. He led off the race and was followed by Nieto, Hernandez and Pedro Madrigal.

“It was a very strong performance by my eighth graders,” Hanbeck said.

Although Berenice Yanez is a fifth grader, she placed second in the mile race for seventh grade girls. Yanez posted a time of 6:53.

Cheyenne Crow had a long jump of 11-2 to place third among seventh grade girls.

Vallecitos’ seventh grade boys were third in their 4x100 relay race. The quartet consisted of Ortega, seventh grader Armando Yanez, seventh grader Rodrigo Anaya and sixth-grader Jose Garcia.

“I’m proud of how everyone

did,” Hanbeck said.

Seven small elementary schools in northern San Diego County and southern Riverside County have monthly competitions throughout the year with each school hosting

a different sport.

“We were able to compete in not only track but in all our sports,” Hanbeck said. “All in all we had a good year.”



Edgar Ortega of Vallecitos Elementary School wins the high jump for seventh grade boys at 4 foot, 5 inches.



Kelsey Rossi wins the eighth grade 200-meter race in 29.58 seconds.



Leo Hernandez takes third place in the eighth grade high jump by clearing 4 foot, 9 inches at Julian Elementary School.



Kelsey Rossi of Vallecitos Elementary school displays her winning ribbons and trophy following a track and field meet, May 2, at Julian Elementary School.

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Ivan Franco of Julian Elementary School shows his winning ribbons.

WINE AND DINING

Dairy alternatives are expanding

FALLBROOK – Those who choose to avoid dairy products have many different delicious alternatives to try.

Visit a supermarket nowadays and people are bound to see plenty of non-dairy milks and products competing with the real deal. Thanks to the popularity of plant-based nutrition, non-dairy products are increasingly finding a home in consumers' shopping carts.

New research from Mintel, a public relations and marketing firm, revealed that non-dairy milk sales have seen steady growth over the past several years. Between 2012 and 2017, the market grew 61%. Almond, coconut and soy products continue to be popular dairy alternatives. However, new brands and products are continually competing in the non-dairy segment, including pecan, quinoa, oatmeal and flax-based products, which is a stark change from just a decade or so ago, when people with dairy allergies or dietary preferences had few non-dairy alternatives to choose from.

There are several reasons why people may want an alternative to dairy, as milk, cheeses and yogurts aren't suitable for everyone. A 2015 study published in the *European Journal of Pediatrics* found that cow's milk allergies are the most common food allergies in young children. That allergy follows

many people into adulthood. After allergies, the health and wellness resource Healthline said 75% of the world's population is intolerant to lactose, the sugar found in milk.

Non-dairy alternatives make sense for many people, though it's important to note there are some distinct differences between non-dairy and dairy products to consider.

- Non-dairy products have fewer calories than dairy.
- Non-dairy products contain a greater number of ingredients than dairy.
- Non-dairy products have a higher water content than dairy.
- There is added sugar in some non-dairy products.

Those new to non-dairy items can experiment with the various products available. Here are some options to try.

Soy milk: This product is made from whole soybeans or soy protein isolate. It's generally creamy and mild and is the most similar product to cow's milk in regard to nutrition. One cup of unsweetened soy milk contains 80-90 calories, 4-4.5 grams of fat, 7-9 grams of protein and 4 grams of carbohydrates.

Almond milk: This beverage has a sweet, nutty flavor. It is low in calories, fat and carbohydrates. Almond milk is low in protein, which may deter some people. One

A still life composition featuring two glasses of white milk on a rustic wooden surface. In the foreground, there is a pile of various nuts and seeds, including cashews, almonds, and soybeans, along with a small pile of oat flakes. A white cloth is partially visible behind the glasses.

Those who choose to avoid dairy products have many different delicious alternatives to try.

cup of unsweetened almond milk contains 30-35 calories, 2.5 grams of fat, 1 gram of protein and 1-2 grams of carbohydrates.

Coconut milk: Creamy like other non-dairy products, coconut milk must be avoided by people who are allergic to coconut. Coconut milk is low in carbohydrates, but can be high in MCTs, a type of saturated

fat. One cup contains 45 calories, 4 grams of fat, no protein and almost no carbohydrates.

Oat milk: New to the non-dairy arena, oat milk is made from a mixture of oats and water. Other ingredients may be added to improve texture. While high in protein and fiber, oat milk also is high in calories and carbohydrates.

compared to some other dairy alternatives. One cup contains 140-170 calories, 4.5-5 grams of fat, 2.5-5 grams of protein and 19-29 grams of carbohydrates.

