

AAUW holds
speech contest
B-7



Warriors earn
No 1 seed
D-3



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Februaury 20, 2020

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Volume 24, Issue 8

LOCAL

Supervisors appropriate CDBG funding, set March 11 hearing to purchase new park land

Joe Naiman
Village News reporter

On consecutive days the San Diego County Board of Supervisors took actions for the acquisition of park land in Fallbrook.

The supervisors voted 5-0 Tuesday, Feb. 11, to amend the 2019-2020 Community Development Block Grant plan to reallocate \$1,900,000 of CDBG funding including up to \$1,200,000 to purchase the Fallbrook land for a park site. A 5-0 vote Feb. 12 appropriated \$1,172,000 of that money into the capital outlay fund for the Fallbrook park project and set a hearing date of March 11 to

see PARK, page A-8

thisweek

Announcements.....	A-2
Business.....	C-8
Business Directory.....	C-6
Calendar.....	A-7
Classifieds.....	D-5
Dining.....	D-5
Education.....	B-7
Entertainment.....	B-4
Health & Fitness.....	B-2
Home & Garden.....	C-2
Legals.....	B-5
National News.....	D-7
Obituaries.....	D-5
Opinion.....	A-3
Real Estate.....	C-2
Sheriffs Log.....	A-6
Sports.....	D-1
Wine.....	D-6

Fallbrook Marching Warriors are halfway there



The Fallbrook Marching Warriors are raising money for 37 out of 66 students to fly to Hawaii to participate in the Memorial Day Parade in Waikiki. Village News/Courtesy photo

FALLBROOK – The deadline is nearing closer and closer for the Marching Warriors; March 20 is the final day that they can submit their final payment to the Historic Committee for their exciting trip to Hawaii during Memorial Day weekend of this year.

As of February, they’ve raised 60% of their projected budget to support 37 students on this once-in-a-lifetime trip to Hawaii. This was made possible by the dedicated band and color guard parents, and

the generous support of Fallbrook’s local organizations and its wonderful citizens.

In just a month, the Fallbrook Marching Warriors must make their final payment for 37 out of 66 students to march along Kalakaua Avenue in Waikiki and pay homage to the fallen at Pearl Harbor. However, \$35,000 is still a lot of money to raise in just 30 days in order to complete their mission.

The Fallbrook Band Boosters are continuing their efforts to raise

the much-needed funds by holding numerous exciting fundraising events and activities.

Everyone can help the Fallbrook Marching Warriors reach their goal by participating in their upcoming fundraisers, such as dinners, a shoe drive and a painting event or purchasing products from their online store by visiting www.fhswarriormusic.org.

The band is grateful for generous contributions and unwavering support from the Fallbrook VFW,

the Fallbrook Masonic Lodge, the Rotary Club of Fallbrook, Oceanside DAV and Fallbrook’s very own, Bill O’Connor as well as Deviant Art.

For more information on sponsoring the Fallbrook Marching Warriors and the Warrior Music Program, visit www.fhswarriormusic.org/donate or email us fhswarriorsband@gmail.com.

Submitted by Fallbrook Marching Warriors.

Planning group inaugurates new board member

Will Fritz
Staff Writer

The Fallbrook Community Planning Group voted on items including an application by a property owner to reverse a previous subdivision and a declaration of compliance with an environmental regulation for a battery energy storage system, as well as inaugurated a new board member at the group’s Feb. 17 meeting.

The owner of the Premier Color Nursery near the corner of

Brooke and Winter Haven roads requested to abandon a previous subdivision of the property into 12 parcels and revert back to a single parcel.

The planning group unanimously recommended the San Diego County Board of Supervisors approve that request.

The group also approved a mitigated negative declaration for a project to build battery storage units for San Diego Gas and Electric – a formality indicating that the group is aware the project does not have any

qualities that exceed California Environmental Quality Act standards.

The project received preliminary approval by the planning group in February. A public hearing on findings by the California Environmental Quality Act was held Feb. 5.

The battery storage units are expected to be in place for 20 years and are part of an effort by SDG&E to increase electricity storage capacity at 1405 E. Mission Road in Fallbrook.

Michelle McCafferty was

inaugurated as the board’s newest member at the conclusion of the meeting.

The planning group had been left with two empty seats following the resignation of board member Guy Howard and the death of Chairman Jim Russell. With McCafferty’s joining the board, only one vacancy remains. Anyone interested in applying for that seat can call Jack Wood at (760) 715-3359.

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

Fallbrook runs away with a win



Tiahna Padilla fends off a defender on her way to a scoring run the Warriors' 111-0 Village News/Jeff Pack photo win over the Torrey Pine Falcons on Valentine’s Day at Fallbrook High School. See story on page D-4.

Ordinance for temporary agritourism community events adopted

Joe Naiman
Village News reporter

The San Diego County Board of Supervisors approved an ordinance to address temporary agritourism community events.

Because the changes amended the county’s Code of Regulatory Ordinances as well as the county’s Zoning Ordinance two readings were required. The supervisors’ 4-0 vote Jan. 29, with Kristin Gaspar not present at the time of the vote, approved the first reading and introduction of the ordinance amendments to define and allow for temporary agritourism community events while a 5-0 vote Feb. 12 approved the second reading and adoption. The action also included permit fee waivers.

see ADOPT, page A-6

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VILLAGE NEWS



ANNOUNCEMENTS

SANDAG to talk about regional transportation

FALLBROOK – Fallbrook Climate Action Team will host a presentation about regional transportation led by Allison Wood, senior regional planner at the San Diego Association of Governments, Tuesday, Feb. 25, at 6:30 p.m. in the Community Room at Fallbrook Library.

Wood will lead a discussion about implementing local government programs and studies to advance climate action planning, climate resilience, energy efficiency and electric vehicles. At SANDAG, she

leads land use and climate change considerations in development of San Diego Forward: The 2021 Regional Plan. Wood earned her bachelor’s degree in atmospheric science and education from University of California Berkeley and earned her master’s degree in environmental science and management from University of California Santa Barbara.

Transportation technology is evolving and changing how people travel daily. The 2021 Regional Plan will synchronize the 5 Big Moves – Complete Corridors, Transit Leap, Mobility Hubs, Flexible Fleets and Next Operating System. Attendees are invited to bring their questions and ideas on “How does Fallbrook connect to the region?”

The talk is presented by the Fallbrook Climate Action Team. The public is welcome. For more information, visit www.fallbrookclimateactionteam.org.

Submitted by Fallbrook Climate Action Team.

Fish Fry returns with faster service



The Fish Fry includes a beer-battered shrimp plate and a children's fried cod plate. Village News/Lucette Moramarco photo

FALLBROOK – The Knights of Columbus are happy to announce the return of their annual Lenten Fish Fry & Bake. The dinner will be offered every Friday beginning Feb. 28 from 5-7 p.m. for six weeks at St. Peter the Apostle Catholic Parish hall, 450 S. Stage Coach Lane.

In an effort to help reduce the wait time for their famous beer battered shrimp and fresh hand-

cut french fries, the Knights have added a new fryer.

The menu includes a fried cod plate, \$8 adults and \$5 for children; salmon plate for \$12; beer battered shrimp plate or fried combo shrimp & cod, \$12 each; a side order of hand-cut french fries for \$2.

Fried plates come with the fries and coleslaw while baked dishes come with a choice of fries or

veggies. A variety of drinks are available for purchase besides water, tea and coffee. All meals include ice cream for dessert. Payment is by cash or checks only.

The March 7 Fish Fry will feature a mini car show. For more information, call St. Peter the Apostle Catholic Parish at (760) 689-6200.


Submitted by the Knights of Columbus.



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Fundraiser features Capra film

FALLBROOK – A Fallbrook Historical Society fundraising event will be held Saturday, March 28, at the historic Mission Theater as a tribute to Fallbrook’s own Frank Capra.

Frank Capra’s movie “Mr. Smith Goes to Washington,” which was nominated for 10 Oscars, stars Jean Arthur and James Stewart and is the story of an idealistic man who is appointed to fill a vacancy

in the U.S. Senate. He soon finds out about political corruption.

The movie will be shown as a matinee at 2 p.m. and again as a feature film at 6 p.m. Social hours will be at 1 p.m. and 5 p.m. with food, beer and wine available. Tickets are \$10 in advance or \$12 at the door.

Frank Capra lived in Fallbrook from the early 1950s until the 1970s. He was involved with the

Fallbrook Chamber of Commerce and the FPUD water board and was an Oscar-winning director.

Tickets to the fundraiser can be purchased at www.FallbrookMissionTheater.com or at Sun Realty, 431 S. Main Ave., in Fallbrook. For more information, call (760) 253-8904.

Submitted by Fallbrook Historical Society.

CORRECTION: At the beginning of “Calhoun, Lopez, Puerta and Evans honored as students of the month,” in the Feb. 13 issue of Village News, Taylor Evans was incorrectly identified as an Ivy High School student. She goes to Oasis High School. Village News apologizes for the error.




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CLASS	DAY	DATES	TIME	COST
Smartphone & Tablet (Androids) <i>Instructor: Irv Rudderow</i>	Mon	3/9, 3/16, 3/23, 3/30	9:30-11:30 AM	\$40
Family Tree Maker / Genealogy <i>Instructors: Bob Cebulski</i>	Thurs	3/5, 3/12, 3/19, 3/26	9:30-11:30 AM	\$40
Internet Security <i>Instructor: Luis Landin</i>	Thurs	3/19	1:00-3:00 PM	\$10
Basic Computer File Management <i>Instructor: Obie Weeks</i>	Mon	3/30	1:00-3:00 PM	\$10
Moving Photos from Camera to PC <i>Instructor: Russ Hatfield</i>	Mon	3/9	1:00-3:00 PM	\$10

For complete class descriptions see our website www.foundationforseniorcare.org

All classes are held at **Crestview Estates Club House**, located at 1120 E Mission Rd, Fallbrook, CA 92028

SIGN UP ONLINE AT OUR WEBSITE www.foundationforseniorcare.org or at our office 135 S. Mission Rd, Fallbrook 760-723-7570

Our other program: FIX-IT-FRIDAYS

On **FIX-IT-FRIDAYS** everyone is invited to bring in their computers, tablets, smartphone, etc. with problems or questions or want to learn more about your device(s). Our crew of dedicated volunteers is available to provide one on one help each Friday at the Crestview Estates Club House 1120 East Mission, Fallbrook from 1:00 to 3:00. This is a **FREE** service – but donations are greatly appreciated.

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www.FoundationForSeniorCare.org



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Thanks to funding by SDG&E & Fallbrook Regional Health District

Fallbrook Regional HEALTH DISTRICT



OPINION



CCPA, and just released modified

the definition of what constitutes a

Assembly Republican Leader Marie Waldron, R-Escondido, represents the 75th Assembly District in the California Legislature, which includes the communities of Bonsall, Escondido, Fallbrook, Hidden Meadows, Pala, Palomar Mountain, Pauma Valley, Rainbow, San Marcos, Temecula, Valley Center and Vista.



for fire safety and code over time,

hours in their car, stuck in traffic as

areas such as Hemet and Temecula,

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Jeannie Allen

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



198 BRYCE LANE, FALLBROOK



Fantastic entertainment home located in a quiet cul-de-sac with well appointed spacious backyard including pool and spa, outdoor kitchen, lush landscaping, firepit, beautiful hardscape, patio covers and more. This 3 bedroom, 2 bath home with 2 car garage has it all on .41 acre. RV parking with 50 amp breaker electrical service supply. The kitchen boasts designer appliances, stone slab counters, appliance garage, dual drawer dishwasher, extra deep and wide farm sink and views to the lush back yard. Designer touches throughout the home, inside and out.

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



629 ROSVALL DRIVE, FALLBROOK



Upgraded 1,700 sf, 3BD, 2BA single story family home with 2 sided fireplace, designer kitchen and beautiful custom built in cabinetry with granite counters throughout. Amazing attention to craftsmanship and detail in every room. Travertine floor in the kitchen and entertainment areas with tasteful hardwood floors in bedrooms and selected areas. Huge .33 acre lot with pool size back yard with tropical landscaping, fountain for ambiance, 2 very large patio covers for dining and fiesta. 2 car garage, RV parking and room for storing big boy toys. Affordable solar lease with a short 15 years left on the lease.

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



Issa holds town hall at Temecula VFW

Will Fritz
Staff Writer

Former U.S. Rep. Darrell Issa stopped by Temecula’s Veterans of Foreign Wars Post 4089 Saturday, Feb. 15, as part of his bid to return to the House of Representatives via California’s 50th Congressional District.

Issa served for almost two decades in the U.S. House of Representatives, first in California’s 48th Congressional District, then in the 49th after redistricting. Issa, a Republican, did not seek reelection in 2018, and his former district flipped to Democrat Mike Levin that year. But with Rep. Duncan Hunter’s conviction of a federal corruption charge and resignation from the House of Representatives, Issa has chosen to run to replace Hunter in the 50th, which includes parts of east and north San Diego County as well as most of the city of Temecula.

Issa does have a history, though, of representing the Temecula area – his district included Temecula, as well as Wildomar, Menifee and Perris, until 2013.

That was one of the first topics he brought up at the Saturday morning town hall.

“The 50th Congressional District used to be the 49th,” he said. “And before it was the 49th, it used to be the 48th.”

Issa, acknowledging his audience, noted that if he’s victorious, he would be the only person who has served in uniform in the region’s congressional delegation.

“Currently, of the people who are in double digits for this race, the ones who have any chance of winning, I’m the only one that served,” he said. “But it’s worse



Members of the Temecula Veterans of Foreign Wars Post 4089 talk with California Congressional District 50 candidate Darrell Issa during a public meet and greet, Feb. 15.

than that, there’s nobody else who is likely to win in San Diego County, period, or in Riverside County, it appears, definitely not in Orange County, who has served in the military.”

Issa served in the U.S. Army for a little over five years: as an enlistee from 1970-1972, and as an officer between 1976-1980.

Veterans issues were, naturally, on many audience members’ minds at the VFW post, and one audience member asked if Issa could commit to keeping in mind the stories he hears from veterans in his district while serving in Congress.

In answering that question, Issa did not hesitate to draw a line between himself and Hunter, a former Marine, leaving aside the latter’s eventual legal troubles.

“Duncan D., you know, I introduced him to Temecula when the district changed and took him around, and I can tell you that there’s not one time that we had a different vote and there’s not one time that he and I didn’t work together when we had a tough issue,” Issa said. “So, is Duncan D. a little bit more flamboyant than

me? Yeah, he’s a little younger, and he’s a Marine, but except for that youth and vigor, you won’t find much of a difference in this old guy.”

“So, is that a yes?” the audience member asked.

“That’s a yes,” Issa responded.

Issa also defended his record on supporting President Trump – indicative of the fact that on the Republican side, the race for the 50th District has very much become a contest between former San Diego Councilman Carl DeMaio and Issa on who has been more supportive of the president.

“One thing you won’t find is you won’t find me crossing the president, not doing things that would be helpful to his administration in spite of the fact that you will see that from my opponent,” Issa said, leaving out DeMaio’s name. “You know, there’s a reason that less than eight weeks ago, I was on Air Force One flying back with the president.”

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

Two killed in Old Highway 395 crash

Will Fritz
Staff Writer

A man and a woman were killed Sunday, Feb. 16, in a crash on Old Highway 395 near Fallbrook, authorities said.

The crash was reported a little before 2:15 p.m. on the highway just south of Reche Road, North County Fire Department Capt. John Choi said.

One vehicle – later determined by the California Highway Patrol to be a Ford Mustang – veered off the west side of the roadway and crashed about 30 feet down a ravine, Choi said.

According to CHP Officer Kevin Smale, it’s believed a 42-year-old Fallbrook man was driving the Mustang with a 39-year-old Oceanside woman in the passenger seat. As the driver headed south on Old Highway 395, he apparently

lost control of the car, and it spun out over the side of the highway and into a tree, ejecting both the himself and the passenger.

Rescue workers responded to the scene and found both of vehicle’s occupants pulseless and not breathing upon arrival. They were pronounced dead at the scene, Choi said.

Firefighters worked Sunday afternoon to retrieve the victims’ bodies from the crash site, which was difficult to access due to the area’s terrain.

Both sides of Old Highway 395 were blocked in the area of the crash for a time, but reopened by 6:30 p.m., the CHP said.

Neither of the victims were immediately able to be identified.

It’s unknown if alcohol or drugs were factors in the crash.

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

San Diego CHP gets new captain

SAN DIEGO – The San Diego CHP office has announced its new top cop.

Taylor Cooper, Badge No. 13962, a 25-year veteran of the California Highway Patrol, took over as the leader of San Diego Area CHP office Jan. 31.

Cooper was promoted to captain of the San Diego Area from the Morongo Basin Area where he served as lieutenant commander. Captain Cooper has a bachelor’s degrees in education Fresno State University. He graduated the CHP Academy in 1995 and was assigned to the Baldwin Park area office. Cooper has been assigned to several area offices throughout California where he has served as a recruiter, public information officer, field training officer, field supervisor and lieutenant.

Cooper is looking forward to building a great working relationship and trust with the

communities the CHP serves in San Diego. He wants the community to see the CHP as their agency they can count on and trust.

Cooper has a passion for coaching and mentoring and is looking forward to taking on this role through youth sports in the community. He believes through sports and education youths can achieve their personal goals in life. He wants to continue building relationships with local law enforcement, fire, Caltrans, military and EMS partners.

Cooper is committed to reducing the mileage death rate by reducing DUI, teen driving collisions, aggressive driving, distracted driving and street racing. The San Diego CHP Area will be providing proactive enforcement, and education through teen, older driver, and driving under the influence programs.

ADOPT

from page A-1

In March 2017, the board of supervisors approved the county’s Agriculture Promotion Program which allows commercial accessory uses on properties where agriculture is the primary use.

In May 2018, the board of supervisors directed the county’s chief administrative officer to explore options to ease the ability of local small-scale businesses to provide food and goods at community-based events on agriculture-producing properties, to add to the county’s legislative program support for state legislative efforts to reduce or ease regulations for local small-scale businesses seeking to provide food or goods at community-based events on agricultural property and/or direct marketing of agricultural products, and to return to the board of supervisors within 120 days.

The options the CAO was to explore included a permit fee waiver program, a pilot program, and revisions to the Agriculture Promotion Program including Zoning Ordinance revisions.

Five different county departments worked on the options. The Department of Agriculture, Weights and Measures has regulatory and permitting authority for certified farmers’ markets and certified agriculture producers. The Department of Environmental Health has regulatory and permitting authority for food operations.

The Department of Planning and Development Services has expertise in county code and zoning. The Sheriff’s Department has a Licensing Division which licenses vendors. County Counsel reviewed the proposed options for conformance with the California Retail Food Code, county code, the Zoning Ordinance and current business practices.

The options were grouped into four categories: allowing food or goods vendors at community events on agriculture-producing land, expanding opportunities for commercial agriculture operations to build small agriculture stores, holding certified farmers’ markets on agriculture-producing land, and providing incentives to encourage food truck participation at agricultural tourism events.

Each potential option included a summary of what changes would be needed for implementation, the anticipated level of environmental review, the estimated cost for environmental review and for permit fee waiver pilot programs, and the anticipated timeframe for the implementation to occur.

The four options provided for food and goods vendors consisted of limiting events to one temporary food facility vendor, allowing for multiple food vendors without limitations to the number of food vendors, allowing for food and goods vendors with a requirement that at least 51% of the sales be agriculture-related, and allowing multiple food or goods vendors without limits.

In November 2018, the supervisors chose the option of multiple food and goods vendors with a majority of sales being agriculture-related. That action adopted two recommendations involving permit fee waivers for pilot programs and sent the other recommendations to county staff for development and environmental review.

One permit fee waiver was for the Zoning Verification Permit for small agricultural stores. The other waiver provided for a rebate from the DEH permit fee for food trucks participating in at least four or more agritourism events at different locations during the previous year.