Dairy alternatives are plentiful, and the market is growing exponentially.

*Nutritional content provided by Pacific Foods brand and Silk.

Nighttime snacking best bets

FALLBROOK – Calorie-conscious individuals may wonder if eating at night or after a certain time can derail their diets and fitness regimens. The jury is still out on whether eating at night can pack on the pounds or not, with various health recommendations contradicting one another. However, if one does choose to snack at night, there may be a smart way to do so.

The U.S. Department of Agriculture's Weight Control Information Network said that a calorie is a calorie no matter when it is consumed. That means it doesn't matter if calories are consumed in the morning, afternoon or evening. It is how many are consumed and the amount of physical activity individuals perform that will affect their weights. Conversely, the Academy of Nutrition and Dietetics said they're not sure if a calorie is a calorie no matter when it is consumed. Their research and data from the University of Pennsylvania School of Medicine's Center for Weight and Eating Disorders indicated that when food is consumed late at night the body is more likely to store those calories as fat and gain weight rather than burn it off as energy. Certain animal studies show that food is processed differently depending on the time of day it was consumed.

But what is a person to do




when hunger pangs hit at night and one fears that their rumbling stomach may interrupt their sleep? According to the nutrition and fitness experts at MyFitnessPal, powered by Under Armour, stick to a snack that is between 100 and 200 calories. Choose a food that is high in protein, fiber or healthy fats, which will be more likely to keep a person satiated throughout the night. Apples and peanut butter, string cheese and fruit or

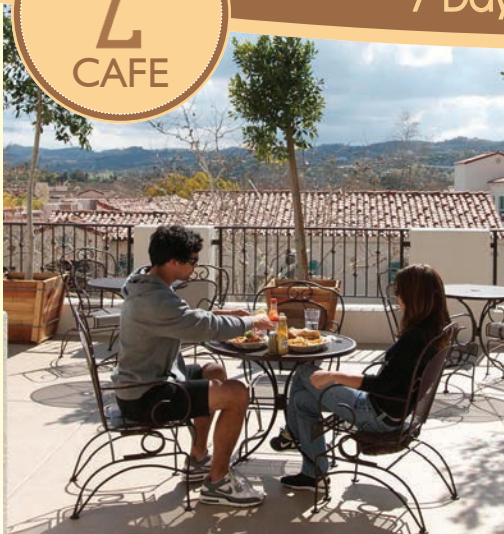
whole grain crackers and Greek yogurt can be healthy, satisfying nighttime snacks. Avoid sugary, calorie-dense foods, which may be hard to digest and can compromise sleep quality.

More studies may be necessary to determine the relationship between body weight and snacking at night. In the meantime, nighttime snackers should choose healthy foods when reaching for a late night bite to eat.

For a healthy nighttime snack, choose a food that is high in protein, fiber or healthy fats, like yogurt and fresh fruit.



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Stryder Transportation goes panoramic with hardtop convertible touring van

Jeff Pack
Writer

What’s better than cruising in Temecula Wine Country with the top down on a beautiful summer day?

Cruising Temecula Wine Country with the top down with your 18 closest friends on a beautiful summer day.

That’s exactly what guests can do when they book Stryder Transportation’s new Mercedes Panoramic touring van – one of only 30 in the United States.

Stryder co-founders John and Kim Kelliher were among the 18 guests that took the new ride out for a cruise curated by Stryder sister company, Grapeline Wine Tours, April 27.

“As we cruised down Front Street with the top down, people were honking and waving,” John Kelliher said. “It felt like we were in a parade.”

According to Swiss-based manufacturer, Caleche GmbH, the Panoramic is the world’s first hardtop convertible touring van.

John Kelliher said the vehicle is built on a Mercedes Sprinter chassis and the Panoramic’s passenger section has full glass sides and roof, allowing for unrestricted views.

But what really sets it apart, John Kelliher said, is the patented convertible feature. Two of the three glass sections telescope into the third, opening up the back half of the van.

“The response from guests who have experienced it has been overwhelmingly positive,” Kim Kelliher said. “And the general public has reacted in funny ways. You see people pointing and taking photos. It’s a real head-turner.”

According to John Kelliher, Stryder has an agreement with Caleche that includes a conditional exclusive within certain markets, including Temecula, and Stryder plans on adding more of the vehicles to the fleet “as demand justifies.”