Under current state law and county code agriculture producers may host a vendor to sell locally-produced food through a temporary food facility permit which is administered by DEH under the California Retail Food Code.

Food trucks are currently allowed at boutique wineries, small wineries, large breweries or distilleries, or agricultural production land associated with agricultural tourism. Certified farmers’ markets are allowed only on public property or commercially-zoned parcels. Temporary food facilities can operate for no more than 25 days of any 90-day period.

A Zoning Ordinance amendment was necessary to define and authorize agriculture tourism community events. The amendment limits events to 350 people, which is consistent with existing county code for Sheriff’s Department licensing of for-profit events, while also limiting the hours of operation, prohibiting outdoor amplified sound, and specifically excluding carnivals, swap meets and weddings.

Agritourism activities are defined as an accessory agricultural use where the public visits a commercial agricultural operation for enjoyment, education, or active involvement in the agricultural activities.

Such activities include customers picking their own agricultural products, tours, agricultural instruction or demonstrations, lectures or classes about agriculture-related topics, and participation in agricultural operations on the premises.

The intent of those activities is to aid the economic viability of agriculture both by providing additional economic activity and by educating the general public about the importance of agriculture.

Small agricultural stores are separate from agritourism activities and were approved as part of the Agricultural Promotion Program. A Zoning Verification Permit was required although the revised ordinance eliminates that permit requirement (all other permits and criteria necessary to build a small agricultural store were retained).

The ordinance revisions also define temporary agritourism community events and provide criteria for commercial agricultural operations to include for-profit sales during agritourism activities. The elimination of the Zoning Verification Permit requirement makes that fee waiver no longer necessary, but the board of supervisors approved fee waivers for the DEH plan check and prepackaged food permit fees.

Under the previous ordinance agritourism was allowed if at least 50% of a parcel’s area is suitable for agriculture and at least 25% is actively used for agriculture, and for a parcel exceeding 200 acres at least 40 acres must have been actively used as agriculture. The revisions allow parcels exceeding 20 acres to qualify if at least 5 acres are in active agricultural use.

The revisions define a temporary agritourism community event as a publicly accessible for-profit organized activity or gathering which is advertised or promoted. A nonprofit community event with a Community Events Permit provided by DEH would also be considered a temporary agritourism community event. The event must be limited to no more than 350 guests. The maximum number of temporary events will be 25 days within a 90-day period.

Up to two goods vendors will be permitted at a temporary agritourism community event unless at least 51% of the total vendors are related to agriculture products in which case additional goods vendors will be permitted.

An operator selling food will require a Temporary Food Facility Permit. Any alcohol sales will require a state Alcoholic Beverage Control license, and if the facility has a permanent ABC license the conditions of that license will apply.

Sanitation facilities meeting DEH standards must be provided. The supervisors also approved event permit fee waivers for food and goods vendors with fewer than 25 employees.

The community events including setup and teardown activities are limited to between 8 a.m. and sunset, and all temporary components must be removed within 24 hours after the conclusion of an event. All areas accessed by the public must be permitted and constructed in compliance with applicable commercial building codes including the Americans with Disabilities Act.

The changes also amend the county’s tiered winery ordinance to allow temporary agritourism community events on wholesale limited, boutique and small wineries. The ordinance had prohibited all commercial activities, and other commercial activities are still prohibited.

The Agriculture Promotion Program included a requirement for adequate off-street parking and prohibited parking on private roads; that was not changed. The addition of food and goods vendors is not expected to substantially increase traffic impacts, so the update of the 2017 Programmatic Environmental Impact Report included only a review update checklist which occurred in October 2019 and the county supervisors made findings that no changes to the PEIR were needed.

The public comments led to a revision in the hours of operation, which originally were from 10 a.m. to sunset, as farmers often begin their work earlier in the day when the temperature is cooler and earlier hours would also be more comfortable for the visitors. The county’s Planning Commission reviewed the draft ordinance Nov. 8 and voted 6-0, with Yolanda Calvo absent, to recommend approval.

www.villagenews.com
Village News

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PARK,
frompage A-1

approve the purchase of 6.8 acres from Barr Ranch, LLC.

“I’m very happy,” Supervisor Jim Desmond said.

Community Development Block Grant projects are intended to revitalize lower-income communities. The Barr Ranch property on the south side of Fallbrook Street between Morro Road and Golden Road is within a Neighborhood Revitalization Area, so the project qualifies for CDBG funding. The U.S. Department of Housing and Urban Development provides CDBG allocations to local jurisdictions, which must submit an annual plan for the expenditure of

that money. If the county does not believe that the money will be spent by the HUD deadline the money may be reallocated, and the board of supervisors can also reallocate funds from a completed project with CDBG money remaining.

The board of supervisors approved the 2019-2020 CDBG plan in April 2019. The supervisors allocated \$681,680 for Phase III of the Don Dussault Park improvements, a sidewalk project in Lincoln Acres, and disabled access improvements for Ramona Town Hall. An additional \$2,333,640 was earmarked for eight regional projects including housing projects and the revitalization committees throughout the county, and the CDBG allocations also included \$667,000 for planning and administration.

Unspent funds allowed for the reallocation of the \$1,900,000, so no previously funded projects were affected. An amendment to the CDBG plan requires a public notice, a public hearing and a 30-day public comment period. The Feb. 11 board of supervisors hearing was also the conclusion of the public comment period which began Jan. 10. The reallocation will also provide \$500,000 for the county to expand Lincoln Acres Park by approximately half an acre and \$200,000 for the county’s Department of Public Works to take over a failing drinking water system which serves approximately 300 Boulevard residents.

Although the Feb. 12 action only appropriated \$1,172,000 of the \$1,200,000 reallocated to the project

the previous day, the total estimated cost of the acquisition is \$1,202,000. That amount includes \$30,000 of initial stewardship and other one-time land protection costs, which likely will not take place during fiscal year 2019-2020.

Barr Ranch LLC, owns approximately 7.8 acres at the site and will retain an approximate one-acre portion of land which includes an existing house in the southwest corner. The remaining 6.8 acres, which are on two separate legal parcels, have an appraised value of \$1,100,000. Barr Ranch LLC, has agreed to sell the 6.8 acres for that appraised amount, and that purchase price will be the case if the March 11 hearing results in the approval of the sale. The county’s costs will also include \$3,000 for closing and title

expenses and \$69,000 of staff time needed for the transaction.

The county estimates that annual operations and maintenance costs for a 6.8-acre park are between \$90,000 and \$125,000. The actual costs will be based on the type of improvements to be constructed, which will be determined after a design is selected.

The county’s general plan has a standard of at least 10 acres of local park land per 1,000 residents. Fallbrook currently has approximately 1 acre of local park land per 1,000 residents. Community Park adjacent to the Fallbrook Community Center, Don Dussault Park off Alturas Road near the intersection of Aviation Road and Clemmens Lane Park are classified as local parks. None of the local parks have ball fields; the Fallbrook Sports Park is on county-owned land but is leased to the nonprofit Fallbrook Sports Association. The Barr Ranch site is flat and the size of the park area could allow for the development of ball fields, sports courts, trails and playgrounds.

The county’s Department of Environmental Health reviewed a Transaction Screen Questionnaire and conducted database searches on the property, and DEH determined Dec. 19 that no further inquiry would be necessary but that the structures be surveyed for lead and asbestos after the property is acquired.

The acquisition of the land itself would be declared categorically exempt from California Environmental Quality Act review although the actual development may need CEQA review, which could include a Negative Declaration, and if CDBG funding is used for the amenities the Federal funding would also make the project subject to National Environmental Protection Act review which could include a finding of no significant impact.

The review will also include community meetings to determine the specific amenities Fallbrook residents prefer.

“Once we acquire the property, parks and rec is going to be holding meetings in the community,” Desmond said.

Joe Naiman can be reached by email at jnaiman@reedermedia.com.

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\$249

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or as low as 0.9%

Financing for up to 48 months** On select models.

*Lease: Stock L3153885. \$2,999 total due at Signing. 36 months. 10k miles per year, \$.015 per mile excess mileage fee. Plus tax, title, fees due at signing. \$0 security deposit. 2020 Subaru Outback, model code LDB-01 for well qualified applicants only. Tier 1. **Financing: Well qualified applicants only. Tier 1 and 2. Cannot be combined with any other incentive. See dealer for full details. Excludes XT Model codes LDJ, LDH. Offer expires 2/29/20.

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Financing for up to 48 months** On select models.

*Lease: Stock S9768. \$2,999 total due at Signing. 36 months. 10k miles per year, \$.015 per mile excess mileage fee. Plus tax, title, fees due at signing. \$0 security deposit. 2020 Subaru Forester, model code LFB-01 for well qualified applicants only. Tier 1 and 2. **Financing: Well qualified applicants only. Tier 1 and 2. Cannot be combined with any other incentive. See dealer for full details. Offer expires 2/29/20.

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\$299

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Financing for up to 36 months** On select models.

*Lease: Stock #S9980. \$2,999 total due at Signing. 36 months. 10k miles per year, \$.015 per mile excess mileage fee. Plus tax, title, fees due at signing. \$0 security deposit. 2020 Subaru Ascent, model LCA-01 for well qualified applicants only. Tier 1 and 2. **Financing: Well qualified applicants only. Tier 1 and 2. Cannot be combined with any other incentive. Excludes XT Model codes LDJ, LDH. See dealer for full details. Offer expires 2/29/20.

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OR

33 MONTH LEASE \$149 per month

APR up to 60 months

In lieu of some, but not all, Customer Rebates & Discounts

\$3,395 due at signing

Includes \$595 acquisition fee. No security deposit. Plus 1st month payment, tax, title and fees. In lieu of Finance offers.

Must take delivery on all offers by 3/2/20. Stock #16176. All 2020 Mazda3 Sport Sedan with MSRP \$22,420. Payment based on Cap Cost of \$20,334 after \$1,746 Mazda lease support. Total lease payments of \$4,917. Dealer participation required. Less any additional rebates you may qualify for. Based on residency and other factors. Not all buyers will qualify for lowest rates. Lessee responsible for excess miles over 30k at 15 cents per mile. Must be taken from Dealer's inventory. See John Hine Temecula Mazda for details.

2020 MAZDA3 HATCHBACK

FINANCING AS LOW AS 0.9%

OR

36 MONTH LEASE \$169 per month

APR up to 60 months

In lieu of some, but not all, Customer Rebates & Discounts

\$3,995 due at signing

Includes \$595 acquisition fee. No security deposit. Plus 1st month payment, tax, title and fees. In lieu of Finance offers.

Must take delivery on all offers by 3/2/20. Stock #16322. All 2020 Mazda3 Hatchback (Base 2A) with MSRP \$24,620. Payment based on Cap Cost of \$23,460 after \$720 Mazda lease support. Total lease payments of \$5,557. Dealer participation required. Less any additional rebates you may qualify for. Based on residency and other factors. Not all buyers will qualify for lowest rates. Lessee responsible for excess miles over 30k at 15 cents per mile. Must be taken from Dealer's inventory. See John Hine Temecula Mazda for details.

2020 MAZDA CX-30

FINANCING AS LOW AS 1.9%

OR

36 MONTH LEASE \$169 per month

APR up to 60 months

In lieu of some, but not all, Customer Rebates & Discounts

\$3,695 due at signing

Includes \$595 acquisition fee. No security deposit. Plus 1st month payment, tax, title and fees. In lieu of Finance offers.

Must take delivery on all offers by 3/2/20. Stock #16253. All 2020 Mazda CX-30 (Base 2A) with MSRP \$22,495. Payment based on Cap Cost of \$22,555 after \$360 Mazda lease support. Total lease payments of \$6,084. Dealer participation required. Less any additional rebates you may qualify for. Based on residency and other factors. Not all buyers will qualify for lowest rates. Lessee responsible for excess miles over 30k at 15 cents per mile. Must be taken from Dealer's inventory. See John Hine Temecula Mazda for details.

2020 MAZDA6 SPORT

FINANCING AS LOW AS 0.9%

OR

33 MONTH LEASE \$179 per month

APR up to 60 months

In lieu of some, but not all, Customer Rebates & Discounts

\$3,995 due at signing

Includes \$595 acquisition fee. No security deposit. Plus 1st month payment, tax, title and fees. In lieu of Finance offers.

Must take delivery on all offers by 3/2/20. Stock #16385. All 2020 Mazda6 Sport with MSRP \$24,920. Payment based on Cap Cost of \$22,589 after \$1,440 Mazda lease support. Total lease payments of \$5,907. Dealer participation required. Less any additional rebates you may qualify for. Based on residency and other factors. Not all buyers will qualify for lowest rates. Lessee responsible for excess miles over 30k at 15 cents per mile. Must be taken from Dealer's inventory. See John Hine Temecula Mazda for details.

2020 MAZDA CX-5 SPORT

FINANCING AS LOW AS 0.9%

OR

36 MONTH LEASE \$189 per month

APR up to 60 months

In lieu of some, but not all, Customer Rebates & Discounts

\$3,995 due at signing

Includes \$595 acquisition fee. No security deposit. Plus 1st month payment, tax, title and fees. In lieu of Finance offers.

Must take delivery on all offers by 3/2/20. Stock #16299. All 2020 Mazda CX-5 Sport with MSRP \$26,135. Payment based on Cap Cost of \$25,826 after \$435 Mazda lease support. Total lease payments of \$6,804. Dealer participation required. Less any additional rebates you may qualify for. Based on residency and other factors. Not all buyers will qualify for lowest rates. Lessee responsible for excess miles over 30k at 15 cents per mile. Must be taken from Dealer's inventory. See John Hine Temecula Mazda for details.

2020 MAZDA CX-9 SPORT

FINANCING AS LOW AS 0.9%

OR

36 MONTH LEASE \$239 per month

APR up to 60 months

In lieu of some, but not all, Customer Rebates & Discounts

\$3,495 due at signing

Includes \$595 acquisition fee. No security deposit. Plus 1st month payment, tax, title and fees. In lieu of Finance offers.

Must take delivery on all offers by 3/2/20. Stock #15826. All 2020 Mazda CX-9 Sport with MSRP \$34,565. Payment based on Cap Cost of \$31,160 after \$1,080 Mazda lease support. Total lease payments of \$8,244. Dealer participation required. Less any additional rebates you may qualify for. Based on residency and other factors. Not all buyers will qualify for lowest rates. Lessee responsible for excess miles over 30k at 15 cents per mile. Must be taken from Dealer's inventory. See John Hine Temecula Mazda for details.



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Blanket Project delivers comfort and support



As part of the Fallbrook Blanket Project, twin-sized blankets and many hats are presented to Just In Time for Foster Youth by Gena Smith, president of the St Peter's Church crochet group, left, to Isaac and Fitia, Aug. 29, 2019.



Fallbrook Blanket Project president Carmen Willard, center, delivers 26 afghans, lap blankets, shawls and pillows to the staff of Michelle's Place - Cancer Resource Center in Temecula, from left, Tiffany, Teri, Willard, Varsha and Jess, Oct. 27, 2019.



Fallbrook Food Pantry receives 19 blankets of various sizes to be given to their neediest clients; holding two of the blankets are pantry director Shea Gawlick, left, and Fallbrook Blanket Project president Carmen Willard, Jan. 15.



In response to a request, the Blanket Project delivers 16 baby blankets to Fallbrook Headstart. An additional 24 blankets were given, as requested, a few weeks later for their home schooled toddlers. Accepting two of the blankets are Briseida Manjarrez, left, and Vanessa Woods, program director, Nov. 7, 2019.



To fulfill a request, Fallbrook Blanket Project donates a Christmas blanket to be sold at the Fallbrook Animal Sanctuary's Christmas Store later this year. Accepting the blanket is Laura Turley-Denny, left, from Sheila Casteel, creator of this blanket, January 3.



Fallbrook Blanket Project president Carmen Willard, left, gives six twin-size and 22 lap blankets to Keith Birkfeld at the Foundation for Senior Care, for their homebound clients, Nov. 1, 2019.



The North County Boys and Girls Club Allison Barclay, CEO and Brian Astredo, director of development, receive 12 items (twin-size and baby blankets, afghans and layettes) for their upcoming fundraiser on April 25, presented on Feb. 5.

FALLBROOK – The non-profit Fallbrook Blanket Project has donated several hundred knitted and crocheted items to local and North County charities in the past seven months although donating has always been ongoing.

All of the following items are crocheted and knitted by many different women in the area, most of whom come to the free Hooks and Needles group which meets at the Fallbrook Library every Monday and Friday from 10 a.m. to noon. The group is most grateful to the library for providing the space for these sessions.

Besides the groups pictured, the recipients include Women's Resource, a women's shelter in Oceanside, which was given 11 specialty items for fundraising

purposes and seven items for their clients, July 30, 2019. In August, seven lap blankets, including two Alzheimer's blankets* were donated to Fallbrook Skilled Nursing Facility on Potter Street while 24 afghans and lap blankets were given to Silvergate's Memory Care Suite. [*Weighted blankets can reduce anxiety and calm nerves.]

Also in August, seven specialty afghans, lap blankets and layette sets were donated to REINS Therapeutic Horseback Riding Center for their October Hoedown fundraiser silent auction.

In September, several crocheted and knitted items were donated to the Fallbrook Land Conservancy for their silent auction fundraiser on Stagecoach Sunday. The

following month saw 11 specialty items delivered to Solutions for Change , a women's shelter in Vista, for the silent auction at their upcoming gala fundraiser. In addition over 40 items, including twin sized blankets, afghans, hats, dolls, scarves and 15 baby blankets were given for shelter clients.

In November, the Fallbrook Senior Center received 45 items to be given to participants in the home meal delivery program. An additional 15 items were donated in December as requested.

Also in November, Armed Services YMCA at Camp Pendleton was given a large donation of 49 various kinds and sizes of crocheted items including baby blankets and booties, children's hats and cuddle blankets to be distributed

to enlisted personnel with families. Over 40 blankets, scarves and other items were also given to this worthy cause in December.

Also in December, 31 items including shawls were donated. The center chose to share many of these with the Mary Phillips Senior Center in Temecula. Exhibiting two of the blankets are Carmen Willard and Keith Birkfeld, executive director of the Foundation for Senior Care.

In January, the Mary Phillips Senior Center in Temecula was given 14 lap blankets and afghans while Brother Benno's Center in Oceanside received 60 hats for the homeless, created and given by Nafisa Rezayee.

This month, the Fallbrook Skilled Nursing Facility accepted

only a few lap blankets and shawls for some of their clients as they still had several blankets on hand from the Blanket Project donation made last August.

The latest Blanket Project donation was made Feb. 13 to Deeper Still, an international program providing retreats in Valley Center for those grieving due to past abortions. The 30 small baby blankets were requested by Karen Renoso, director, to be given to participants in future retreats.

Yarn and monetary donations are always needed and welcome. To donate or for more information Carmen Willard can be reached at (314) 803-0986.

Submitted by the Fallbrook Blanket Project.

HEALTH & BEAUTY

Kicking it



Elizabeth Youngman-Westphal
Special to Village News

As the days creep closer to lift off for my big birthday celebration departing March 20, my trainer Kellen has amped up my workout program. We meet Fridays and weigh in twice a month. While my last weigh in showed I'd lost over 3 pounds of body fat, yeah! I'd picked up about the same in water weight, boo! I'm guessing

it's my after-supper snack – salted, buttered popcorn. After seeing so much water retention, I've reduced my popcorn portion by half.
The good news is all I need now to work out is me. This new program is an "athletic one," Kellen said. Athletic? Never before has it been a descriptor in reference to me. I am sedentary. Seems like everything is changing. My new routine is 10 situps, 10 pushups, 10 squats and 10 jumping jacks. And the goal is 50 of each. Oh, yeah, that is less than half of my new routine which he is gonna put me through, and he will be timing it. Add me to your prayers.
Here's is what happened after my new Friday program. Saturday morning two weeks ago, I could barely move. I felt every achy muscle. My shoulder sockets were locked up. My back muscles were on fire, and my thigh muscles were a reminder of how many deep squats I'd done.
I promised to tell you about the rest of my birthday trip. Here is something you probably didn't know. Every time you change

an airline ticket, it is reticketed. Didn't know, didn't care. That is until my flight to Europe was canceled.
Right. American Airlines canceled my roundtrip business class trip to Europe that I booked and paid for Aug. 5, 2019. Shocker, huh?
It was a blessing to discover the screw-up weeks before I left. I am still haunted by the nightmare of discovering the worst the night before when I went to print my tickets.
Here is what happened. I agreed to pay \$500 to change a nonrefundable, nonchangeable ticket because my plans adjusted. I didn't need to go to Zurich because the bridge program at Lake Como moved from March to May. Therefore, I figured to spend that time in Paris.
Last November when I contacted AARP travel by Expedia, the agent agreed to charge the reticketing fee of \$500 using my new credit card number. It has been my custom to cancel my Mastercard after an extensive trip so I don't worry

about unlawful charges.
I gave her the new number but as it turned out, she charged the old number which triggered the cancellation in November. So, for over two months I didn't know all of my flights with American Airlines had been canceled, because of course, the old card was declined. Gobs of money lost. The worst – I didn't know about it. I was never notified.
Long story short, I spent 5 and a half hours with an AARP travel manager to recreate my flights. He couldn't rebook my flights on American but did book me business class on Delta flying directly into Paris just 45 minutes after my granddaughter lands.
I left off in the last article talking about my plan for March 28, when I catch the Orient Express train to London. I have a single cabin with a wash basin but everything else is outside of my room. We will be delivered to the train platform as part of the journey in time for a morning refreshment, followed by lunch, tea time and a Roaring Twenties party during the d

inner time.
I plan to wear a flowery, yellow Asian pajama set with frogs and yellow slippers. I still need to find a glittery headband, and I am even thinking of carrying a long cigarette holder for effect. What you think? Too much?
I am unclear about the train route. I do not have all of the travel information, yet it is my belief this train does not go farther north than Paris. When the paperwork arrives, I will know more.
Arriving Sunday, March 29, into London's central station, it's only a short ride over to the Paddington station to catch a train south to Paignton, England, for a four-day bridge excursion overlooking the sea.
We'll head back to London, April 2, in time to see "The Mouse Trap" Thursday and leave Friday open to explore London. On Saturday, I fly home completing my 15-day 75th birthday celebration.

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

Palomar Health offers health education classes

SAN DIEGO – Palomar Health will host a variety of free and low-cost health-education classes and screenings led by physicians and other health professionals from March 1-13. Following is a schedule with registration information.

Stress and Its Effect on the Mind, Body and Spirit
Palomar Health San Marcos, second floor classroom
Monday, March 2, from 1-3 p.m.
Join Luanne Arangio-Law, RN, MEd, for a closer look at how stress affects the mind, body and spirit. Topics will include acceptance, mindfulness, positive coping mechanisms, physical signs and symptoms, forming new habits and lifestyle changes.
Free; registration required: www.PalomarHealth.org/Classes or call (800) 628-2880

No-Nonsense Weight Management (Two-week series)
Palomar Health San Marcos, second floor classroom
Mondays, March 2 and 9, from 10-11:30 a.m.
Pomerado Outpatient Pavilion, Education Classroom
Mondays, March 2 and 9, from 6-7:30 p.m.
It's not uncommon to see a few extra pounds on your scale. Join registered dietician Janice Baker

as she discusses the physiological changes that occur and strategies to boost metabolism and drop the pounds.
Free; registration required: www.PalomarHealth.org/Classes or call (800) 628-2880

Free Your Knees
Palomar Medical Center Poway, Conference Room C/D
Monday, March 2, from 6-7:30 p.m.
Do you suffer from knee pain that makes it difficult to perform simple activities? Join orthopedic surgeon Dr. Kevin Owsley as he discusses the latest advances in treatment, including minimally invasive total knee and partial knee replacement.
Free; registration required: www.PalomarHealth.org/Classes or call (800) 628-2880

Introduction to Mindful Meditation (Three-week Series)
Pomerado Outpatient Pavilion, Education Classroom
Wednesdays, March 4, 11 and 18, from 1:30-3 p.m.
We are frequently overwhelmed by everyday stresses, fatigue and illness. Join Dr. Alan Larson as he shares easy-to-master mind-body techniques to reduce daily stress and anxiety.
Free; registration required: www.PalomarHealth.org/Classes or call (800) 628-2880

Ankle Arthritis
Palomar Medical Center Poway, Conference Room C/D
Wednesday, March 4, from 6-7:30 p.m.
Arthritis is often associated with knees, hips and wrists but can also appear in the ankles. Join Dr. Ariel Palanca, orthopedic foot and ankle specialist, for a discussion of the causes as well as treatment options such as ankle fusion and replacement.
Free; registration required: www.PalomarHealth.org/Classes or call (800) 628-2880

What to Expect When a Loved One Has Dementia
Palomar Health San Marcos, second floor classroom
Monday, March 9, from 1-3 p.m.
Having a clear understanding of dementia and the many stages of the disease will make a significant difference when dealing with a loved one who exhibits symptoms. Join Luanne Arangio-Law, RN, MEd, as she presents the basic facts you should know.
Free; registration required: www.PalomarHealth.org/Classes or call (800) 628-2880

Stroke Awareness
Palomar Medical Center Escondido
Raymond Family Conference Room
Monday, March 9, from 6-7:30 p.m.
Stroke is the leading cause of serious, long-term disability in the United States. Join neurologist Dr. Remia Paduga as she provides the tools to recognize a stroke before it's too late.
Free; registration required: www.PalomarHealth.org/Classes or call (800) 628-2880

Caring for Your Kidneys
Pomerado Outpatient Pavilion, Education Classroom
Tuesday, March 10, from 6-7:30 p.m.
Palomar Health San Marcos, second floor classroom
Tuesday, March from 10, from 10-11:30 a.m.
Join registered dietician Janice Baker as she reviews the current recommendations to help reduce the risk of kidney disease or slow its progression.
Free; registration required: www.PalomarHealth.org/Classes or call (800) 628-2880

Tinnitus – A Ringing or Noise in the Ears
Palomar Medical Center Escondido
Raymond Family Conference Center
Tuesday, March 10, from 6-7:30 p.m.
Tinnitus is a common problem experienced by 1 in 5 people. Audiologist Dr. David Illich will discuss symptoms, causes, risk factors, complications and treatment options.
Free; registration required: www.PalomarHealth.org/Classes or call (800) 628-2880

How to Love Your Liver
Pomerado Outpatient Pavilion, Education Classroom
Wednesday, March 11, from 6-7:30 p.m.
Fatty liver disease, hepatitis and cirrhosis are becoming more prevalent. Registered dietician Janice Baker will review liver conditions, treatments, as well as nutrition and lifestyle choices to keep your liver happy.
Free; registration required: www.PalomarHealth.org/Classes or call (800) 628-2880

Common Behavioral Health Disorders
Pomerado Outpatient Pavilion, Education Classroom
Friday, March 13, from 1-3 p.m.
At any given time, each of us could have a relative, friend or co-worker suffering from behavioral health challenges. Join Luanne Arangio-Law, RN, MEd, as she presents an overview of common behavioral health disorders. Topics covered will include risk factors, signs/symptoms, treatment options, resources, and how these issues can affect others.
Free; registration required: www.PalomarHealth.org/Classes or call (800) 628-2880

Basic Diabetes Education Series in Spanish
Free; Call (760) 405-2225 for information, dates, times and location.
Submitted by Palomar Health.

PalomarHealth.org/Classes or call (800) 628-2880

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Talk to your kidneys

Christine L. Assad
Special to Village News
When the nurse practitioner told me my kidneys were, "Bad!" the hair stood up on my arms. She said they were level 3. A "5" would mean dialysis and a transplant. I would have to be much more careful with my sugar intake.
I checked the internet. The recommended diet for kidney problems was the opposite of the diet for diabetes. It said the kidneys liked white rice and white bread rather than whole grain and not to eat spinach or meat protein. Even bananas and tomatoes were out. Yikes.
I asked my doctor what to do about the diet differences; she said it would have to be a balancing act between both diets. So, I cut back on my carbs and meat protein and was extra careful about any sugar products.
I had read once that the body responds to beliefs and words, so

I decided to start talking to my kidneys. I told them how much I loved them and how grateful I was for the wonderful work they do to keep me healthy.
I saw myself petting them like a dog or cat and asked them to get well so I could be happy, healthy and creatively productive. Every time I thought about them, it was with love and gratitude.
Well, something worked because between the change in diet and the tender loving care, my next blood test showed no kidney problems at all.
I had been told they could not heal, but that I could prevent them from getting worse. That message was obviously not true because they have healed. So, my recommendation is to talk to them. Talk lovingly with gratitude to your kidneys, and they will respond in kind.
Christine Assad can be reached at chrisassad@live.com.

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Healthy Habits for Bonsall & Fallbrook Folks

Body fat tools: How to measure the bulge

Megan Johnson McCullough
Special to Village News

As much as people don't want to hear about the fat-to-lean tissue ratio of their body, this measurement is a tool for their health. Body fat levels are indicative of high blood pressure, cardiovascular disease, diabetes and obesity.

There are different methods for measuring body fat, varying in accuracy, availability and expense. Ignorance is not bliss when it comes to health. When was the last time you had your body fat measured?

Bioelectrical impedance

Such a scary name for such a commonly used tool. With this hand-held device, the person enters in their basic statistics. Analyzers vary but most ask to input height, weight, age and if one would consider themselves "normal" or "athletic." This rating is open to interpretation based on whether the person perceives themselves an athlete or not, which is an accuracy consideration.

Then the person holds the sensory device while electrical impulses are sent through the body. This device measures how quickly those impulses return. Then the screen reads the results. The quicker the return, the less fat the person contains. It may not be the most accurate tool, but is affordable, convenient and found at most gyms.

Skin calipers

The pinchers. This commonly used method measures the thickness of the skin fold. Different sites on the body are pinched and from these numbers, a formula is used to determine fat content. These areas might include the arms, abdomen, back and thigh. The trick is to always measure in the exact location for best results and reassessment purposes.

For some, this tool can be slightly invasive. You do need someone to help reach your back and arm, so this method is not done in privacy. It is not costly or time consuming.

Hydrostatic weighing

Claimed to be the most accurate measure. The person's body weight is measured outside and inside water. This information is compared to the density of the water. You do have to get wet, and most of the time it is done in a lab type setting. Cost can be upward of \$60.

Air-displacement plethysmography

Some call this the "bod-pod." The person sits in a machine which is like an egg in shape. This machine is filled with air. The measurement of how much air is displaced by the person who enters provides measurement for body density and composition. It is very similar to hydrostatic weighing without the water. It is normally done in a lab type setting, and the price can be at least \$60.

DEXA – dual energy x-ray absorptiometry

X-rays are actually used to measure body fat. The person lies in the machine that scans the body with x-ray beams. The absorption of the beams is used to determine bone, fat, and lean body mass. This tool is highly regarded for its accuracy. Limb for limb, a person can learn about their body composition. It can be expensive but is valued for its detailed results.

Body fat, also known as adipose tissue or white adipose tissue due to its color, does not belong in excess under our skin. We are not meant to be storage units for fat. It does help us stay warm and is an energy source, but there is of course a healthy amount we should weigh in with.

Fat is stubborn, and modern society considers it unattractive. The trouble is that those trouble zones are hard to fix. If fat gives us energy and 1 pound of fat is 3,500 calories, if we were lucky enough to burn 100% of the fat, then it would take a 150-pound person 35 miles to walk off that 1 pound.

Be kind to your joints, body and health. Body fat does not define you, but it can define your health.

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



Skin calipers and bioelectrical impedance tools are two ways to measure body fat. Village News/Alicia Collier photo

Public attitude indicates some willingness to eat genetically modified meat pending cost considerations

Joe Naiman
Village News Reporter

According to a Jan. 14 presentation by Bruce Whitelaw of the University of Edinburgh members of the public are willing to eat genetically modified meat contingent upon favorable pricing.

Whitelaw is affiliated with the Royal (Dick) School of Veterinary Studies and the Roslin Institute, both of which are part of the University of Edinburgh. Whitelaw utilized a Roslin Institute and R(D)SVS survey of American consumers. His "Public Attitudes Toward Genome Edited Meat" presentation was during the Jan. 11-15 International Conference on the Status of Plant and Animal Genome Research in San Diego.

"We based a large part of the survey around the willingness to buy," Whitelaw said.

The survey involved 1,088 adults. Because the respondents were self-selected, the demographics were skewed toward older, female and rural Americans. All respondents were 17 or older.

The response indicated that 88% have never been vegetarian or vegan, 10% have been vegetarian or vegan but no longer are, and 2% are currently vegetarian or vegan.

The responses were compared to a survey of American Association for the Advancement of Science members. Although only 37% of the respondents believed that genetically modified food is safe to eat, 88% of AAAS members feel safe eating genetically modified food. The survey also asked whether humans have evolved over time, which is believed by 65% of those surveyed and 98% of AAAS members.

A follow-up survey queried 84

food sector respondents, and the response was more positive than the public.

Although the survey was done among Americans, the willingness to pay was translated into euros. If genetically modified meat had no benefits other than lower price consumers were willing to purchase genetically modified meat for an average of 0.5 euros less than non-modified meat. Consumers were willing to pay more for genetically modified meat if benefits were promoted with the average willingness to pay being 0.4 euros for disease resistance and 0.2 euros for Omega 3 content and reduced greenhouse gas.

Joe Naiman can be reached by email at jnaiman@reedermedia.com.

Put nature to work fighting stress

The American Counseling Association
Special to Valley News

Yes, people live in a pretty stressful world these days. Whether it's international events, job pressures or personal problems, most people are touched by plenty of stress-producing situations every day.

Though they may not be aware of the ways stress is affecting them, it can actually harm people. Experts said that stressful environments can be a direct cause of anxiety and depression in people's lives. Studies have found that excessive stress may be at least partly responsible for headaches, drinking problems and a variety of serious health issues.

So how can a person better manage the stress in their life? While it may not be possible in today's hectic world to live a stress-free existence, there ways to minimize the stress they may be feeling and to escape from it for at least a little bit. Researchers said that even small escapes from stress can offer real benefits.

Distractions are one way to reduce stress. Studies have found that adding a little nature to a person's life can be quite stress-reducing. Researchers said that people working in an office with no windows or just a view of a blank wall reported that the work environment became more pleasant and less stressful when

they were able to look out and see trees and sky. Something as simple as adding a potted plant or two to the area where they spent most of their day can also play a part in giving them a positive distraction that can reduce stress.

Even better is when a person can escape from their normal environment, if only for a short time. And by "escape" nothing more is necessary than taking a simple walk. People can stop thinking about stressful things with just a short lunchtime stroll through a nearby park or down a tree-lined street. Time with nature is an opportunity to not focus on the things contributing to a hectic, stressful life. Listen to the quiet of nature, admire some budding flowers or just smile at the squirrels scampering about – all things to take the focus off what is causing the stress.

A little time outdoors is an opportunity to enjoy the natural beauty around them and take a breather from the problems disturbing them. A short walk won't remove all the stress in a person's life, but it can give their mind a chance to relax and refocus, and that's a positive thing.

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



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ENTERTAINMENT

Fallbrook Music Society presents Ástor Piazzolla’s ‘Four Seasons’

FALLBROOK – Continuing its Classical Sundays format, Fallbrook Music Society presents Camarada, a local chamber ensemble, performing Ástor Piazzolla’s most famous composition “Four Seasons of Buenos Aires” in its entirety. The concert takes place Sunday, Feb. 23, at 3 p.m. in the Community Room of the Fallbrook Public Library. The concert is free to the general public; no tickets are required.

“Fallbrook Music Society is working hard to stretch the scope of classical music concerts we bring to our community and this concert has a wow factor of 10!” Ann Murray, executive director of Fallbrook Music Society, said.

The evenings concert features the music of the great Ástor Piazzolla, who referred to his music as “Nuevo Tango,” an avant-garde version of Buenos Aires’ most popular dance form. Piazzolla fused classical, jazz, and tango into a distinctive musical idiom that has become his



Fallbrook Music Society presents chamber ensemble Camarada, Sunday, Feb. 23, at 3 p.m. in the Community Room at the Fallbrook Library.

Village News/Courtesy photo

own genre.

The “Four Seasons of Buenos Aires” are a set of four tango compositions, which were originally conceived and treated as different compositions rather than one suite. The pieces were scored for his quintet of violin or viola, piano, electric guitar, double bass and bandoneón.

“What makes this concert even more special is that it features Raul Jaúrena, a Grammy award-winning tango master, who is among today’s most prominent bandoneon players,” Murray said. “I honestly can’t remember when we’ve had a concert with this level of instrumental diversity.”

Established in 1994, Camarada

is a local ensemble dedicated to sharing the joy of chamber music by pairing performers of the highest caliber with intimate spaces throughout San Diego. It will be Camarada’s third appearance in Fallbrook over the past 10 years, and they return to the community to share their passion for tango music.

A preview of the performance with the musicians begins at 2:30 p.m. Patrons are encouraged to come early for best seating.

The Fallbrook Library is located at 124 S. Mission Road in Fallbrook. More information is available at www.fallbrookmusicsociety.org.

Submitted by Fallbrook Music Society.

Pala presents Pedro Fernandez

Village News/Courtesy photo

PALA, CA – Pala Casino Spa and Resort will present Pedro Fernandez Saturday, May 9, at 7:30 p.m. at the Starlight Theater at Pala Casino. Doors open at 6:30 p.m. Tickets went on sale Friday, Feb. 14.

Singer, actor, conductor and composer José Martín Cuevas Cobos, known professionally as Pedro Fernández, began his international career at age seven with the film and album “The one with the blue backpack.”

Today, Pedro has 38 recorded

albums, has starred in seven soap operas, 25 films and continues to captivate audiences around the world. He has had the opportunity to share a screen with legendary actors such as Adalberto Martínez “Resortes,” Maricruz Olivier, Mario Almada, Joaquín Cordero and other actors who are part of the Golden Age of Mexican cinema. He has received three diamond discs, 37 gold discs and 26 platinum discs. The award-winning artist has performed internationally for royalty, religious leaders, elected

officials and more.

Tickets, \$59-99, are available with no service charge at the Pala box office, www.palacasino.com and (877) 946-7252. Tickets also are available at www.startickets.com and (800) 585-3737.

All events and promotions are subject to cancellation without notice. Pala is located at 11154 State Route 76 in Pala. Learn more about the upcoming events at Pala Casino Spa and Resort by visiting www.palacasino.com/

entertainment/all-entertainment.

Upcoming shows and events coming to Pala include Seol Woon Do – March 7; The BAR-KAYS, The Original Lakeside and The Ladies of SKYY – March 14; Dwight Yoakam – March 27; Beautiful Melodies – April 4; Ogie Alcasid & The Hurados – April 11; Michael Carbonaro – April 25 and UB40 featuring Ali Campbell and Astro – May 2.

Submitted by Pala Casino Spa and Resort.



Pedro Fernandez will perform at Pala Casino Spa and Resort Saturday, May 9, at 7:30 p.m. in the Starlight Theater.

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Curtain Call Company presents ‘Meet Me in St. Louis’



Taking roles in “Meet Me in St. Louis, the Musical Live Radio Play” are, from left, Kathy Simmons, Jim Haines, Leah Burke, Ericka Randal-Euhus and Jake Euhus. Village News/Mary Fry photo

Elizabeth Youngman-Westphal
Special to The Village News

A special treat is just around the corner. In the genre of the fashionable Lux Radio Theater, Fallbrook’s Curtain Call director and producer Mary Fry has found her niche.