“(The new van is) the ideal touring vehicle for a place with good scenery and a nice climate. And that is exactly what wine country is,” he said. “Temecula’s winters are a bit chilly in the morning but perfect in the afternoon. Whereas in the summertime the mornings are perfect, but the afternoons can be pretty hot. So an open-air vehicle is great, but you really want the option to close the roof for comfort. When the Panoramic’s roof is closed, it’s fully climate controlled.”

Stryder was founded in Temecula in 2004 and owns and operates a fleet of 20 passenger vehicles, ranging from executive SUVs to 41 seat buses. Grapeline was founded in 2002 and operates in five California wine countries: Napa, Sonoma, Paso Robles, Santa Barbara and Temecula.

Visit www.gostryder.com or www.gogrape.com.

Temecula Wine and Music Festival moves to Murrieta

Who cares where they host it, wine, music and fun will be enjoyed this weekend, Michael Paulo’s Temecula Wine and Music Festival taking place Saturday, May 25, has moved to a new location, Hawk Ranch in Murrieta.

Featuring wine offerings from more than a dozen wineries from Temecula Wine Country and several from outside the area, the event will feature live musical performances from artists cranking



Stryder Transportation's new Mercedes Panoramic touring van is one of only 30 in the United States and

out pop, jazz and R&B tunes from 11:30 a.m. to 6 p.m.

Vendors will also be on hand, as will licensed food vendors, and the festival will benefit several local charities.

Scheduled to perform are Pablo Cruise, Michael Paulo and Friends, Hiroshima, Patrice Rushen, Rene Paulo, Kanzaki, Michael White, Barbara Morrison, Kimo Cornwell, Yu Ooka, Ron King, Land Richards and Andrew Ford.

Tickets are available now at www.tix.com and start at \$40 for general admission, \$55 for gold reserved seats, \$85 for reserved table seating and \$95 for premium seating up front with an artist meet and greet reception from 12:15 to 1 p.m. on the day of the show.

Sponsors seating for \$260 includes the reception, as well as complimentary wine and food.

Parking is \$5 per car or \$10 for VIP parking.

No outside coolers, food or beverages will be allowed; wine tasting tickets, as well as bottles of wine, will be available for purchase at the festival at Hawk Ranch, 42149 Elm Street, in Murrieta.

Call (951) 696-0184 or visit www.temeculawineandmusicfestival.com for more information.

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



Michael Paulo will perform at his Temecula Wine Music Festival this weekend in Murrieta.

Courtesy photo

Live Bands • Bistro • Wine & Beer

Bistro Hours
Friday to Sunday 11am-4pm

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Take a well-earned break this Memorial Day to enjoy a buffet brunch or dinner at Pechanga

TEMECULA – It’s the best of both culinary worlds Memorial Day weekend as Pechanga Resort Casino breaks out the barbecue at its holiday buffet Sunday, May 26, and Monday, May 27.

Awaiting the family at the Pechanga Buffet this Memorial Day is a feast of favorite dishes, including rotisserie chicken, spareribs and smoked brisket from the grill and herb-crusted prime rib, turkey breast and barbecued bone-in ham from the carving station. Along with dishes from the grill are favorites from the Far East, such as salt and pepper pork, Mongolian beef and spicy Korean noodles, seafood delicacies such as snow crab legs, peel and eat shrimp and California and vegetable rolls, an American station, offering beer brats and onions and baked game hens among other delicacies and Latin and Italian creations.

The Pechanga Buffet wouldn’t be complete without its dessert station,



The all-you-can-eat crab is always a popular stop at the Pechanga Buffet.

Courtesy photo

featuring housemade pastries, cookies and cakes, along with bananas Foster, mini milkshakes and hand-scooped ice cream.

The Pechanga Memorial Day Buffet runs Sunday, May 26, and Monday, May 27. Brunch fans can start at 9 a.m. and dine on items such as stuffed French toast, scrambled

eggs, pancakes and made-to-order omelets until 3 p.m. Dinner at the Pechanga Buffet begins at 4 p.m. and runs until 10 p.m. Adults are \$35.99 all day, with children ages 3-11 are \$16.99. Children under 3 are free.

A perfect way to enjoy a discount is to become a Pechanga Club member. Sign up is free, and the membership comes with a discount to the Pechanga Buffet.