Like the original Lux Radio Theater, Fry’s continued success with the format echo’s the radio version which ran from 1934 to 1955 featuring stars like Cary

Grant, Jean Harlow, Clark Gable and hundreds of other working actors of the period.

Fry’s newest production is the famous “Meet Me in St. Louis – Musical Live Radio Play,” which originally aired in 1946 starring Judy Garland and Gayle Gordon.

As in the past, all performances will be at the Fallbrook Women’s Club starting Friday, Feb. 28, at 7:30 p.m. and Saturday, Feb. 29, and Sunday, March 1, at 2 p.m. Again, the following weekend Friday, March 6, at 7:30 p.m., with

Saturday, March 7, and Sunday, March 8, at 2 p.m.

Tickets are available by calling Mary Fry at (760) 723-2724 or at Major Market, 845 S. Main Ave. in Fallbrook.

Theater goers won’t want to miss the local production featuring friends and neighbors. “Meet Me in St. Louis, the Musical Live Radio Play” has a short run, and the \$10 tickets will go fast.

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

‘She Loves Me’ celebrates letters

Elizabeth Youngman-Westphal
Special to The Village News

It’s a hit. San Diego Musical Theatre has done it.

Based on the 1937 play written by Hungarian playwright Nikolaus Laszlo called “Perfumerie,” “She Loves Me” is a celebration of the lost art of letter writing. It’s a musical based on a bygone era.

It is great fun to observe two antagonistic co-workers duke it out during the day only to rush to their respective mail boxes at night in hopes of finding another “Dear Friend” letter which happens to be from the other.

Naturally, their secret connection through the Lonely Hearts Club newspaper column finally unravels.

Hollywood reworked the play in the 40s for Jimmy Stewart and Margaret Sullivan. The black and white film by MGM was called “The Shop Around the Corner.”

In 1998, Nora Ephron took it to the big screen and full color as “You’ve Got Mail” with Tom Hanks and Meg Ryan introducing the impact of email.

Yet for those of us who know differently, there is still the anticipation connected with waiting for the daily post.

“Has the mail come?” is a frequent question in many households.

There was a time when letter writing was an art form. It required using one’s best penmanship on carefully selected paper when writing to a special friend. In contrast, today it seems only bad news comes by mail. Bad manners come by text. And, bad jokes come by email.

Kudos to director Richard Israel for keeping a 50-year-old musical relevant and entertaining.

Every director seeks onstage chemistry and Israel has found it in this cast. Starting at the top is Allison Spratt Pearce as Amalia Balash. She is the beleaguered co-worker of store manager Georg Nowack played by Joshua David Cavanaugh. Their ongoing strife is a secret known only by the audience.

Next up is the elegant and cantankerous shop owner Mr. Maraczek played by Jeffrey Arnold Wolf.

Lucas Blankenhorn shines in his SDMT debut as Arpad Laszlo, the obsequious delivery boy.

Steven Freitas plays loyal clerk and sycophant Ladislav Sipos



Amalia Balash, played by Allison Spratt Pearce, beams after finding a “Dear Friend” letter from her secret admirer. Ken Jacques photos

with a great deal of charm. With all humility, Sipos claims to keep his pride way-down-deep, for as a married man with a family, he favors employment. Further declaring, “Yes, Mr. Maraczek; no, Mr. Maraczek; as you wish Mr. Maraczek” has never been a problem as a married man with children.

Cute and spunky clerk Ilona Ritter is embodied by Sami Nye. Lamenting her sometimes boyfriend Steven Kodaly, played by David Sasik, the ubiquitous toady.

Lauren Haughton is to be congratulated for her clever choreography throughout especially when Ilona sings, “I must be related to a cat, because I always end up with a rat!” smacking her tushy saying “stop that.”

Haughton’s talent truly shines during the waiter’s Hungarian-style dance in the café scene. Possibly a subtle nod to the cleverly constructed mayhem of Harmonia Gardens, her artistic flair sparkles with standout performances by head waiter Dylan Pass and busboy Wyatt Rhinehart.

When the ensemble cast is transformed into chic café society, they are the epitome of sophistication. Setting the stage on fire is Cassie Bleher, Evan Borboa, Morgan Carberry, Chase Fischer, Alexa Querin, Aaron Jerry

Skipper, and even Christopher Szabo as Mr. Keller.

Musical director Don Le Master asserts his skill as he glides through the score with Billy Edwall on trumpet, Lisa Cherry on horn, Nico Hueso on viola, Patty McCormick on violin, Steve Withers and Michelle Gray on keys, while Sharon Taylor plays cello. Mark Margolies, Amy Kalal and Ariana Warren play reeds. Tim Glaude is on bass and Mike Dooley percussion.

Andrew Orbison is the associate conductor at SDMT. Le Master conducts this glorious orchestra to a triumphant conclusion.

To subsidize the ongoing cost associated with a live orchestra, two big band shows will be held at The Horton Theatre Monday, April 20, and Tuesday, April 21, at 7 p.m.

Last year’s show was a sellout requiring a second show this year. Tickets go fast and all are only \$55 each. Call (858) 560-5740 or visit www.sdmr.org and click on “Don L and The SDMT Big Band.”

“She Loves Me” plays until March 8 downtown at The Horton Theatre at 444 Fourth Street in San Diego. Prepaid parking is available on their website across the street at the Ace Parking lot in the Gaslamp District. It’s a breeze.

This show is rated 10 out of 10.

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

LEGALS

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9001915
Name of Business
LACOUR'S LION'S DEN BARBERSHOP
573 West Vista Way, Ste D, Vista, CA 92083
Mailing address: 5345 Gooseberry Way, Oceanside, CA 92057
County: San Diego
This business is registered by the following:
Coby Brazil LaCour, 5345 Gooseberry Way, Oceanside, CA 92057
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 23, 2020
LEGAL: 5194
PUBLISHED: January 30, February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9000742
Name of Business
ADVANCED CLINICAL RESEARCH INSTITUTE
2041 E. Mission Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Majd Oteibi, 2041 E. Mission Rd, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above names as of 10/01/2014
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 09, 2020
LEGAL: 5195
PUBLISHED: January 30, February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9001638
Name of Business
BELLA LENTE STUDIOS
307 Palm Canyon Drive, Vista, CA 92083
County: San Diego
This business is registered by the following:
Sound and Code Creations LLC, 307 Palm Canyon Drive, Vista, CA 92083
This business is conducted by a Limited Liability Company
This LLC is registered in the state of California
Registrant first commenced to transact business under the above names as of 08/14/2012
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 21, 2020
LEGAL: 5196
PUBLISHED: January 30, February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9001639
Name of Business
PENNY LANE MARKETPLACE
1810 Oceanside Boulevard, Oceanside, CA 92054
County: San Diego
This business is registered by the following:
Sound and Code Creations LLC, 307 Palm Canyon Drive, Vista, CA 92083
This business is conducted by a Limited Liability Company
This LLC is registered in the state of California
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 21, 2020
LEGAL: 5197
PUBLISHED: January 30, February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9002089
Name of Business
CLEAN MADE
195 Avenida Descanso Unit 216, Oceanside, CA 92057
County: San Diego
This business is registered by the following:
Jerrad Bausch, 195 Avenida Descanso Unit 216, Oceanside, CA 92057
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 24, 2020
LEGAL: 5198
PUBLISHED: January 30, February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9002051
Name of Business
FALLBROOK HONEY COMPANY
3915 Sleeping Indian Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
a. William L. Mathewson, 3915 Sleeping Indian Rd, Fallbrook, CA 92028
b. Mary Louise Mathewson, 3915 Sleeping Indian Rd, Fallbrook, CA 92028
c. Christopher Mathewson, 2029 Pheasant Run, Fallbrook, CA 92028
This business is conducted by a Joint Venture
Registrant first commenced to transact business under the above names as of 4/13/91
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 24, 2020
LEGAL: 5199
PUBLISHED: January 30, February 6, 13, 20, 2020

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

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9001548
Name of Business
FANTASTICOS MEXICAN FOOD
1117 S. Mission Rd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Fantasticos Mexican Food LLC, 1117 S. Mission Rd, Fallbrook, CA 92028
This business is conducted by a Limited Liability Company
This LLC is registered in the state of CA
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 17, 2020
LEGAL: 5211
PUBLISHED: February 13, 20, 27, March 5, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9003706
Name of Business
THE WHEELCHAIR LADY
2656 Olive Hill Rd, Fallbrook, CA 92028
Mailing address: 855 S. Main Ave., Ste. K-390, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Erin Lynn Kellar, 2656 Olive Hill 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 Feb. 11 2020
LEGAL: 5212
PUBLISHED: February 13, 20, 27, March 5, 2020

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9002169
Name of Business
RED CLIPPER BARBER SHOP
1979 Oceanside Blvd, Oceanside, CA 92054
County: San Diego
This business is registered by the following:
Noemi C. Dickerhoff, 4038 Pala Rd, Oceanside, CA 92057
This business is conducted by an Individual
Registrant first commenced to transact business under the above names as of 5/10/18
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 27, 2020
LEGAL: 5200
PUBLISHED: January 30, February 6, 13, 20, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9001079
Name of Business
LIVING ZEN BY CARRIE ANN
2449 Summerhill Lane, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Carrie Ann Harris, 2449 Summerhill Lane, Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 14, 2020
LEGAL: 5201
PUBLISHED: January 30, February 6, 13, 20, 2020

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

Summons

SUMMONS
FILED 08/21/2019
CASE NUMBER: 37-2019-00042542-CU-BC-CTL
NOTICE TO DEFENDANT:
TO TRANSPORT CORPORATION, STAR RAIN LLC, JUSTO P. FELIX and JANE DOE FELIX, husband and wife,
YOU ARE BEING SUED BY PLAINTIFF:
MOUNTAIN WEST TOWING, INC. dba COUNTYWIDE TOWING, a California Corporation

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

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

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

The name and address of the court:
SAN DIEGO COUNTY SUPERIOR COURT CIVIL DIVISION
330 W. BROADWAY, SAN DIEGO, CA 92102
The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is:
TIMOTHY D. DUCAR, 7430 E. BUTHERUS DRIVE, SUITE E, AZ 85260, (480) 502-2119
DATE: 08/21/2019
CLERK, BY: M. REYES, DEPUTY
Legal #: 5203
Published: January 30, February 6, 13, 20, 2020

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2019-00062287-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
NADIA BEDOLLA
Present Name:
EDDIE CRUZ MORGADO
Proposed Name:
EDDIE CRUZ BEDOLLA
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: 3/3/20 Time: 8:30 AM Dept: N23
The address of the court is 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: NOV 22 2019 Signed: Sim von Kalinowski
LEGAL: 5208
PUBLISHED: February 6, 13, 20, 27, 2020

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00005129-CU-PT-CTL
TO ALL INTERESTED PERSONS
Petitioner:
JAMES PATRICK CABEBE
Present Name:
JAMES PATRICK CABEBE
Proposed Name:
JALEN VALENCIO

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

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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00004736-CU-PT-NC
TO ALL INTERESTED PERSONS

Petitioner:
KAREN STOLTE-BOWEN
Present Name:
ANNA CECILIA BOWEN
Proposed Name:
ANNA CECILIA CARSON

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

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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2020-00002414-CU-PT-NC
TO ALL INTERESTED PERSONS

Petitioner:
JARROD PAUL JOHNSON and ALICIA CLAIRE EDINGTON
Present Name:
a. JARROD PAUL JOHNSON
b. ALICIA CLAIRE EDINGTON
Proposed Name:
a. JARROD PAUL JUBEL
b. ALICIA CLAIRE JUBEL

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

NOTICE OF HEARING
Date: March 3, 2020 Time: 8:30 AM Dept: 23
The address of the court is 325 South Melrose Drive, Vista, California 92081
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News
Date: JAN 15 2020 Signed: Sim von Kalinowski, Judge of the Superior Court.
LEGAL: 5202
PUBLISHED: January 30, February 6, 13, 20, 2020

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9002416
Name of Business
FISHER CONSULTING
5155 Via Malaguena, Oceanside, CA 92057
County: San Diego
This business is registered by the following:
Greg Newcomb Fisher, 5155 Via Malaguena, Oceanside, CA 92057
This business is conducted by an Individual Registrant first commenced to transact business under the above names as of 01/21/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 28, 2020
LEGAL: 5209
PUBLISHED: February 13, 20, 27, March 5, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9002382
Name of Business
TIANYE VILLAGE SPA
936 E. Mission Rd, Ste E, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Rimpac 98, Inc., 511 S. Park View St. Apt 330, Los Angeles, CA 90057
This business is conducted by a Corporation
This Corporation is registered in the state of CA
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan. 28, 2020
LEGAL: 5210
PUBLISHED: February 13, 20, 27, March 5, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9003570
Name of Business
PROFICIENT PROCESSING
14781 Pomerado Rd. #208, Poway, CA 92064
County: San Diego
This business is registered by the following:
T Brother's Mortgage Corporation, 14781 Pomerado Rd. #208, Poway, CA 92064
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first commenced to transact business under the above names as of 02/07/2018
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 10, 2020
LEGAL: 5213
PUBLISHED: February 20, 27, March 5, 12, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9003826
Name of Business
a. FALLBROOK APOSTOLIC ASSEMBLY
b. FALLBROOK HOUSE OF PRAYER
135 E. Ivy Street, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Apostolic Assembly of The Faith in Christ Jesus, 135 E. Ivy Street, Fallbrook, CA 92028
This business is conducted by a Corporation
This Corporation is registered in the state of CA
Registrant first commenced to transact business under the above names as of 9/5/2006
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 12, 2020
LEGAL: 5214
PUBLISHED: February 20, 27, March 5, 12, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9003872
Name of Business
BUDDS AND BLOSSOMS PRESCHOOL
2809 S. Mission Rd, Fallbrook, CA 92028
Mailing address: 901 Hillcrest P|ace #8, Oceanside, CA 92058
County: San Diego
This business is registered by the following:
Buds and Blossoms Preschool LLC, 901 Hillcrest Place #8, Oceanside, CA 92058
This business is conducted by a Limited Liability Company
This LLC is registered in the state of California
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 12, 2020
LEGAL: 5215
PUBLISHED: February 20, 27, March 5, 12, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9004104
Name of Business
HOLLYWOOD BARN
3137 S. Mission, Fallbrook, CA 92028
Mailing address: 1115 Beaumont, Cir., Vista, CA 92084
County: San Diego
This business is registered by the following:
Holly Roxane Simmons, 1115 Beaumont, Cir., Vista, CA 92084
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 14, 2020
LEGAL: 5216
PUBLISHED: February 20, 27, March 5, 12, 2020

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2020-9003867
Name of Business
MEXICO ADVISORS GROUP
8258 Sugaman Drive, La Jolla, CA 92037
County: San Diego
This business is registered by the following:
Interpro Consulting, Inc., 8258 Sugaman Drive, La Jolla, CA 92037
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first commenced to transact business under the above name as of 03/21/2011
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb. 12, 2020
LEGAL: 5217
PUBLISHED: February 20, 27, March 5, 12, 2020

T.S. No.: 9948-5586 TSG Order No.: DS7300-19006044 A.P.N.: 158-277-02-00 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 05/31/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Affinia Default Services, LLC, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded 06/03/2005 as Document No.: 2005-0469529, of Official Records in the office of the Recorder of San Diego County, California, executed by: ALICIA GRAHAM, A WIDOW, as Trustor, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable in full at time of sale by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state). All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and state, and as more fully described in the above referenced Deed of Trust. Sale Date & Time: 03/06/2020 at 10:00 AM Sale Location: At the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA 92020 The street address and other common designation, if any, of the real property described above is purported to be: 743 VALLEY CREST DRIVE, OCEANSIDE, CA 92054 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made in an "AS IS" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$187,146.60 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call, (800) 758-8052 for information regarding the trustee's sale or visit this Internet Web site, www.homesearch.com, for information regarding the sale of this property, using the file number assigned to this case, T.S.# 9948-5586. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Affinia Default Services, LLC 301 E. Ocean Blvd. Suite 1720 Long Beach, CA 90802 833-290-7452 For Trustee Sale Information Log On To: www.homesearch.com or Call: (800) 758-8052. Affinia Default Services, LLC, Omar Solorzano, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge of the debt referenced herein in a bankruptcy proceeding, this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. NPP0367257 To: VILLAGE NEWS INC 02/13/2020, 02/20/2020, 02/27/2020

T.S. No. 19-58962 APN: 176-081-06-00
NOTICE OF TRUSTEE'S SALE
YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 9/15/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale.

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

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

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

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

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

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

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

Michael Busby, Trustee Sale Officer

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

TSG No.: 19119542 TS No.: CA1900285930 APN: 218-450-02-00 Property Address: 1385 AVENIDA ARANA SAN MARCOS, CA 92069 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST. DATED 05/19/2006. 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 03/27/2020 at 09:00 A.M., First American Title Insurance Company, as duly appointed Trustee under and pursuant to Deed of Trust recorded 05/31/2006, as Instrument No. 2006-0381447, in book , of Official Records in the office of the County Recorder of SAN DIEGO County, State of California. Executed by: GUSTAVO ZAMORA AND, MARIA GUADALUPE ZAMORA, HUSBAND AND WIFE, 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) Entrance of the East County Regional Center East County Regional Center, 250 E. Main Street, 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# 218-450-02-00 The street address and other common designation, if any, of the real property described above is purported to be: 1385 AVENIDA ARANA, SAN MARCOS, CA 92069 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 \$ 495,305.56. 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 800-280-2832 or visit this Internet Web www.Auction.com, using the file number assigned to this case CA1900285930 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 TRUSTEE'S SALE INFORMATION PLEASE CALL 800-280-2832 NPP0367261 To: VILLAGE NEWS INC 02/20/2020, 02/27/2020, 03/05/2020

APN: 223-630-01-23 AMENDED NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER AN ASSESSMENT LIEN RECORDED AGAINST YOUR PROPERTY BY HAWTHORNE COMMUNITY ASSOCIATION. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC AUCTION. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 03/04/2020 at 10:00AM, the law offices of Wasserman Kornheiser Combs LLP, as duly appointed Trustees, under and pursuant to the NOTICE OF ASSESSMENT LIEN recorded on 07/26/2018, as Document Number 2018-0304285 and the NOTICE OF DEFAULT recorded on 06/11/2019, as Document No. 2019-0225520 of Official Records in the office of the County Recorder of San Diego County, State of California, executed on behalf of MORGAN'S CORNER HOMEOWNERS ASSOCIATION, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH, (payable at the time of sale in lawful money of the United States) at the entrance to the East County Regional Center by the statue, 250 E. Main St., El Cajon, CA 92020; all rights, title and interest conveyed now held by it by virtue of said Assessment Lien and Notice of Default in the property situated in said County, State of California, describing the land therein as: [Legal Description attached hereto as Exhibit "A"] LEGAL DESCRIPTION EXHIBIT "A" The Land Referred To Herein Below Is Situated In The City Of San Marcos, County Of San Diego, State Of California, And Is Described As Follows: A Condominium Composed Of: Parcel 1: Living Unit No. 23 As Shown Upon The Morgan's Corner At San Elijo Hills Condominium Plan Recorded February 11, 2003, As Document No. 2003-0156975, Of Official Records Of San Diego County, California (The "Condominium Plan"); Being A Portion Of Lot 1 Of San Marcos Tract No. 400, Phase 1, Unit No. 30, In The City Of San Marcos, County Of San Diego, State Of California, According To Map Thereof No. 14418, Filed With The County Recorder Of San Diego County On July 25, 2002. Excepting From Parcel 1 All Rights And Easements Set Forth In The Declaration Of Restrictions For Morgan's Corner At San Elijo Hills Recorded March 17, 2003 As File No. 2003-0297598 In The Office Of The County Recorder Of San Diego County, California ("Declaration"). The Declaration Of Covenants, Conditions And Restrictions Of San Elijo Hills Recorded On December 17, 1999 As File No. 1999-0820064 In The Office Of County Recorder Of San Diego, California ("Community Declaration"), Including, But Not Limited To The Easements For Ingress, Egress And General Utility Purposes And Grantor's Right And Easement To Construct And Market Residences And Construct Related Improvements. Parcel 2: An Undivided Fractional Interest As Tenant On Common In And To The Common Area Within The Phase In Which The Living Unit Described In Parcel 1 Above Is Located Equal To The Reciprocal Of The Number Of Living Units Within That Phase; The Phase And The Common Area Within The Phase Are Shown And Defined On The Condominium Plan. Excepting Therefrom All The Rights And Easements Set Forth In The Declaration, Including, But Not Limited To The Easements For Ingress, Egress And General Utility Purposes And Grantor's Right And Easements To Construct And Market Residences And Construct Related Improvements. Parcel 3: Non-Exclusive Appurtenant Easements In And To The Association Property Now Or Hereafter Owned By The Morgan's Corner Homeowner Association, A California Nonprofit Mutual Benefit Corporation ("Association") As Set Forth In The Declaration. "Association Property Is Defined In The Declaration. Except Therefrom All The Rights And Easements Set Forth In The Declaration, Including, But Not Limited To The Easements For Ingress, Egress And General Utility Purposes And Grantor's Right And Easements To Construct And Market Residences And Construct Related Improvements. Parcel 4: The Exclusive Right To Use Any Exclusive Use Area Shown On The Condominium Plan As Being Appurtenant To The Living Unit Described In Parcel 1 Above. Assessor's Parcel No: 223-630-01-23 and COMMONLY KNOWN AS: 1130 Goddard Street, San Marcos, CA 92078 the owner of record of the above described real property is purported to be: MARIA MEELUWISSE, an unmarried woman 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, express or implied, regarding title, possession, or encumbrances, to pay the amounts requested under the foregoing Assessment Lien and Notice of Default, with interest thereon, as provided in the Declaration of Covenants, Conditions and Restrictions applicable to said Association, plus fees, charges and expenses of the Trustee to wit: \$7005.15. THIS PROPERTY IS BEING SOLD SUBJECT TO THE RIGHT OF REDEMPTION IN ACCORDANCE WITH CALIFORNIA CIVIL CODE § 5715. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (858) 505-9500. 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. The best way to verify postponement information is to attend the scheduled sale. Sale conducted on behalf of MORGAN'S CORNER HOMEOWNERS ASSOCIATION by: Date: 02/05/2020 BY: WASSERMAN KORNHEISER COMBS LLP 7955 Raytheon Road, San Diego, CA 92111 Phone: ____ (858) 505-9500 Craig L. Combs For Sale Information: (858) 505-9500 WASSERMAN KORNHEISER LLP 7955 Raytheon Road, San Diego, CA 92111 Email: info@wk4law.com NPP0367350 To: VILLAGE NEWS INC 02/13/2020, 02/20/2020, 02/27/2020

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EDUCATION

Fallbrook AAUW hosts speech contest



Treasurer Elizabeth Leader and mentoring group director and coach Karen Langer Village News/Courtesy photos Baker congratulates the contestants as they received certificates and cash awards, including Lizette Mendoza, third-place winner Dolores Pascual, Lily Mendoza, first-place winner Jimena Ramirez, Paulina Gonzalez and second-place winner Alma Aguilar. Not pictured is Aislinn Morales.



Aislinn Morales, whose goal is to become a special education teacher, gives an impassioned speech about Greta Thunberg, who regards her Asperger's form of autism to be her secret weapon rather than a disability.



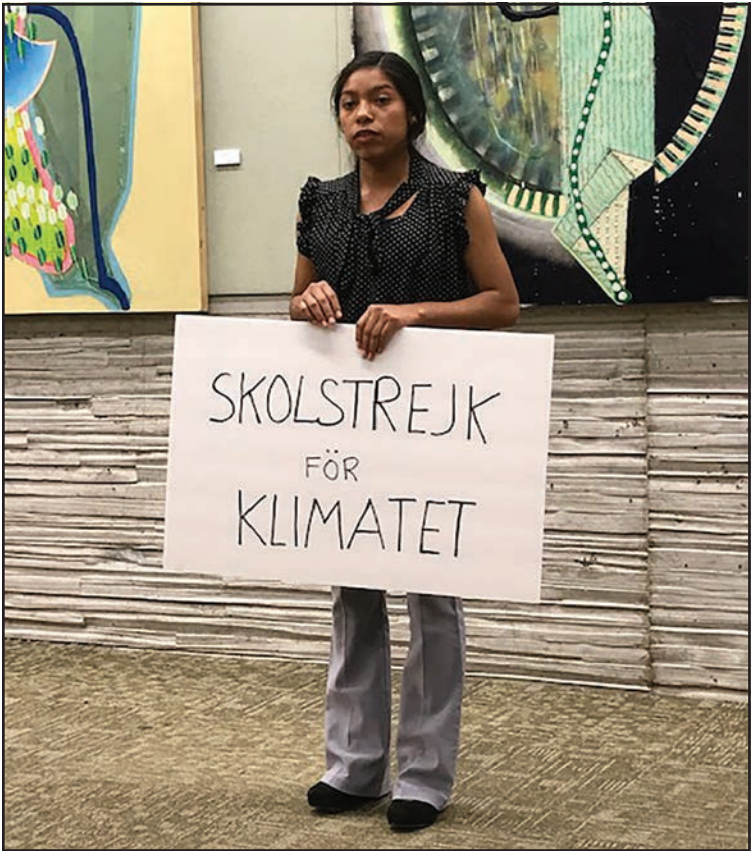
Fallbrook Toastmasters serve as speech contest judges, including Paul Schumann as the alternate/tiebreaker, Cynthia Puzzito, Carole Hodges and Pam Eskue.



Alma Aguilar says she was inspired by the woman who developed the Mexican dance form, Ballet folklórico. She displays a wide skirt as she described the role of colorful costumes.

FALLBROOK – Seven mentees recently competed in the Fallbrook AAUW Mentorship Program’s annual speech contest, which was held in the Community Room of the Fallbrook Library. Fallbrook Toastmasters members served as judges. The topic was “Women

Who Have Inspired Me.” Submitted by AAUW.



Paulina Gonzalez emphasizes the importance of speaking out about an issue regardless of how shy one might be. She holds a sign used by Greta Thunberg as she tells how one person can make a huge difference.

Bonsall Unified approves new agreement with classified employees’ union

Will Fritz
Staff Writer

The Bonsall Unified School District Board of Trustees voted Wednesday, Feb. 12, to approve a tentative agreement with the district’s classified employees’ union.

The agreement with California School Employees Association Chapter 703, which was reached Dec. 3, will give all classified employees – a category that includes positions like bus drivers, yard duties and nutrition specialists – a 2% pay raise.

Those raises are retroactive to

July 1, 2019.

Employees will also get a one-time bonus equivalent to 1% of their 2018-2019 salaries.

The agreement will be in effect through 2022.

The new agreement also includes language specifying that over its duration, any raises offered to the Bonsall Teachers Association will also be offered to classified employees.

The board of trustees unanimously approved the agreement.

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

NOTICE OF TRUSTEE'S SALE. YOU ARE IN DEFAULT OF YOUR OBLIGATION UNDER YOUR DEED OF TRUST. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER Date of Sale: 03/04/2020 at 9:00 AM Place of Sale: AT THE ENTRANCE TO THE EAST COUNTY REGIONAL CENTER BY THE STATUE, 250 E. MAIN ST., EL CAJON, CA 92020. NOTICE is hereby given that 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: (800) 251-8736 as the duly appointed Trustee, Successor Trustee, or Substituted Trustee of Deed(s) of Trust executed by Trustor(s) and recorded among the Official Records of San Diego County, California, and pursuant to that certain Notice of Default ("NOD") thereunder recorded, all as shown on Schedule "1" which is attached hereto and a part hereof, will sell at public auction 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) all that 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 to wit: Those certain Timeshare Interval as shown as Legal Description Variables on Schedule "1", within the timeshare project Oceanside Pier Resort located at 333 N Myers St, Oceanside, CA, 92054. The legal descriptions as set forth on the recorded Deed(s) of Trust shown on Schedule "1" are incorporated by this reference. 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 Schedule "1", 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 \$600.00. Accrued Interest and additional advances, if any, will increase this figure prior to sale. First American Title Insurance Company, a Nebraska Corporation. APN: 147-075-08-00. Batch ID: Foreclosure DOT 92574-OP74-DOT. SCHEDULE "1": NOD Recording Date and Reference: 11/08/2019, 2019-0516862. Contract No./ Loan No., Legal Description Variables, Trustor, DOT Dated, DOT Recording Date and Reference, Note Balance: 1030605927, POINTS: 168000, FREQUENCY: Odd, UNDIVIDED INTEREST: 84,000/647,452,000, JEFFERY T GRAHAM, 10/15/2006, 03/05/2008, Inst: 2008-0115854, \$3,396.32; 1030701338, POINTS: 308000, FREQUENCY: Annual, UNDIVIDED INTEREST: 308,000/647,452,000, GABRIEL NEVAREZ and MARIA G NEVAREZ, 02/10/2007, 02/21/2008, Inst: 2008-0089133, \$29,791.17; 1030808182, POINTS: 175000, FREQUENCY: Even, UNDIVIDED INTEREST: 87,500/785,316,000, CASEY A. LASALLE, SR. and MARY B. LASALLE, 10/04/2008, 11/19/2008, Inst: 2008-0600086, \$8,095.19; 1120701669, POINTS: 154000, FREQUENCY: Annual, UNDIVIDED INTEREST: 154000/785316000, JOAN T. SAVARESE and JOAN P. SAVARESE, 04/06/2007, 03/05/2008, Inst: 2008-0115756, \$5,785.78; 410713457, POINTS: 816000, FREQUENCY: Annual, UNDIVIDED INTEREST: 816,000/785,316,000, CHESTER CRUMP and LINDA CRUMP, 04/10/2007, 02/06/2008, Inst: 2008-0059315, \$114,816.47; 731109617, POINTS: 436000, FREQUENCY: Annual, UNDIVIDED INTEREST: 436,000/647,452,000, CATHERINE E. BOWMAN and RICHARD O. BOWMAN, 09/09/2011, 11/10/2011, Inst: 2011-0602409, \$97,180.53; 731212064, POINTS: 308000, FREQUENCY: Annual, UNDIVIDED INTEREST: 308,000/647,452,000, MARLA MCCLINTOCK and STEVE MCCLINTOCK, 11/18/2012, 03/25/2013, Inst: 2013-0184903, \$43,389.43; 731405908, POINTS: 84000, FREQUENCY: Annual, UNDIVIDED INTEREST: 84,000/785,316,000, LATASHIA RAYGOZA and AUREO RAMIREZ, 07/02/2014, 08/25/2014, Inst: 2014-0363575, \$17,922.36; 731407979, POINTS: 791000, FREQUENCY: Annual, UNDIVIDED INTEREST: 791000/647452000, CRISTINA CABRERA HEMPHILL and RANDOLPH KEITH HEMPHILL, 08/30/2014, 10/29/2014, Inst: 2014-0468972, \$86,232.03; 731408803, POINTS: 126000, FREQUENCY: Annual, UNDIVIDED INTEREST: 126000/785316000, JODY ZIMBRICH and BRADLEY A ZIMBRICH, 09/20/2014, 11/17/2014, Inst: 2014-0499008, \$30,473.05; 731507331, POINTS: 64000, FREQUENCY: Annual, UNDIVIDED INTEREST: 64000/647452000, WENDY LUIZ and TIMOTHY LUIZ, 06/28/2015, 08/25/2015, Inst: 2015-0449299, \$20,048.02; 731509014, POINTS: 84000, FREQUENCY: Annual, UNDIVIDED INTEREST: 84000/647452000, SANDY M. THOMPSON and DAVID THOMPSON, 08/09/2015, 09/21/2015, Inst: 2015-0496029, \$15,608.05; 731706362, POINTS: 346000, FREQUENCY: Annual, UNDIVIDED INTEREST: 346000/785316000, SHELIA K. HUDMAN and EDWARD J. SPENCER, 06/13/2017, 08/14/2017, Inst: 2017-0367062, \$53,275.27. Published 02/13/2020, 02/20/2020, 02/27/2020

APN: 173-310-21-40 TS No: CA07001088-19-1 To No: 8758718 NOTICE OF TRUSTEE'S SALE (The above statement is made pursuant to CA Civil Code Section 2923.3(d)(1). The Summary will be provided to Trustor(s) and/or vested owner(s) only, pursuant to CA Civil Code Section 2923.3(d)(2).) YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED January 18, 2013. 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 PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On April 3, 2020 at 10:00 AM, at the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA 92020, MTC Financial Inc. dba Trustee Corps, as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust recorded on January 25, 2013 as Instrument No. 2013-0054120, and that said Deed of Trust was modified by Modification Agreement and recorded October 4, 2017 as Instrument Number 2017-0456832, of official records in the Office of the Recorder of San Diego County, California, executed by KAREN ROSSI, A SINGLE WOMAN, as Trustor(s), in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., as Beneficiary, as nominee for AMERIFIRST FINANCIAL, INC. as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 1301 ISABELLA WAY, VISTA, CA 92084 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$191,213.76 (Estimated). However, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Notice to Potential Bidders If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not 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 Xome at 800-758-8052 for information regarding the Trustee's Sale or visit the Internet Web site address www.Xome.com for information regarding the sale of this property, using the file number assigned to this case, CA07001088-19-1. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 01/29/2020 MTC Financial Inc. dba Trustee Corps TS No. CA07001088-19-1 17100 Gillette Ave Irvine, CA 92614 Phone: 949-252-8300 TDD: 866-660-4288 Frances DePalma, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ONLINE AT www.Xome.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: Xome at 800-758-8052 Trustee Corps may be acting as a debt collector attempting to collect a debt. Any information obtained may be used for that purpose. Order Number 69309, Pub Dates: 02/13/2020, 02/20/2020, 02/27/2020, VILLAGE NEWS

Local Girl Scouts on a mission to cookie success



FALLBROOK – Fallbrook Girl Scout Junior Troop 2154 is on track to meet a sky-high goal of 10,000 packages, with support from local residents. The 17-member troop is led by Leslie Schumann, who said she relies on key volunteer support this time of year from “cookie moms” Brandi Moreland and Jenny Martinez.

The troop plans to use their earnings for camp and other outdoor activities, as well as a trip to San Francisco in April – where the fifth graders will “bridge” to Cadettes, the next program level of Girl Scouting for grades 6-8. The girls will also donate funds to a local charity.

Troop 2154 supports Operation Thin MintSM, a local service project through which cookie customers can support the U.S. military with “a taste of home and a note to show we care.” Since the project’s inception in 2002, the public has donated more than 3 million packages of cookies and countless handwritten notes to deployed military troops and local veterans.

By participating in the cookie program, Girl Scouts practice the goal setting, decision making, money management, people skills and business ethics and prepare for their futures as the next generation of female leaders.

When the 2020 Girl Scout Cookie Program began Jan. 26, Girl Scouts rolled out a brand-new cookie: Lemon-Ups! Each zesty, crispy cookie will include a message of leadership, such as “I am an innovator” or “I am strong,” to inspire girls and cookie customers.

For the sixth consecutive year, Thin Mints, Samoas, Do-si-dos, Trefoils and Tagalongs are \$5 per package, as are the new Lemon-Ups. Two specialty products – Girl Scout S’mores and gluten-free Toffee-tastics – are \$6 each because of higher production costs.

All net cookie revenue stays local to fund programs in science, technology, engineering and math, outdoors, life skills and entrepreneurship. Cookie proceeds also support the financial assistance that keeps Girl Scouting available and affordable for all.

Girls in grades K-12 and adult volunteers are welcome join Girl Scouts at any time during the year; camp registration is now underway. Find details at www.sdgirlscouts.org, or contact Fallbrook recruitment specialist Victoria Vazquez at (619) 610-0708 or vvazquez@sdgirlscouts.org.

Submitted by Girl Scout Troop 2154.

Fallbrook residents Emma K., Emma V. and Allie S. of Girl Scout Junior Troop 2154 are helping their Girl Scouts troop fund a world of adventures with their cookie earnings.

Village News/Courtesy photo

Palomar College among top 100 producers of associate degrees for minorities



A study names Palomar as one of the U.S. institutions with the highest number of minority graduates, as ranked by Diverse: Issues in Higher Education.

SAN MARCOS – Palomar College is one of the nation’s top colleges when it comes to helping minority students earn their associate degrees, a recently published study has found. The study by Diverse places Palomar College 73rd out of the top 100 higher education institutions in the category.

The data shows that in 2018, some 59% of Palomar College’s graduates were minority students, with 1,211 students earning an associate degree. It was an 8% increase over the previous year’s tally of minority graduates.

“Palomar College is committed to helping all students succeed in their educational journeys. This report indicates that Palomar is serving the entire community and driving educational diversity in the region,” Dr. Jack Kahn, acting superintendent and president, said.

According to the study, Palomar was one of just four of the region’s 10 community colleges to make the Top 100 list. The full results can be found at <https://diverseeducation.com/top100/pages/index.php>.

Submitted by Palomar College.

UDallas students named to fall 2019 dean’s list

IRVING, Texas – Nearly 500 University of Dallas undergraduate students were named to the fall 2019 dean’s list for earning a semester GPA of 3.5 or higher, including Teresa Brodak and Angela Allen of Fallbrook.

The University of Dallas, located in a metropolitan area of nearly 7 million people, is a leading Catholic university widely recognized for academic excellence by well-known publications, organizations and accrediting bodies.

Submitted by University of Dallas.

Enrique Gomez of Fallbrook named to the fall 2019 president’s list at Georgia State University

ATLANTA – Enrique Gomez of Fallbrook has been named to the fall 2019 president’s list at Georgia State University.

To be eligible for the president’s list, degree-seeking students must have earned a GPA of at least 4.0 for a minimum of nine semester hours of academic credit taken at Georgia State University during the fall or spring term with no incompletes for the semester. Eligible students must have a minimum GPA of 2.0 for all classes taken at Georgia State.

Georgia State University, an enterprising urban public research university, is a national leader in graduating students from widely diverse backgrounds.

Submitted by Georgia State University.

Neal named to dean’s list

TUSCALOOSA, Ala. – Ashlynn Paige Neal of Fallbrook was named to the University of Alabama dean’s list for fall 2019.

A total of 12,050 students enrolled during the 2019 fall term at University of Alabama were named to the dean’s list with an academic record of 3.5 or above or the president’s list with an academic record of 4.0.

The University of Alabama dean’s and president’s lists recognize full-time undergraduate students. The lists do not apply to graduate students or to undergraduate students who take less than a full course load.

The University of Alabama, the state’s oldest and largest public institution of higher education, is a student-centered research university that draws the best and brightest to an academic community committed to providing a premier undergraduate and graduate education.

Submitted by the University of Alabama.

the · village · beat

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

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Village News

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“Craig is a great massage therapist. His attention to detail and communication is really attentive. He gave me one of the best massages I’ve ever had and that’s a lot to say coming from me, because I’m pretty picky as I’m a massage therapist myself.” – Ashley Dabbas, Fallbrook

Craig Lozzi

Laurel Lozzi

Cesar Wilson Photography

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California Trout receives new grants to support recovery of steelhead and native trout in Southern California

SAN DIEGO – Nonprofit science, implementation and advocacy organization California Trout recently received significant grants to support regional efforts to recover steelhead and native trout populations in Southern California.

The grants will help recovery efforts for southern steelhead, an endangered fish that migrates between the ocean and freshwater; and will help protect native resident trout populations.

Two of the grants support construction of a new bridge on the Santa Margarita River, replacing the current aging structure that is a fish passage barrier.