Pechanga Resort Casino offers one of the largest and most expansive resort and casino experiences anywhere in the United States. Voted the No. 1 casino in America by USA Today and rated a Four Diamond property by AAA since 2002, Pechanga Resort Casino offers more than 4,700 slots, table games, world-class entertainment, 1,090 Forbes Travel Guide Recommended hotel rooms, dining, Forbes Travel Guide Four-Star spa and championship golf at Journey at Pechanga. Pechanga Resort Casino is owned and operated by the Pechanga Band of Luiseño Indians. For more information, call toll free (888) 732-4264 or visit www.Pechanga.com. Follow Pechanga Resort Casino on Facebook and Twitter. Pechanga Resort Casino is open 24 hours. Guests must be 21 and older to enter the casino.

Submitted by Pechanga Resort Casino.

BIG TRUTH

Maurice Carie

WINERY

Unexpected outdoor spaces for business meetings and hotel packages



The Pool at Bottaia, seen from the Bottaia Tasting Room patio, opened to the public, April 21. Jeff Pack photo

Annette Brown
Visit Temecula Valley

Temecula Valley Southern California Wine Country is sparking new life in the meetings industry with creative and inspiring outdoor meeting spaces for groups of all sizes. Ties loosen at this nearly year-round sunny destination that offers several scenic unconventional spaces for outdoor gatherings. Temecula Valley is an ideal meetings destination, conveniently located in the center of southern California, with all major airports and cities just about an hour away.

Take in poolside meetings and receptions.

Meeting planners can make a splash at a poolside venue under the golden sun. Craft cocktails and local wines pair well with agendas and bullet points. Several Temecula Valley wineries and resorts offer just what a meeting needs for a refreshing approach. Recently opened, Bottaia Winery includes The Pool at Bottaia, a nod to Mediterranean beach clubs. Unparalleled vineyard vistas, private cabins, and a Pool Cafe and Cocktail Bar provides an immersive poolside experience. Carter Estate Winery Resort includes a lovely pool area with The Vineyard Grill for a “cool” wine country meeting where attendees deep dive into relevant topics. Pechanga Resort Casino’s 4.5-acre pool complex is perfect for large groups, complete with cabanas, umbrellas and couch seating. Adjacent to the pool complex is a 26,000-square-foot lawn space that can host everything from boot camps to group meetings to breakout sessions and receptions. Embassy Suites has been a popular site for poolside meetings and receptions over the years with their junior Olympic-sized pool and plenty of function space, in addition to a lower patio for a pondside setting.

Enjoy fireside chats and roundtables.

A fireside chat under the stars is a great way to stimulate interaction. Casual, unintimidating settings open conversations and feedback. Meeting goes warm up in this

natural setting offered at several Temecula Valley locations. Ponte Winery’s Reserve Room Veranda is a meeting and event space with a firepit for everyone to cozy around surrounded by acres of vineyards. Temecula Creek Inn has two compelling fireside locations, Cork/Fire Kitchen patio with views of the golf greens and Fireside Patio in the meeting area under the stars with strings of lights draped overhead. Bottaia Winery welcomes meetings and mingling with wine and charcuterie at their attractive outdoor fire pit. Pechanga Resort Casino’s pool complex invites groups to gather with several fireside locations to choose from that include couches and comfortable outdoor seating. Pechanga’s Journey’s End restaurant also offers fire pits on the patio with gorgeous golf course views. For cooler evenings, a grand indoor firepit is another option.

View breathtaking garden spaces.

Most visitors take in the stunning vineyard views, but few are aware of the beautiful and fragrant gardens at the wineries, resorts and in the city. Rose Haven Heritage Garden is home to more than 1,600 roses, including hybrid teas, floribundas, climbers and mini roses. The garden is picture perfect when the blooms arrive in early spring. Attendees can walk the trails during break times or relax in the hilltop gazebo. Picnic table seating is available, or the area can be customized as needed. Mount Palomar Winery’s hilltop level is known for its panoramic vineyard views, roses, Italian inspired fountains, columns and statues. Vitagliano Winery’s pond is surrounded by colorful pansies, delphinium and other aromatic blossoms. California pepper and eucalyptus trees tower over walkways, bridges and a tasting room. Emily’s Garden at Carter Estate Winery Resort provides vegetables and herbs for the restaurant chef, as well as a charming gazebo centerpiece with vineyard rows in every direction. Pechanga Resort Casino’s rooftop garden on the fourth floor is home to indigenous plants and Native-inspired cultural installations. The memorable set-

ting hosts meetings, sunset receptions, sunrise yoga and boot camps.