Another grant funds the CalTrout-led South Coast Steelhead Coalition in San Diego, Orange and Riverside counties, whose mission is to implement the federal recovery plan for Southern steelhead. The fourth grant supports protection of at-risk native rainbow trout populations throughout Southern California

Southern California steelhead populations are in danger of extinction within the next 25-50 years due to human-caused threats such as major dams and fish passage barriers, urbanization, estuary alteration and the increasing frequency of wildfires and droughts.

Southern steelhead populations can survive in warmer water temperatures than their northern cousins, which makes saving this population segment particularly important in the era of climate change and warming waters. These fish are also key indicators of the health of a watershed because they use almost all parts of the river system and are sensitive to poor water quality, invasive species, fish passage barriers and dewatered stretches.

“The momentum is growing to recover steelhead and native trout populations in Southern California,” said Sandra Jacobson, Ph.D., CalTrout’s Southern California regional director. “These fish are endangered and are at record low numbers, but we remain optimistic they can survive with the right interventions. Ultimately, these large recovery efforts bring together many partners in the recognition that these restoration projects are mutually beneficial for wildlife and communities and will ultimately restore the rivers for all of us.”

\$2.6M toward Santa Margarita River Bridge replacement effort

A \$1.9 million grant from the Fisheries Restoration Grant Program of the California Department of Fish and Wildlife and a \$700K grant from CDFW Prop 1 will bring the Santa Margarita River bridge replacement project closer to completion. CalTrout is spearheading the construction phase.

The Sandia Creek Drive bridge, located where Sandia Creek flows into the Santa Margarita River near Fallbrook, currently blocks fish passage to 12 miles of upstream habitat. As a result, adult steelhead cannot reach their natal spawning grounds in the river’s headwaters.

Nearly the entire river corridor is protected from development through ownership of large tracts of land by the U.S. Marine Corps Base Camp Pendleton, San Diego State University and The Wildlands Conservancy.

Replacing this bridge removes the last remaining barrier on the main river to allow steelhead to repopulate the Santa Margarita watershed. Bridge replacement also builds upon the recently completed construction of fish passage structures downstream at Camp Pendleton.

The bridge currently creates a safety issue for local residents, recreationists and commuters traveling on Sandia Creek Drive. The bridge floods during heavy rains; in February 2019, the bridge was completely submerged by floodwaters.

The flooding makes it difficult for drivers to judge whether they can

safely cross under these dangerous conditions. The flooded bridge can also prevent first responders from reaching their destinations in a timely manner during fires and medical emergencies. The existing structure will be open for traffic while the new bridge is being built and will then be demolished.

NOAA and the South Coast Steelhead Coalition rank this bridge replacement as a high priority project. CalTrout hopes the new grant will spur additional funding from other sources. This project is one of two large fish passage projects receiving recent state grant support, the other one being further north at the I-5 Trabuco bridge array in the San Juan Creek watershed. More information about the project can be found at <https://caltrout.org/projects/santa-margarita-river-sandia-creek-fish-passage>.

\$300K for CalTrout’s management of Southern California Steelhead Coalition

CDFW’s Fisheries Restoration Grant Program has also renewed support for operation of the South Coast Steelhead Coalition under leadership by CalTrout. This grant for \$302,000 provides the needed funding to implement the Coalition’s strategic plan, which follows guidelines set out in NOAA’s National Marine Fisheries Service Southern Steelhead Recovery Plan.

Based in San Diego, the Coalition works to reestablish Southern California steelhead populations in high priority rivers. Much of their work involves balancing the needs of wild fish in urban landscapes. Project partners and funders are listed at <https://caltrout.org/projects/southern-steelhead-coalitions#impact>.

As Jacobson points out, “The Coalition’s projects chart a new path to integrate natural processes into urban landscapes — creating resource management solutions that support wildlife and communities. Our approach demonstrates that endangered species are not an inevitable consequence of development, but instead that ecology and urban infrastructure can coexist.”

CalTrout Executive Director Curtis Knight reinforces this idea of full-on action to prevent extinction of this species. “Southern steelhead are critically important fish as California’s climate heats up, because they can survive in warmer water than other steelhead populations. CalTrout is doing everything we can to bring these fish back from the brink of extinction.”

\$15K supports Trout Translocation Project

A separate \$15,000 grant from SoCal Edison will supplement funds of the Coalition grant to support a GIS-based project that identifies and prioritizes new, high-quality refugia habitat for small rainbow trout populations rescued from wildfire and drought conditions.

Rainbow trout are steelhead populations that have been cut off from access to the ocean, whether through natural or human-caused processes, and now reside exclusively in remote backcountry habitats in Southern California. Fires and droughts can quickly wipe out these small, isolated populations of native trout.

For example, the Holy Fire in August 2018, which burned 23,000 acres in Orange and Riverside counties, decimated the canyon habitat of one of the only remaining native rainbow trout populations in the area. The fish that survived the immediate effects of the fire were relocated by agencies to a regional hatchery for short-term safety.

Planning for the long term relocation of rescued rainbow trout is essential for their survival because there are so few populations left. The more native trout populations are stabilized in various geographies, the less the need for active intervention on an emergency basis.

see *TROUT*, page C-2



The Sandia Creek Drive bridge currently blocks fish passage to 12 miles of upstream habitat. As a result, adult steelhead cannot reach their natal spawning grounds in the river’s headwaters.



The Sandia Creek Drive bridge is located where Sandia Creek flows into the Santa Margarita River near Fallbrook.

Village News/Shane Gibson photos



Replacing this bridge removes the last remaining barrier on the main river to allow steelhead to repopulate the Santa Margarita watershed.



The bridge currently creates a safety issue for residents, recreationists and commuters traveling on Sandia Creek Drive during heavy rains.

REAL ESTATE AND HOME & GARDEN

Discover “The Old Farmer’s 2020 Almanac”

Roger Boddaert
Special to Village News

In 1792, Robert Thomas, founder of the “Farmer’s Almanac,” a bookseller, schoolteacher, and amateur astronomer living near Boston, Massachusetts, began a North American institution when he published the first issue of his “Farmer’s Almanac.”

The word “Old” was added in 1832. He soon distinguished his almanac from others, writing in one of the early issues, “we must strive he said to always be useful, with a pleasant degree of humor.”

This timeless formula has made “The Old Farmer’s Almanac” an indispensable reference for generations of readers.

It is a month by month information review on many assorted subjects:

- The annual garden guide from the assorted plant zones.
- Moon plantings for the garden throughout the year.
- Assorted old-time recipes like grandma used to make.
- Long-range weather forecast and understanding your planting zones.
- Romantic facts and fun to add to your life.
- The art of decluttering, time to thin and give away or recycle items of the day.
- Questions of the day and perhaps some answers, maybe?

- How to lose weight the simple way and eat healthier.
- How to pickle the overabundance of summer’s veggie garden.
- Romantic flowers to share with meanings of some flowers
- When to start seeds at different seasons in different plantings zones.
- Fascinating ideas that define our lives and the times we live in.
- DNA kits that help us to choose foods based on genetics.
- Edible flowers are everywhere to dine upon and outside in your garden.
- Gardeners are wanting to reduce their footprint; do you?
- 7.2 % average reduction in home energy use is due to trees; thanks trees.
- 52% of Americans use indoor plants to clean the interior of their homes.
- \$1 billion is the annual revenue of the dog-walking industry.
- While older collectors crave nostalgia, younger buyers seek simple technologies; line rotor phones/film cameras/manual typewriters, and View-Masters.
- Plants hanging on a piece of driftwood can be art in the home.
- The rise in minimalism, tiny homes, tiny furniture and clever storage ideas.
- Shoes with vibrating insoles to improve your balance.
- Falling asleep to movies of sheep grazing in a field and

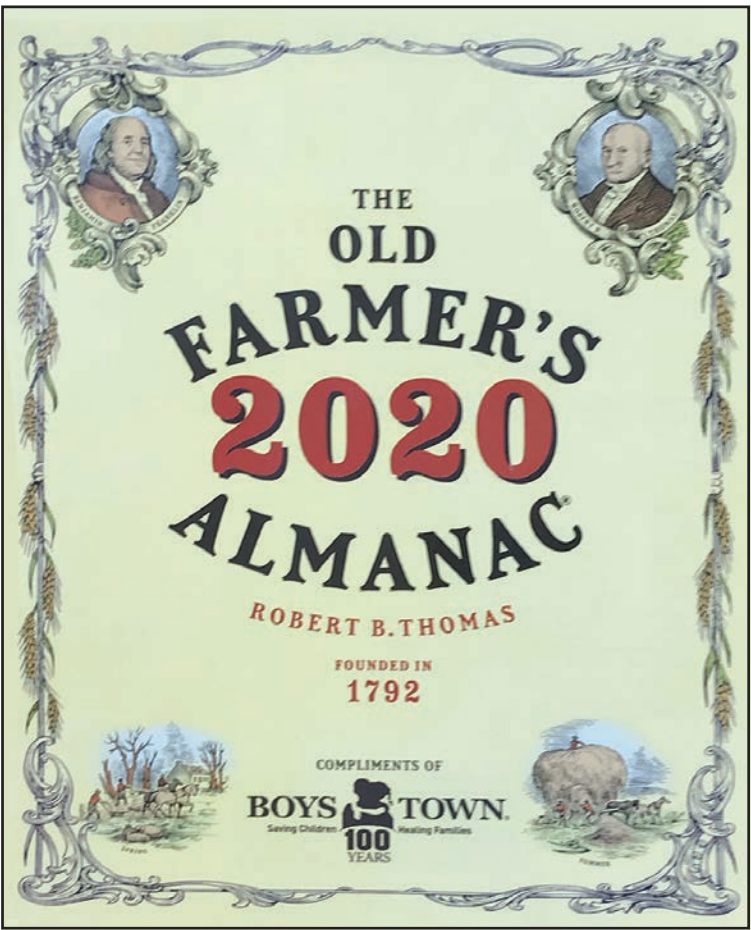
clouds in the sky.

- 94 % of the U.S. population has a recycling program available to them.
- Nature can be eco-therapy by just being outside and smelling the roses.
- Join the Green Revolution for a healthier earth...you can help.
- The ABCs of pickling asparagus, beets, corn and cucumbers.
- Raising goats, pigs, camels, and other animals and their benefits.
- How to make sausage at home with all the ingredients you’ll need.
- Sowing the seeds of veggies to feed your family and friends.
- How to milk a goat and then make some delicious homemade cheese.
- How to find your family tree and understand your heritage.

There are lots of laughs and cheer sprinkled throughout the pages of “The Old Farmer’s 2020 Almanac,” which has a wide range of subjects, fun, data, and just a way to have a wider perspective about what’s going on.

Perhaps, you’ll get a greater view of the world around you, so get a copy and broaden your horizons with a two-century-year-old accumulation of bits and pieces that have been used in the building of America and enjoy.

Every year a revision comes out with new information that you may use or not use, that’s the beauty of



“The Old Farmer’s Almanac,” for it’s a fun read and you can pass it along to others and have some discussions of subjects within, for it’s a good coffee table book to open up for new ideas and just to ponder.

Roger Boddaert creates beautiful and sustainable gardens in San Diego and can be reached at (760) 728-4297. Do your trees need help? Roger and his crew can aid in their preservation and artistic tree care.

TROUT

from page C-1

The “Finding Shelter for Rescued Native Trout in Southern California” project will use existing data to analyze streams in the region for their suitability as translocation sites for rescued trout. The analysis will consider factors such as trout occupancy and genetic lineage, fire history, proximity to springs, and water flow and temperature year-round.

be visited by scientists with the help of local volunteers from fly fishing clubs to verify their suitability. CalTrout aims to work closely with CDFW to identify 10 suitable sites where trout could be relocated under emergency conditions.

For more information about the rainbow trout project and for before-and-after images of a stream habitat affected by the Holy Fire, visit <https://caltrout.org/news/saving-the-rainbows-finding-shelter-for-rescued-native-trout-in-southern-california>.

Submitted by California Trout.

What to expect during a bathroom remodel

FALLBROOK – There are many reasons to renovate a home. Some homeowners purchase fixer-uppers and commit to making major renovations before they even move in, while others may renovate their homes with an eye on resale value. But many homeowners also take on renovation projects to make the homes more livable for themselves.

Bathroom renovations are popular projects. In fact, a 2018 survey from the National Association of Home Builders found that bathroom remodels are the most popular remodeling projects. But just because bathroom remodeling projects are popular doesn’t mean they’re easy to endure. Knowing what to expect during a bathroom remodel can help homeowners get through the renovation process.



Knowing what to expect during a bathroom remodel can help homeowners get through the renovation process. Village News/Courtesy photo

Cost

Bathroom remodeling projects can be expensive. According to Remodeling magazine’s “Cost vs. Value 2019” report, a midrange bathroom remodeling project cost an average of \$20,420 in 2019, while an upscale remodel cost just under \$64,000. Homeowners should develop budgets for their bathroom renovation projects to determine which type of project they can afford. In addition, setting aside a little extra money for overruns is a wise move that can help homeowners handle any unforeseen expenses that arise during the project.

Noise

Few home renovation projects can be undertaken quietly, and

bathroom renovations tend to generate a lot of noise. The noise can be difficult to overcome for professionals who work from home full-time, and it also can be hard on parents of young children who still nap and don’t yet go to school. Parents of young children may find it best to delay bathroom renovation projects until their children are school-aged and out of the house for most of the day on weekdays.

Mess

The debris generated by bathroom renovation projects is another thing homeowners must prepare for. In addition to preparing for the waste generated by the project, first-time renovators must realize that dust might be a big issue once the project begins. Dust can pose a threat to residents’ overall health, particularly the health of youngsters whose bodies haven’t yet fully developed. As a


result, parents of young children may want to schedule renovations during family vacations so their children are exposed to as little dust as possible.

Changes

Few renovations go off without a hitch. Once a project begins, contractors often uncover issues that weren’t noticeable to the naked eye. These issues may increase the cost of completing a project or force homeowners to change their plans to make the project stay as close to their budgets as possible. Recognizing that these decisions may have to be made on the fly can help homeowners feel more prepared when unexpected issues arise.

Bathroom renovation projects are worthwhile investments. Knowing what to expect during a bathroom renovation project can help homeowners handle all the twists and turns that may arise.

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County stands to get nearly \$10 million to address homelessness

José A. Álvarez
San Diego County Communications Office

The San Diego County Board of Supervisors voted Tuesday, Feb. 11, to let the county Health and Human Services Agency apply for and receive nearly \$10 million from state funds to address homelessness in the region.

The funding will come from the California Homeless Housing, Assistance and Prevention program grant. The county’s portion combined with funds going to other local agencies could bring the San Diego region a total \$43.3 million to house people experiencing homelessness and who have complex health needs.

“We’ve taken several steps over the last few years to address some of the root causes of homelessness, including increased funding for

programs,” Chairman Greg Cox said.

The county has demonstrated its commitment to using an integrated approach to improve the health and housing options of people experiencing homelessness and who have severe physical or behavioral health issues.

The county has been addressing the needs of people who are chronically homeless, through Project One for All, Whole Person Wellness and the Innovative Housing Trust Fund, among other actions.

HHAP funding may be used for a wide variety of activities including, but not limited to, rental assistance, workforce and other supports to retain housing and other innovative housing solutions and services.

The county Health and Human Services Agency will use these

funds for board-identified priorities to support homelessness prevention and intervention activities for vulnerable populations, such as foster youth and seniors.

If awarded and approved, HHSA will get about \$2 million during fiscal year 2019-2020 and another \$2 million in fiscal year 2020-2021. HHSA anticipates receiving \$9,996,652 in program funds through fiscal year 2024-2025.

The Feb. 11 vote also allows HHSA to apply for future funding opportunities related to addressing homelessness throughout the region. Securing homeless funds aligns with the county’s Live Well San Diego vision to improve the health and well-being of area residents by addressing the housing and service needs of people experiencing homelessness throughout the county.

Rangers’ picks: Instagram-worthy park spots



Mount Gower

Michelle Mowad
San Diego County Communications Office

San Diego County park rangers have selected 12 picture perfect parks for residents to visit. Each has a picturesque spot to find and document.

Some of the photo spots are easy to get to, like a trailhead. Others require an eagle eye and a few miles of trekking on moderate to hard trails. However, all are scenic.

Before hitting the trail, hikers should consider the difficulty of the hike, the weather and their own physical fitness level. No matter if they are a novice or looking for a new hiking challenge, hikers should bring plenty of water, dress properly, stay on marked trails and make sure to let someone know where they are hiking.

If they’re posting pics to social media, be sure to tag the county on Facebook, Twitter and Instagram.

These are the rangers’ picks for most Instagram-worthy parks to explore in 2020:

Wilderness Gardens, 14209 State Route 76, in Pala is open from 8 a.m. to 4 p.m. Thursday through Tuesday. It is closed Wednesdays and in August. The trails cover 4 miles of non-motorized multiuse trails with staging area, restrooms and picnic tables.

Located in the San Luis Rey River watershed, the 737-acre preserve was the first in the county system. It offers beautiful views and a variety of easy-to-moderate hiking trails without the chaos of large crowds.

To find the photo spot, take the Upper Meadow Trail 3.2 miles to a large grassy expanse with seasonal wildflowers. Also, look for the foundation of an old grist mill on the County Historic Resource Board’s list of historic places. The foundation is about 0.8 miles into the hike. Day-use parking is \$3. For more information, call (760) 742-1631.

Agua Caliente, 39555 Great Southern Overland Stage Route of 1849, in Julian is open from 9:30 a.m. to sunset, daily. The address is officially Julian, but it’s located at the base of the mountain, west of Anza-Borrego State Park. The trails cover 4 miles with campgrounds, cabins,

restrooms, three hot spring pools. Parking is \$3 with an additional fee for springs.

Agua Caliente is nestled in Anza Borrego Desert State Park about 100 miles east of San Diego. This park is popular during the winter months for both hiking and camping. On a clear night, the darkness also makes for great stargazing opportunities.

To find the photo spot, keep your eyes open for bighorn sheep as you walk along the Marsh Trail and snap a selfie about a half a mile in at a palm grove. The trees are sure to please. For more information call (760) 765-1188.

Mount Gower, 17090 Gunn Stage Road, in Ramona, is open from 8 a.m. to sunset, daily and is closed in August. The trails cover 8.92 miles of multiuse trails with a parking lot, staging area and restrooms.

Although hiking along the 8 miles of multiuse trails in this nearly 1,600-acre preserve is the most typical way to experience Mount Gower, the preserve is also very popular with equestrians and has a staging area.

To find the photo spot, take the challenging Mount Gower Ridge Trail to the summit, look for a granite boulder outcrop that mimic fangs. They are located around the 3-mile mark. Take a fangtastic photo. For more information, call (760) 788-3326.

Santa Ysabel East, 500 Farmer Road, in Julian is open from 8 a.m. to sunset, daily. The trails cover 20 miles of non-motorized multiuse trails across the East and West preserves with parking lot, staging area, portable restrooms, picnic tables, nearby Nature Center.

Hikers, cyclists and equestrians can enjoy an adventure within this combined 6,347-acre sanctuary. Go over the river and through the woods – there are miles of trails through both the east and west preserves including two loops that traverse through unique habitats.

To find the photo spot, from the Farmer Road Staging Area, hike 2.3 miles to the Kanaka Loop junction and turn right. Following the Coast to Crest Trail 1.5 miles to a picnic table shaded by a stately oak. Enjoy the views of Palomar Mountain to the north and Cuyamaca Peak to the south. Bring lunch and camera. For

more information, call (760) 765-4098 or (760) 814-0208.

Ramona Grasslands trailhead and staging area are on Highland Valley Road., just east of Archie Moore Road, in Ramona is open from 8 a.m. to sunset, daily. The trails cover 4 miles of non-motorized multiuse trails Staging area, portable restrooms, picnic tables and parking lot.

Nature lovers, rejoice. This biologically diverse preserve supports 23 butterfly species, 21 reptile species, six types of amphibians, 37 mammals, over a hundred types of birds and 408 plant species.

To find the photo spot, look for the usual animals shutterbugs might expect to see at a county park, but keep an eye out for the cattle that call the grasslands home. If you see one, move to the side of the trail, keep your distance and snap a pic. For more information, call (760) 788-3326.

Volcan Mountain Wilderness, 1209 Farmer Road at Wynola Road, in Julian is open from 8 a.m. to sunset, daily. The trails cover 5.4 miles, plus connections to numerous other trails with portable restrooms, picnic tables, benches and street parking.

Volcan Mountain Wilderness Preserve offers approximately 2,900 acres of mixed conifer forest. Hike to the summit for spectacular views from the desert to the coast. This roughly 5-mile round-trip hike is considered moderately difficult, with steep inclines.

To find the photo spot, stride through an art installation at the Volcan Mountain Preserve trailhead to start this pictorial hike. Then trek 2.5 miles up to a telescope and continue on for about a quarter of a mile to the historic Lightway Beacon Tower – used in the 1920s by airmail carriers. Take all the pictures. For more information call (760) 765-4098 or (760) 814-0208.

Heritage Park, 2454 Heritage Park Row, in San Diego is open from sunrise to sunset. There are no trails, instead enjoy the grassy lawn, restrooms, historic structures and parking lot.

This charming county park in Old Town San Diego features several restored Victorian homes and the



Agua Caliente Village News/Courtesy photo



Heritage Park

city’s first synagogue. The large lawn is a great place for a picnic or to bring takeout from a local restaurant.

At the photo spot, capture the history of Temple Beth Israel and its well-preserved 1800s-era style architecture. For more information, call (619) 232-7275.

Los Peñasquitos Canyon, 12020 Black Mountain Road, in San Diego is open from 8 a.m. to sunset, daily. The trails cover 12 miles with staging area, community garden, Americans with Disabilities Act accessible restroom, event space, historic adobe ranch house and parking lot.

This 3,700-acre preserve also connects to an historic adobe ranch house featuring a museum, community garden and small collection of farm animals.

When visiting the photo spot, visitors may see a small waterfall at the west end of the preserve. Just follow the easy 6.8-mile Los Peñasquitos Canyon loop trail. Snap a pic at the falls. Also, stop by to meet to two goats with big personalities. Popcorn and Base, who have their own Instagram account, are in a pen near the adobe. For more information, call (858) 484-7504.

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New Listing



Fallbrook

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Team Gallegos Rudy & Sandy 760-985-9600

New Listing



Fallbrook

1953 Westview Road
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Virginia Gissing 949-292-2850

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New Reduction



Fallbrook

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Real Estate Round-Up: Signs, signs, signs



Kim Murphy
*Murphy & Murphy Southern
California Realty*

Last week I had the opportunity to be part of a group to discuss signage in Fallbrook. It seems to be that whenever we're in an election cycle, the proliferation of signs, seems to be overwhelming, almost to the point of annoying.

Although Fallbrook has sign guidelines, political signs are exempt from those guidelines. This year, because of California's early primary, we will probably be looking at the current signs, plus additional signage, up and through November. That's not a pleasant thought, but it is what it is.

There are other signs that seem to be creeping into the landscape of our town that are equally annoying and they are the "feather" banners. From the perspective of the merchant, these banners/flags, do exactly what they were created to do. Catch your eye! They are tall, they wave in the wind and they are colorful. The only thing is, they are not allowed in Fallbrook.

Other signs that I personally care about are real estate signs. I have received many questions over the years about the signs that real estate licensees post. Mostly I hear about them when a resident is offended by their presence in a particular location, or when there are many signs posted at the exact same intersection.

Real estate licensees, not just Realtors, who list a property for sale are permitted to post a sign at the listed property. They are also permitted to post "directional" signs, with the permission of the landowners of those properties. They are also permitted to post signs along county-maintained roads, if they adhere to the set back requirements and do not impair vision for ingress and egress to the county road. Some homeowner associations have additional guidelines that must be adhered to that restrict location or size of the signs.

As the Realtor charged with representing a client to sell their

property, depending on where that property is located, a sign can be a very useful marketing tool. In conjunction with a complete marketing plan, a sign is just one part of the overall plan. If a property is along a well-traveled road, a sign is great advertising.

If a property is tucked away, down one of Fallbrook's quaint country roads, a sign at the property, plus a directional helps out-of-area buyers and their Realtors find the property. Believe it or not, GPS still does not work everywhere in Fallbrook.

Fallbrook is a funny place. Sometimes we find our signs removed or pushed over, even though we have permission to post them. Sometimes we find our signs with shotgun holes through the middle of them or graffiti across them. It is a delicate balance we keep, trying to market property to interested buyers and stay within the guidelines of what is visually acceptable.

I can assure you that Realtors don't want to annoy the residents, but they do want to do everything they can to help the sellers, who have hired them to sell their home, sell it. A sign is one part of the marketing.

Professionally, the biggest offense I see are the signs that are posted that are illegal. All real estate signs, except for generic "for sale" or "open house" signs are required by law to have the broker's name on the sign, at least as large as the agent's name.

The broker or agent's phone number must also be on the sign. This law was passed so that the public could reach the responsible party if a sign is in question or an offense has been made.

This law and the required placement of signs applies to all licensees, not just Realtors. So, the next time you see a sign that you believe does not meet the standards above, due to placement or identification, call the number on the sign before you remove it. You might be surprised to find out that the licensee did get permission to post or that they were unaware of the law.

Speaking for Murphy and Murphy, we seek to find the balance between serving our clients' needs and keeping Fallbrook tidy. Hopefully, this article will clear up any confusion regarding signs. One day, you too may be selling your home and you will want your Realtor to utilize every marketing tool available to them, within the law.

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

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Fallbrook girls basketball seeded No. 7 in CIF Div. 3



Fallbrook Lady Warrior Elley Ahrend shoots a jump shot against a Mission Vista during the Feb. 14 varsity girls basketball game.

Jeff Pack
Staff Writer

Fallbrook High’s varsity girls basketball team was seeded No. 7 in the CIF San Diego Section Division 3 CIF Playoffs and were slated to host a first-round playoff game Wednesday, Feb. 19, after press deadline.

The Warriors were matched up with No. 10 seeded Madison and if they won, would go on to play the winner of No. 2 Helix and No. 10 Mar Vista.

Depending on how things shook out, the Warriors would go on the road to face Helix or stay home to take on Mar Vista Saturday, Feb. 22, in a quarterfinal matchup.

Head coach Jessica Ramirez’ Warriors finished with a 17-10 overall record while posting a 6-4 Valley League record, good enough for third place in the league.

The Warriors entered the postseason coming off a 58-43 loss Friday, Feb. 14, to league champion Mission Vista who ran the table in the Valley League going 10-0 and earning a No. 5 seed in the Division 2 playoffs.

The Warriors fell behind early, trailing 13-6 at the end of the first quarter and 30-20 at the half. The Timberwolves extended their lead to 15 points by the end of the third quarter and each team scored 13 in the final frame to end the scoring.

On Tuesday, Feb. 11, the Warriors avenged an early league season loss to San Pasqual by flipping the score on the Golden Eagles with a 54-48 win on the road.

The Warriors lost the first matchup 64-56 at home Jan. 21 and Ramirez’ team has shown improvement since then, winning four of their last seven games.

Though they trailed early, the Warriors exploded for 18 second quarter points while limiting the home team to just 6. Leading 29-18 at the half, the Warriors poured in 15 points in the third and led 44-32 heading into the final frame.

San Pasqual came out firing, scoring 16 in the fourth, but the Warriors tacked on another 10 to come away with the 6-point win.

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



Fallbrook’s Kate Calhoun shoots a 3-pointer against Mission Vista. The Lady Warriors lost the game 58-43. Village News/Shane Gibson photo



Lady Warrior Naiya Kurnik dribbles past Mission Vista. Fallbrook lost the varsity girls basketball game, 58-43.



Lady Warriors Elley Ahrend, left, and Kate Calhoun battle Mission Vista opponents for possession of the ball.



Lady Warrior Juliana Blas dribbles the ball against a Mission Vista opponent.



Lady Warrior Taylor Evans takes a shot attempt against Mission Vista.

SPORTS

Bonsall High Basketball ends season with five wins



Bonsall High School senior Tyler Harmer goes up for a layup while playing a home game against Ocean View Christian High School. Village News/Heather Holdo photos



Legionnaire Billy Rahman stands under the basket along with two Ocean View High School Patriots as he waits for a rebound.

Heather Holdo and Sara Barclay
Interns

The Bonsall High School boys’ basketball team has been on a roll with a five-game win streak this winter, contributing to their current record of 12 wins and 11 losses so far.

The Legionnaires played against the Coastal Academy Stingrays Feb. 11 in their highest scoring win of the season with 75-32. The game was also the boys’ senior night, celebrating graduating teammates and co-captains Hunter Robillard, Tyler Harmer and Blou Diaz.

Before the start of the game, the seniors walked down the court with their parents. The players each received a plaque from Coach Chuck Colletti for their efforts on the team, while their mothers were given a rose by the underclassmen.

During the game, the team played strongly, working together well to pass the ball and scoring many points from layups and three-pointers. The following night, Bonsall played another home game against San Pasqual Academy and after that night was a third game at Borrego Springs High School. Again, the team demonstrated their team work by

winning each game, scoring 73 points and 57 points, respectively.

With the boys’ last three games being consecutively night after night, they played tirelessly and persevered each day to bring their best effort to the games.

Harmer said, “The last three games were important for us to have a shot at playoffs, so as a team, we all put in the hard work and made sure we got it done. We had lots of highlights, including several nice passes and good team play.

“At the start of the season, we were very sloppy and our team play was bad. We just didn’t play well and had poor morale. Now, at the end of the season, we’ve been killing it and playing excellent team basketball, which has resulted in high morale and hopes for playoffs,” he said.

Though the last three games were important, every game throughout the season made a difference to the players.

“Two games that really stand out to me were at home against Bayfront Charter and Chula Vista Learning Community Charter. Bayfront had previously beat us by double digits and we played hard and played together and we blew them out,” Robillard said. “We were great on both ends, but our

defense was exceptional. Chula Vista is a team that took our league championship and playoff chances away last year, so when we played them at home, I was extremely happy to beat them by 16.”

Bonsall High’s Legionnaires, ranked 17th in the San Diego Section Division 5 rankings, will not be participating in this year’s playoffs, as the CIF board decided Feb. 15 that only the top 12 teams would be eligible.

Despite this, the team is proud of what they were able to accomplish.

“This team played harder and more together than in the previous years,” Robillard said. “We were more of a unit and a brotherhood. Knowing it’s my last year, I think it was important for me to enjoy all the ups and downs and have fun with the team.”

Harmer also reflected on his time as a part of the basketball team during this season.

“Being a senior has made me appreciate it more and want to put more time into it,” he said. “Everyone on our team was an important piece and without this great team, our success would never have happened.”

Heather Holdo and Sara Barclay can be reached by email at villagestaff@reedermedia.com.



The Ocean View High School Patriots rush to block freshman Zachary Jordan as he prepares to shoot the ball.

Flores takes over as Warriors’ gymnastics coach



New Fallbrook High School gymnastics coach Haley Flores, center, prepares her team for the 2020 team during a high beam practice, Feb. 17. Village News/Shane Gibson photo



Lady Warrior gymnast Ashley Evans practices on the high beam during a practice before the start of the 2020 season.



Fallbrook Lady Warrior gymnasts, from left, Danielle Garcia, Ashley Evans and Dara Denton, wait for a turn on the high beam during a preseason practice.



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Joe Naiman
Village News reporter

Last year Haley Flores was the captain for Fallbrook High School’s gymnastics team. This year Flores will be the Warriors’ coach.

“I’m just really excited,” Flores said. “I just want to be a part of the community and a good role model.”

Flores, who attended Frazier Elementary School and Potter Junior High School before her years as a Fallbrook High School student, began competing with the Fallbrook Gymnastics Club when she was five. She continued with the Fallbrook Gymnastics Club until she was 17 before joining the high school team for her senior year. Flores was a level 6 gymnast during the conclusion of her competition career, and she also coached at the Fallbrook Gymnastics Club for three years.

Sarah Engebretson graduated from Fallbrook High School in

2014 and had been a coach or co-coach for the Warriors’ gymnastics team from 2015 to 2019.

“She picked me as captain last year,” Flores said.

Engebretson also asked whether Flores was interested in becoming Engebretson’s assistant for 2020 if Engebretson returned as the Warriors’ head coach. Engebretson is currently in her final year at California State University San

Marcos and decided not to return as Fallbrook’s coach. “She asked me to take over,” Flores said.

The Warriors’ first meet of the year will be held March 13 at Mount Carmel High School. Fallbrook’s only home meet of 2020 will be April 22.

Joe Naiman can be reached by email at jnaiman@reedermedia.com.

Warriors girls' rugby finishes regular season undefeated

Jeff Pack
Staff Writer

Though they haven't faced much competition this season, the Fallbrook High School girls' varsity rugby team finished the fall-winter season undefeated in four contests and will play in the Southern California championship match Saturday, Feb. 22.

The Warriors earned their spot in the championship game by defeating visiting Torrey Pines High School 111-0 Friday, Feb. 14, at Fallbrook.

Senior Abbey Savin led the Warriors with five tries on the day and one conversion kick, and sophomore Tiahna Padilla added four more tries for the Warriors who led 53-0 at halftime.

Sophomore Jordan Duncan added three tries, Analiese Dalton scored two and Liberty Benitez, Julia Tippin, Shelby Tippin and Brianna Beath each scored once

for the Warriors.

"She ran well with the ball, strong and fast running into space," head coach Craig Pinnell said of Beath who was named Rugby Girl for the match.

Julia Tippin converted two kicks, her sister Shelby Tippin converted four, Grace Cockcroft and Beath both converted one each.

Benitez added a drop goal to her scoring tally.

The Warriors did not allow either Rancho Bernardo or Torrey Pines to score against them in all four of the regular season matches.

Fallbrook Girls Rugby Club is accepting signups and registration for the upcoming club season which kicks off at the end of the month. For more information, email fallbrookgirlswarriorrugby@gmail.com.

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



Village News/Jeff Pack photo



Shelby Tippin races through defenders.



Julia Tippin fends off a defender.

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The Fulbrook/Bonsall
Village News

Brown third at JV County Championships meet

Joe Naiman
Village News reporter

Alex Brown placed third in his weight division at the Junior Varisty County Championships wrestling meet Feb. 8 at Mount Carmel High School, and three other Fallbrook grapplers placed among the top eight in their weight classes.

"I'm very proud of all these kids," Fallbrook head coach Cristian Vera said.

Fallbrook had five competitors at the JV County Championships. Two of the Warriors' junior varsity wrestlers were ill that day and one other was participating in

the Skills USA industrial arts competition.

"Four of the five did, in my opinion, exceptionally well," Vera said.

The tournament had a double-elimination format after the first round, but any wrestler who lost in the first round was not able to compete in a subsequent match. A wrestler can compete in the weight class immediately above what he scales but cannot compete in a lower weight bracket and since the Warriors had two wrestlers who scaled for the 120-pound bracket Vera moved 119-pound sophomore Zane Greene to the 126-pound division.

“He was definitely a little undersized for the weight class,” Vera said.

Greene lost in the first round but by decision rather than by pin.

The Junior Varsity County Championships gave medals to the top six in each weight class, so the three Fallbrook wrestlers who placed in the top eight all lost in the round whose winner was assured of a medal. Marco Arias Jr. competed in the 120-pound bracket, Nik Allen was Fallbrook's 145-pound wrestler and Brian Greenwood was the Warriors' 152-pound representative. All are sophomores.

Brown is also a sophomore. He wrestled at 113 pounds. Feb. 8.

"He had a pretty dominant run up until the semifinal match," Vera said.

In the semifinal match Brown's Poway High School counterpart won a 14-2 major decision.

"He did everything that he could," Vera said of Brown.

Brown won the third-place match.

Joe Naiman can be reached by email at jnaiman@reedermedia.com.



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OBITUARIES



Robert Lee Crouch died Jan. 6, 2020, in Westminster, Colorado, with his family around him. He had several health issues for years that finally overwhelmed his immune system. He fought a long battle with a positive, strong attitude and never gave up. Bob was born Feb. 10, 1944, at Camp Rucker, Alabama, to Clifford and Leona Crouch. He graduated from Olney High School in Ohio and entered the Army. After his basic training, he was assigned to the first attachment to

the Green Berets Psychological Warfare Unit during the Vietnam War. Bob was a proud veteran of the United States Army and believed in God, family and country. He was a computer numerical control machinist, before becoming a handyman and starting his own successful handyman business. He was very talented and could fix or build anything with ease. Bob enjoyed classic cars and joined OCVettes Club after buying a 1962 Corvette. He said “Cars were for driving not storing,” and that’s exactly what he did. He drove Route 66 to and from Chicago to Los Angeles a few times, plus many other trips. He was also a long time Angels baseball and Bronco fan. After moving to Fallbrook, he added a garage with crown molding for the Corvette and his wife Judy’s 1963 Nova with a workshop in the back. Bob landscaped the yards with walking paths, numerous plants, bushes and built a butterfly house. He enjoyed activities with Fallbrook Newcomers and Encore clubs,

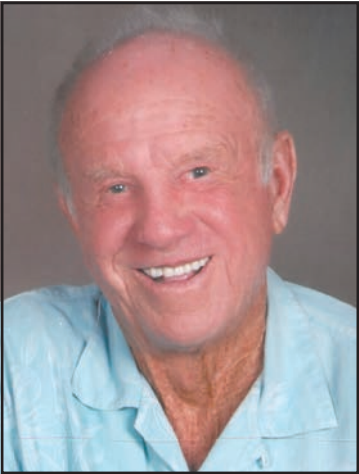
especially playing Hand and Foot with his many friends. Married for almost 52 years to his beloved wife, Judy, he was father of twin daughters, Paula Cerna and Renea Sloan. He also leaves behind son-in-law Leon Cerna; granddaughters, Eva Sloan and Parker Cerna as well as brothers Cliff, Jim, Ray; sister Angela and many nephews and nieces. Bob will be buried with military honors at Miramar National Cemetery in San Diego Friday, Feb. 28. Guests are asked to please check-in at 1:15 p.m. in Lane 2 for his 1:30 p.m. Committal Service. After the service, join the family to honor Bob at Green Flash Brewing Company, 6440 Mira Mesa Boulevard, in San Diego. There will be a Celebration of Life held Saturday, Feb. 29, at 11 a.m. at Christ the King Lutheran Church in Fallbrook. In loving memory of Bob, guests are invited to wear Angel baseball, Denver Broncos or vintage car apparel to the Celebration of Life service.



Robert Flaxbeard, beloved brother, father, grandfather and great-grandfather died Dec. 11, 2019, at the age of 97. Bob was born in Council Bluffs, Iowa, in 1922, the second of four children. After graduating from high school in 1940, Bob enrolled at Iowa State University where his college education was cut short with the outbreak of World War II. Bob enlisted in the Army Air Forces in 1942. After completion of his military service, he returned to Iowa where he met his wife, Patricia Johnson of Omaha, Nebraska. They married in 1948, and Bob resumed his college

education, earning his bachelor’s degree in chemical engineering from Iowa State University. Upon graduation from college, Bob and Patricia relocated to California. In 1954, they bought a home in Whittier, California, where they raised their three children, Dan, Judy and David. Bob was employed, in what would become a 30-year career, at Union 76 corporate headquarters in downtown Los Angeles. In 1981, after 33 years of marriage, Bob’s wife, Patricia died. In 1984, Bob met and married Claire Dwyer. Now retired, Bob and Claire relocated to Fallbrook, California. With a shared love for community service, golf, dancing, crossword puzzles and board games, all centered around their strong Catholic faith, Bob and Claire became active members at St. Peter the Apostle Catholic Church in Fallbrook. Bob became a Knights of Columbus member who enjoyed volunteering his time for the church community. In 2004, after 20 years of marriage, Bob’s second wife Claire died. Bob remained active in the church for the next several years.