Choose stay the night packages.

In celebration of the title “10 Best Wine Travel Destinations” in the world, several Temecula Valley hotels and resorts are offering special Wine Enthusiast packages. Carter Estate Winery and Resort offers the opportunity to sleep among the vineyards at a 20% room discount, a bottle of award-winning wine, two South Coast Winery tasting tickets and two Carter Estate Winery tasting tickets. Rooms start at \$329 per night. South Coast Winery Resort and Spa also offers a 20% discount and wine tasting at both locations, with rooms starting at \$269 per night. Temecula Creek Inn offers a special rate at their golf resort property. Embassy Suites by Hilton has partnered with Grapeline Wine Tours for a day of wine tasting with transportation, a picnic lunch, behind-the-scenes wine tour, hot breakfast, appetizers and cocktail reception starting at \$377.

For more information about meetings in Temecula Valley, visit www.VisitTemeculaValley.com.

Laid back, picturesque Temecula Valley Southern California Wine Country welcomes nearly 3 million visitors each year. It is a year-round vacation destination, located 60 minutes from San Diego, Orange County and Palm Springs; 90 minutes from Los Angeles.

Temecula Valley Wine Country is widely recognized for its scenic vineyards, award-winning wines and experiential wineries. The popular boutique destination includes the Temecula Valley American Viticulture Area as well as historic Old Town Temecula and Pechanga Resort Casino. It also was named as a 2019 Wine Enthusiast 10 Best Wine Travel Destination.

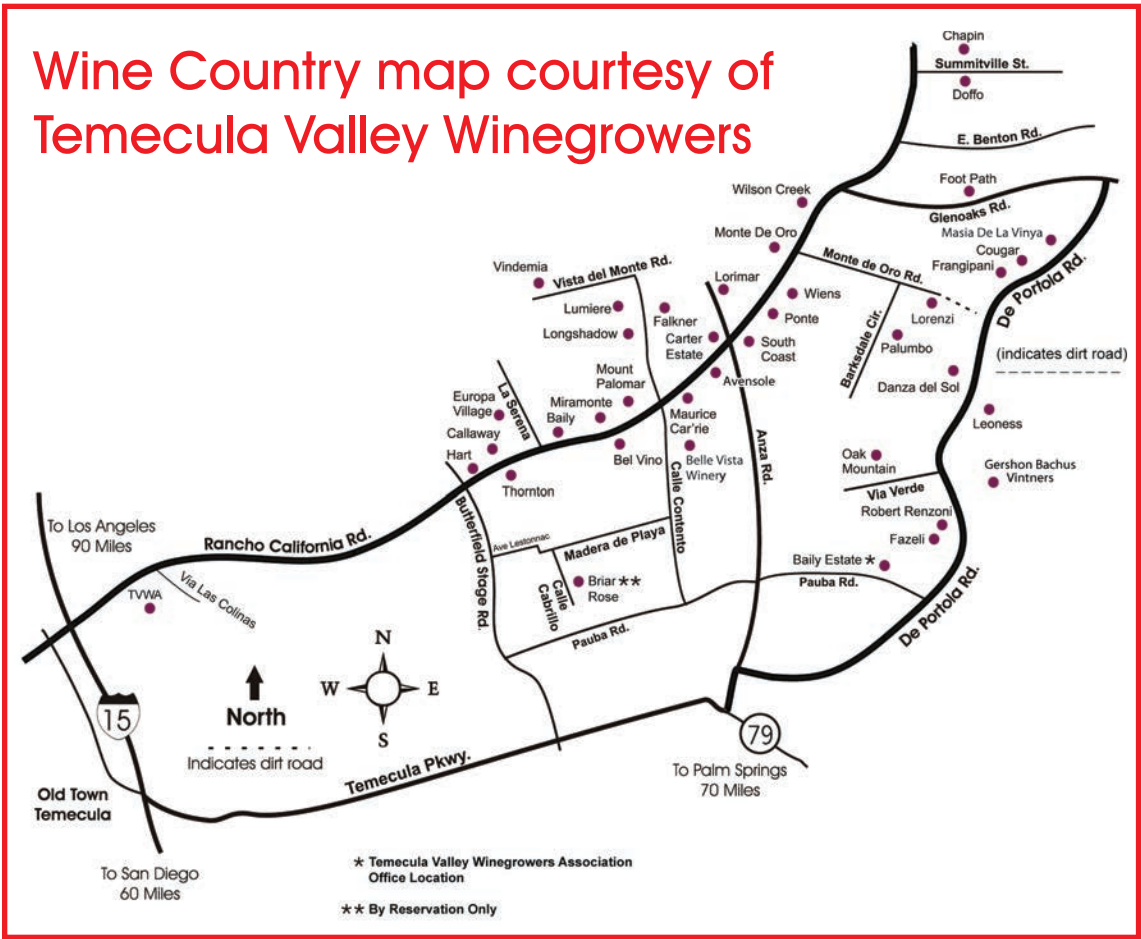
Visit Temecula Valley is the region’s official tourism marketing organization and resource for visitors. The Visitors Center is located in Old Town Temecula. For visitor information and assistance, call (888) 363-2852 or visit www.VisitTemeculaValley.com.