Bob was preceded in death by his first wife Patricia, his second wife Claire and his oldest son, Daniel. He is survived by his siblings, children, grandchildren and great-grandchildren. Bob will be remembered as a loyal friend, loving relative and devout Catholic. Bob’s ashes will be interred at San Luis Rey Mission. His memorial mass is set for Saturday, Feb. 29, at St. Peter the Apostle Catholic Church at noon. In lieu of flowers, donations can be made to The Alzheimer’s Association at www.alz.org.



A Celebration of Life for **Gary Hardcastle Johnson** will be held Saturday, Feb. 29, at 1 p.m. at the Fallbrook United Methodist Church, 1844 Winterhaven Road in Fallbrook.

SHERIFF’S LOG

Feb. 10	
Pala Rd @ Old Highway 395	Arrest: Credit card fraud, outstanding felony warrant
700 block Stewart Canyon Rd	Vehicle theft
2500 block Olive Hill Rd	Grand theft
600 block Hilbert Dr	Arrest: Domestic abuse
35900 block Rice Canyon Rd	Burglary
Feb. 11	
1000 block S. Mission Rd	Arrest: Possession of controlled substance paraphernalia
31100 block Old River	Arrest: Domestic battery, outstanding felony warrant
200 block E. Fallbrook St	Vehicle theft
400 block Alturas Rd	Arrest: Obstructing an officer
1200 block Palomares Ct	Petty theft
200 block Pippin Dr	Arrest: Violation of court order
1900 block Rainbow Valley Blvd	Burglary
1600 block Tecalote Dr	Grand theft
300 block E. Alvarado St	Found narcotics
Feb. 12	
2100 block S. Stage Coach Ln	Arrest: Outstanding felony warrant
2100 block S Stage Coach Ln	Arest: Battery
Horse Ranch Creek Rd @ Pala Rd	Petty theft
Feb. 13	
600 block S. Main Ave	Arrest: Possession of controlled substance paraphernalia
100 block W. College St	Petty theft
Main Ave @ College St	Arrest: Outstanding misdemeanor warrant
1000 block E. Mission Rd	Shoplifting
Feb. 15	
500 block Stewart Canyon Rd	Death
2700 block S. Mission Rd	Arrest: Battery
Feb. 16	
300 block W. Clemmens Ln	Arrest: Domestic battery
500 block Ammunition Rd	Spousal abuse
600 block E. Elder St	Missing adult
Feb. 17	
1200 block S. Mission Rd	Vandalism
800 block Morro Rd	Arrest: Assault with a deadly weapon
Feb. 18	
4700 block Via Tala	Arrest: Juvenile curfew violation

CLASSIFIEDS

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Wine Country Events Calendar

FRIDAY, FEB. 21	
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
2:30-6:30 p.m.	Live Music, Mike Vicari, Wilson Creek Winery
3-5:30 p.m.	Happy Hour, Vineyard Rose, South Coast Winery
3-6 p.m.	Live Music, Travis Thomas, Avensole Winery
5:30-7:30 p.m.	Live Music, Carlson and Clark, Callaway Winery
5-8 p.m.	Live Music, Tim Apple, Cougar Vineyard and Winery
6-9 p.m.	Live Music, Mickie Arnett, Miramonte Winery
6-9 p.m.	Live Music, Groov Underground, Lorimar Winery
6-9 p.m.	Live Music, John Rankin, Lorimar Winery in Old Town Temecula
6-10 p.m.	Live Music, Pulp Vixen, Bel Vino Winery
SATURDAY, FEB. 22	
11 a.m. to 5 p.m.	Craft Faire, Maurice Car'rie Winery
Noon to 4 p.m.	Live Music, Michael LeClerc, Wilson Creek Winery
Noon to 4 p.m.	Live Music, Full Effect, Bel Vino Winery
Noon to 4 p.m.	Live Music, Jemeia Hope, Masia de la Vinya
12:30-3 p.m.	Live Music, Charles Sacayan, Carol's Restaurant at Baily Winery
1-3:30 p.m.	Live Music, Aleks in Stereo, Danza del Sol Winery
1-4 p.m.	Live Music, Sam Bybee, Avensole Winery
1-4 p.m.	Live Music, Inn at Churon Winery
1-5 p.m.	Live Music, Don Johnson, Fazeli Cellars
3:30-5:30 p.m.	Happy Hour, Vineyard Rose, South Coast Winery
4-7 p.m.	Bridal Show, Europa Village
6-9 p.m.	Live Music, Indica Roots, Miramonte Winery
6-9 p.m.	Live Music, Shea Givens, Avensole Winery
6-9 p.m.	Live Music, Old School, Lorimar Winery
6-9 p.m.	Live Music, Jimmy Hewitt, Lorimar Winery in Old Town Temecula
SUNDAY, FEB. 23	
11 a.m. to 2 p.m.	Brunch Specials at Meritage Restaurant, Callaway Winery
11 a.m. to 5 p.m.	Craft Faire, Maurice Car'rie Winery
11:30 a.m. to 2:30 p.m.	Dog Day Sundays, Carol's Restaurant at Baily Winery
Noon to 4 p.m.	Live Music, Shoot 4 Tuesday, Bel Vino Winery
1-4 p.m.	Live Music, Ian Kauffman, Europa Village
1-4 p.m.	Live Music, John Lowery, Avensole Winery
1-4 p.m.	Live Music, OC3, Lorimar Winery
1-4 p.m.	Live Music, Inn at Churon Winery
1-5 p.m.	Live Music, Justin Paul Sanders, Fazeli Cellars
2-5 p.m.	Live Music, Don Brennan, Cougar Vineyard and Winery
3:30-5:30 p.m.	Happy Hour, South Coast Winery
3-6 p.m.	Live Music, Willy Wilfax, Lorimar Winery in Old Town Temecula
UPCOMING	
Feb. 26 is Cougar Winery's Gnocchetti Workshop from 5-7 p.m.	
Feb. 29 is Danza del Sol's Blind Tasting for Leap Day at 3 p.m.	
March 7 is Masia de la Vinya's Ole: Tapas and Vino from 3-5 p.m.	

What to expect in Temecula Wine Country in 2020



The experts say that a good growth year ahead and several good years in the recent past means wine quality in Temecula Wine Country will continue to grow and develop in 2020. Valley News/Jeff Pack photos

Jeff Pack
Staff Writer

As the weather begins to warm and the vines begin to come alive again, it's a good time to talk about what wine drinkers can expect in wine trends and get some insight into what the region's experts are seeing.

South Coast Winery Master Winemaker Jon McPherson said he sees a lot of positives heading into the spring season, despite the recent dry spell.

"2020 looks to be a good year with respect to the growing season," he said. "We need another 5-8 inches of rain, March looks to be a wet month (according to NOAA), but we will see. We are coming off a large 2019 harvest, so there is a surplus in some quarters."

Reporting from the lab at South Coast, McPherson can't wait to release some wine he's been aging in barrels.

"The 2019 whites and roses are looking very promising," he said. "Reds in barrel show good structure with solid character. The 2017 and 2018 reds that are looking to be bottled are very solid. 2017 was a good year."

McPherson picked out some specific varietals he thinks wine drinkers should look for when they visit South Coast.

"We have a Verdelho and a Reserve Pinot Grigio from 2019 that are stellar," he said. "Not to mention a Grenache Blanc. The 2017 WHP Cabernet is exceptional. Our 17s are going to be noteworthy for sure."



Cougar Vineyard and Winery owner Jennifer Buffington says other local wineries are beginning to try out new varietals, which she believes is a good thing.

He offered some tips on what's happening in the marketplace.

"Wine drinkers should realize that prices may be dropping, wine quality is soaring," McPherson said. "There is a statewide surplus, so many appellations will be discounting to empty tanks."

That's good news for wine drinkers, for sure.

Cougar Vineyard and Winery owner Jennifer Buffington had some similar takes, especially the quality of the 2017 grapes.

"The 2019 white wines will be superior because of the rains last year," she said. "Hopefully we get more rains in 2020 so the grapes will also benefit from the leaching of the salts from the soil. The reds we are releasing from 2017 are also wonderful as that was a good year for rain too."

Buffington said she has noticed some changes in the region.

"I am noticing that more wineries in Temecula are stepping outside the comfort zone and embracing less-known varietals as we do," she said.

She said wine drinkers should be open to stepping outside their comfort zones.

"Rare varietals are being released," Buffington said. "They won't last long, so don't hesitate to try and buy."

At Cougar, that's what they are known for, and she said they have some exciting products coming out this year. She said strong varietals to taste this year include Montepulciano and Negroamaro. "We're all about rare varietals at Cougar," she said. "We will release our first Brachetto in a couple of years soon. Also, we released our Fiano recently. It's been over five years since we've had a Greco di Tufo, we have outside of our local wine country, the industry as a whole is a fascinating one and while some of the recent trends will continue to grow, some pundits believe a return to tradition is on the way."

According to California Wine Advisor, classic wines are coming back.

"While 'weird' and esoteric wines have dominated recently, there is now a definitive swing back to exploring classic wines; wine-drinkers are familiarizing or re-familiarizing themselves with the wine regions which have for centuries made benchmark wines of consistent style and quality," they reported.

Decanter's Andrew Jefford's take on the future of wine this



South Coast Winery Master Winemaker Jon McPherson says that while the price of wine may be dropping, the quality is getting better year after year.

decade dealt more with the carbon footprint of the wine industry.

"The existing carbon footprint of wine is unsustainable, assuming you're not living in a wine-producing area and filling your own jugs from a tank at your local cooperative," he said. "Glass production and wine transport account for 68% of wine's carbon footprint: it is in these areas that decarbonization is most urgent. No single action would make more difference in the wine world than the swift adoption of bottles like this for every wine designed to be drunk on purchase (most wine, in other words), assuming strict recycling disciplines are followed."

And then there is the issue of global warming, which winemakers all over the Temecula Valley are constantly monitoring and making adjustments for.

Also expected to disappear are words like "natural" from the description of wines, mostly because there are no benchmarks for what natural wine is.

"Instead, producers such as Nathan Kendall (Finger Lakes, New York), Ridge Vineyards (Sonoma County), and La Violette (Great Southern, Western Australia) are increasingly using phrases like 'minimal-intervention,' 'non-invasive,' and 'low-fi' winemaking as these terms offer slightly more specific descriptions of the process," VinePair said. "Crucially, these terms also distance bottles from the funky, often technically flawed wines that have become associated with the 'natural' category."

The experts also said that rose will continue its rise and begin to be seen as a more serious wine; that people should expect to see more wine in cans, even if nobody can figure out why they are so expensive and hard seltzers aren't going away anytime soon.

They also mentioned what looks like a rise in the no- and low-alcohol market.

Where's the fun in that?

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

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NATIONAL

Boy Scouts file for bankruptcy due to sex-abuse lawsuits



This July 8, 1937, file photo, President Franklin D. Roosevelt stops briefly to pin an Eagle Badge, highest honor of “Scoutdom” on the chest of Franklyn C. St. John, 17, of Poughkeepsie, New York, at the jamboree camp in Washington.

David Crary
AP National Writer

Barraged by hundreds of sex-abuse lawsuits, the Boy Scouts of America filed for bankruptcy protection Tuesday, Feb. 18, in hopes of working out a potentially mammoth victim compensation plan that will allow the hallowed, 110-year-old organization to carry on.

The Chapter 11 filing in federal bankruptcy court in Wilmington, Delaware, sets in motion what could be one of the biggest, most complex bankruptcies ever seen. Scores of lawyers are seeking settlements on behalf of several thousand men who said they were molested as Scouts by Scoutmasters or other leaders decades ago but are only now eligible to sue because of recent changes in their states’ statute-of-limitations laws.

By going to bankruptcy court, the Boys Scouts can put those lawsuits on hold for now. But ultimately, they could be forced to sell off some of their vast property holdings, including campgrounds and hiking trails, to raise money for a compensation trust fund that could surpass a billion dollars.

The bankruptcy petition listed the Boy Scouts’ assets as between \$1 billion and \$10 billion, and its liabilities at \$500 million to \$1 billion.

“Scouting programs will continue throughout this process and for many years to come,” the Boy Scouts said in a statement. “Local councils are not filing for bankruptcy because they are legally separate and distinct organizations.”

The Boy Scouts are just the latest major American institution to face a heavy price over sexual abuse. Roman Catholic dioceses across the country and schools such as Penn State and Michigan State have paid out hundreds of millions of dollars in recent years.

The bankruptcy represents a painful turn for an organization that has been a pillar of American civic life for generations and a training ground for future leaders. Achieving the rank of Eagle Scout has long been a proud accomplishment that politicians, business leaders, astronauts and others put on their resumes and in their official biographies.

The Boy Scouts’ finances have been strained in recent years by declining membership and sex-abuse settlements.

The number of youths taking part in scouting has dropped below 2 million, down from more than 4 million in peak years of the 1970s. The organization has tried to counter the decline by admitting girls, but its membership rolls took a big hit Jan. 1 when The Church of Jesus Christ of Latter-day Saints – for decades a major sponsor of Boy Scout units – cut ties and withdrew more than 400,000 Scouts in favor of programs of its own.

The financial outlook had worsened last year after New York, Arizona, New Jersey and California passed laws making it easier for victims of long-ago abuse to file claims. Teams of lawyers across the U.S. have been signing up clients by the hundreds to sue the Boy Scouts.

Most of the newly surfacing cases date to the 1960s, 70s and 80s; the organization said there were only five known abuse victims in 2018. The Boy Scouts credit the change to an array of prevention policies adopted since the mid-1980s, including mandatory criminal background checks and abuse-prevention training for all staff and

volunteers, and a rule that two or more adult leaders be present during all activities.

“We are outraged that there have been times when individuals took advantage of our programs to harm innocent children,” Roger Mosby, the BSA’s president and CEO, said. “While we know nothing can undo the tragic abuse that victims suffered, we believe the Chapter 11 process, with the proposed trust structure, will provide equitable compensation to all victims while maintaining the BSA’s important mission.”

In many ways, the crisis parallels the one facing the Catholic Church in the U.S. Both institutions boast of major progress over recent decades in combating abuse, whether by priests or Scout leaders, but both face many lawsuits alleging negligence and cover-ups, mostly decades ago.

Among the matters to be addressed in bankruptcy court: the fate of the Boy Scouts’ assets; the extent to which the organization’s insurance will help cover compensation and whether the victims’ lawyers will seek to add to the fund the assets of the Scouts’ more than 260 local councils.

“There are a lot of very angry, resentful men out there who will not allow the Boy Scouts to get away without saying what all their assets are,” lawyer Paul Mones, who represents numerous clients suing the BSA, said. “They want no stone unturned.”

Amid the crush of lawsuits, the Scouts recently mortgaged the major properties owned by the national leadership, including the headquarters in Irving, Texas, and the 140,000-acre Philmont Ranch in New Mexico, to help secure a line of credit.

Founded in 1910, the Boy Scouts have kept confidential files since the 1920s listing staff and volunteers implicated in sexual abuse for the avowed purpose of keeping predators away from youth. According to a court deposition, the files as of January listed 7,819 suspected abusers and 12,254 victims.

Until last spring, the organization had insisted it never knowingly allowed a predator to work with youths. But in May, The Associated Press reported that attorneys for abuse victims had identified multiple cases in which known predators were allowed to return to leadership posts. The next day, Boy Scouts CEO Mike Surbaugh wrote to a congressional committee, acknowledging the group’s previous claim was untrue.

James Kretschmer of Houston, among the many men suing for alleged abuse, said he was molested by a Scout leader over several months in the mid-1970s in the Spokane, Washington, area. Regarding the bankruptcy, he said, “It is a shame because at its core and what it was supposed to be, the Boy Scouts is a beautiful organization.”

“But you know, anything can be corrupted,” he said. “And if they’re not going to protect the people that they’ve entrusted with the children, then shut it down and move on.”

Ahead of the Chapter 11 filing, lawyers said that because of the organization’s 50-state presence, as well as its ties to churches and civic groups that sponsor Scout troops, a bankruptcy by the Boy Scouts would be unprecedented in its complexity. It would be national in scope, unlike the various Catholic Church bankruptcy cases, which have unfolded diocese by diocese.

“A Boy Scout bankruptcy would be bigger in scale than any other

WINE & DINING

Make a Super Breakfast Avocado Quinoa Bowl



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FALLBROOK – This is a super breakfast bowl when you have leftover quinoa. Just reheat the beans and fry the eggs. But even if you have to cook the quinoa, it is still less than 30 minutes to

Prep time: 10 minutes
Cook time: 15 minutes
Ready in: 25 minutes

Ingredients:
Bowl Ingredients
1 cup cooked quinoa (see ingredients and directions below)
1 cup (15-oz. can, drained) black beans
1/4 tsp. ground cumin
1/2 tsp. garlic powder
1/2 tsp. dried oregano
2 medium eggs
nonstick cooking oil spray
1 ripe, fresh avocado, halved, pitted, peeled and sliced, divided
1 fresh carrot, sliced
2 Tbsp. fresh cilantro, chopped
2 lime wedges, divided
Fresh Salsa
2 Roma tomatoes
1 jalapeño chile, stem removed
1/4 medium white onion, roughly chopped in two pieces
1 garlic clove, peeled
1/4 cup cilantro leaves
1 lime, juiced
salt to taste
Quinoa (prep time: 10min / cook time: 15min)
1 cup quinoa, uncooked
1/8 tsp. olive oil
1 garlic clove, minced
1 1/2 cup water or broth
1 lime or lemon juice, freshly squeezed
2 green onion sprigs, thinly sliced (about 1/4 cup)
1/4 cup red onion, chopped
3 Tbsp. cilantro, chopped
1/3 cup cherry tomatoes, halved
1 fresh jalapeño pepper, stem and seed removed, finely chopped (optional)
salt and pepper, to taste

child abuse bankruptcy we’ve ever seen,” Seattle-based attorney Mike Pfau said, whose firm is representing scores of men nationwide alleging they were abused as Boy Scouts. Illustrating the depth of its problems, the organization in 2018 sued six of its insurers for refusing to cover its sex abuse liabilities. The insurers said their obligation was void because the Scouts refused to take effective preventive measures such as warning parents that boys might be abused. The Associated Press video journalist John Mone in Houston contributed.

prepare the breakfast. The fresh homemade salsa makes 1 cup, more than what you need for this recipe. Save the rest for a dip or another breakfast such as the bean burrito with avocado.

Instructions:
To prepare salsa:
1. Blend tomatoes, jalapeño, onion, garlic, cilantro and lime juice in a blender. Place salsa in a nonstick saucepan on medium high heat, let it boil for 2 minutes. Reduce heat and warm for 5 minutes. This salsa will be reduced to about 1 1/2 cup and will have a brick red color. Add salt to taste. Set aside.
To prepare the bowl:
1. Heat beans in a saucepan with cumin, garlic powder and dried oregano.
2. Heat another pan on medium high and spray with oil. Crack the eggs and fry until done.

This recipe is gluten-free and courtesy of Fresh Avocados – Love One Today®. For more information and recipes, visit LoveOneToday.com.

3. Serve each bowl with 1/2 cup of cooked quinoa, 1/2 cup of black beans, a fried egg, pour warm salsa and 1/2 of the avocado slices. Top with chopped cilantro and serve with sliced carrots and lime wedges.
To prepare quinoa:
1. Heat 1/4 teaspoon oil in a saucepan. Add garlic and sauté for 1 minute on medium high.
2. Add quinoa and water and let it boil. Cover, reduce heat to low and cook for 15 minutes. When the quinoa is cooked, the germ ring will be visible.
3. Mix quinoa with the rest of the “Quinoa” ingredients. Season with salt and pepper.

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