Wine Country Events Calendar

FRIDAY, MAY 24	
11 a.m. to 5 p.m.	Craft Faire, Maurice Car’rie Winery
1-2:30 p.m.	Behind the Scenes Wine Tour, South Coast Winery
3-5:30 p.m.	Happy Hour, Vineyard Rose, South Coast Winery
5-8 p.m.	Live Music, Astra Kelly, Cougar Vineyard and Winery
5-9 p.m.	Live Music, Ben Bostick, Masia de la Vinya
5:30-8:30 p.m.	Live Music, Buzz Campbell, Restaurant at Ponte Vineyard
5:30-8:30 p.m.	Festa! Europa featuring Endeavor, Europa Village
6-9 p.m.	Live Music, Robert Simon, Avensole Winery
6-9 p.m.	Live Music, JD Priest, Miramonte Winery
6-9 p.m.	Live Music, Midnight Satellites, Lorimar Winery
6-9 p.m.	Live Music, Alex and Esther, Lorimar Winery in Old Town
SATURDAY, MAY 25	
11 a.m. to 5 p.m.	Craft Faire, Maurice Car’rie Winery
Noon to 4 p.m.	Live Music, 45 RPM, Masia de la Vinya
1-4 p.m.	Live Music, Sheila Sonderguard, Avensole Winery
1-5 p.m.	Live Music, Astra Kelly, Fazeli Cellars
3:30-5:30 p.m.	Happy Hour, Vineyard Rose, South Coast Winery
6-9 p.m.	Live Music, Big Truth and School of Rock, Mauric Car’rie Winery
6-9 p.m.	Live Music, Midnight Satellites, Miramonte Winery
6-9 p.m.	Live Music, Michael Edon, Avensole Winery
6-9 p.m.	Live Music, Mrs. Jones’ Revenge, Lorimar Winery
6-9 p.m.	Live Music, George James, Lorimar Winery in Old Town
6:30-9:30 p.m.	Salsa Night, Fazeli Cellars
SUNDAY, MAY 26	
11 a.m. to 2 p.m.	Brunch Specials at Meritage Restaurant, Callaway Winery
11 a.m. to 5 p.m.	Craft Faire, Maurice Car’rie Winery
11:30 a.m. to 2:30 p.m.	Dog Day Sundays, Carol’s Restaurant at Baily Winery
1-4 p.m.	Live Music, Midnight Satellites, Lorimar Winery
1-4 p.m.	Live Music, Andrew Nelson, Europa Village
1-4 p.m.	Live Music, Michael LeClerc, Avensole Winery
1-5 p.m.	Live Music, Ben Bostick, Fazeli Cellars
2-5 p.m.	Live Music, Chris Hellingss, Cougar Vineyard and Winery
3:30-5:30 p.m.	Happy Hour, South Coast Winery
5-8 p.m.	Live Music, Big Truth, Lorimar Winery

UPCOMING:
June 8 is Masia’s Wine Infused Tea Party.
June 15 is Bonsall Rotary Club’s annual Wine, Brews and Blues at Pala Mesa Resort.
June 19 is Craft Night at Cougar Winery.

ADVERTISE YOUR EVENTS WITH THE VALLEY NEWS
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Wonderful contemporary home nestled on a private 1.1 acres features drought tolerant landscaping. This 1998 ZEBU built home has been meticulously maintained. 4BD, 3BA, 2838 sf, views, beautiful kitchen with pecan color cabinetry and tile & carpet throughout.
Offered at \$719,000



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