



Community
Military parents
honored
C-1



Sports
Warrios defeats
Tigers
D-1

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November 16, 2023

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Volume 27, Issue 46

Plans to develop
Fallbrook High
School Aquatic
Center presented
at school board
meeting

Jessica Ussher
Investigative Reporter Intern

On Nov. 8, Foresight Planning and Development presented their master plan to modernize and reconstruct Fallbrook High School at the Fallbrook Union High School Board meeting.

The master plan proposed to rebuild or reconstruct the school's aquatic center, as well as consolidate some buildings on campus to optimize space. The master plan was presented by Foresight's CEO and Founder Kristen Rose, who has been working on this project with the district over the last seven to eight months.

Although there are two options for the pool's reconstruction of Fallbrook High School, this presentation focused on the second option. Previously option one, which involves replacing the school's 38-meter by 25-yard pool and reconstructing the aquatic center in its existing location was presented to the board.

Option one also includes a new pump, storage, shower, locker, and team room buildings. The site will be landscaped and re-fenced to complement the pool deck replacement and new bleachers. Additionally, the option also includes more parking, and the basketball and handball courts would remain intact. However, only the boys' changing rooms will be modernized, and the students would lose access to the pool during the reconstruction.

The second option consists of moving the aquatic center to a different location and building a new center there while maintaining student access to the old pool during the construction period. The new aquatic center would also include a new locker, shower, team room, and storage building, but it also includes a ticket and concessions building.

New site work which includes new bleachers, a pool deck, fencing, landscaping, and a new courtyard is also part of the second option. This option would lose the handball courts; however, both the girl's and boy's locker rooms would be replaced. A gym

see AQUATIC, page A-7

Fallbrook honors veterans



Guest Speaker MajGen. Anthony (Tony) Jackson, USMC Retired, tells how much he loves being an American, his gratitude for the support of the families and friends given to all men and women serving in the military and his appreciation for his wife of 52 years.

Village News/David Landry photos



The Presentation of Colors is performed by the Fallbrook High School Marine Corps JROTC for the Veterans Day ceremony hosted by VFW Post 1924 at Vince Ross Village Square, Nov. 11.



Retired Master Gunnery Sergeant Tim Kirk speaks to the audience about the Cost of Freedom and not what it cost not only our active duty service men and women but also our family members.



MajGen. Anthony (Tony) Jackson, USMC Retired, in the front row claps for Colonel Houck, WWII USAF Retired, as he receives Service Recognition.



Stephani Baxter sings the National Anthem during the Veterans Day ceremony at Vince Ross Village Square.

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VILLAGE NEWS



ANNOUNCEMENTS

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

Holiday store benefits cats and dogs

FALLBROOK – The Fallbrook Animal Sanctuary Christmas Store opened Nov. 1 at 746 South Main Ave. (next to Meineke). Store hours are 10 a.m. to 6 p.m. Monday through Saturday and 10 a.m. to 2 p.m. on Sundays, through Dec. 24.

Donations of new and gently used holiday and decor items are accepted during business hours. All proceeds go to the care of the animals at the sanctuary. For more information, email info@fallbrookanimalsanctuary.org.

Tabby is a 9 month old female Chihuahua. She is a very sweet, playful and friendly girl. Tabby is about 9 lbs. and is spayed, vaccinated and microchipped. She enjoys playing with other dogs her size. To meet Tabby, contact info@fallbrookanimalsanctuary.org.

Village News / Courtesy photo



Friendsgiving postponed

The Village News has postponed the event that was going to be held this Saturday, Nov. 18th. We will post our new event after January 1, 2024! Thank you for understanding.

Turkey Trot to include games along the way

FALLBROOK – The Fallbrook Village Rotary Club’s annual Thanksgiving fundraiser is now the Family Fun Run and Games Turkey Trot which will be held at a new location, La Paloma Elementary School and Fallbrook Community Center, Thursday, Nov. 23. Day of event registration begins at 7 a.m.

The event will be a 1-mile run, walk or stroll with fun games along the way – throw a basketball in the hoop, hit a volleyball over the net, hula hoop for a minute, dribble a ball around cones, play on the play structure, hold a wall squat and jumping jacks.

Furry friends are welcome but must be on a leash. Participants are encouraged to wear their favorite Thanksgiving Day outfit. There will be prizes for the best dressed.

The Annual Fallbrook Thanksgiving Day Turkey Trot raises money for the Fallbrook Village Rotary Club Foundation as well as the Fallbrook Land Conservancy, Fallbrook Animal Sanctuary and the Fallbrook community.

For more information, call 760-468-1721 leave a message and they will call back.

Submitted by the Fallbrook Village Rotary Club.

CALENDAR

Nov. 23 – 7 a.m. – Fallbrook Village Rotary Club’s Family Fun Run and Games Turkey Trot, will be held at La Paloma Elementary School and Fallbrook Community Center. The event will include a 1-mile run, walk or stroll with fun games along the way. Furry friends are welcome on a leash. Participants are encouraged to wear their favorite Thanksgiving Day outfit for prizes. For more info, call 760-468-1721, leave a message and they will call back.

Nov. 25 – 9 a.m. to 3 p.m. – Fallbrook Chamber of Commerce hosts the Village Artisan Faire, a Wonderland of Handmade Crafts in downtown Fallbrook. Will include handmade artisan products, art objects, live music and holiday delights. A free event for the whole family. For more info, visit www.fallbrookchamberofcommerce.org or call 760-728-5845.

Nov. 29 – 12:30-2:30 p.m. – Wellness Wednesday includes free health screenings provided by CSU San Marcos School of Nursing: Diabetes, Blood Pressure, and BMI screenings. “Sweet Success: Managing & Preventing Diabetes with Lifestyle Change” features a panel discussion with current Lifestyle Change Program participants, and guests from Scripps Whittier Diabetes Institute; the workshop starts at 1 p.m. Register at www.fallbrookhealth.org/health-screenings. For more info, call 760-731-9187 or email tgeracitano@fallbrookhealth.org.

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

Dec. 2 – 5 p.m. – The 42nd Annual Fallbrook Christmas Parade will travel up Main Avenue from Ammunition to East Mission, with lighted floats, music, dancers, marching bands, classic & specialty vehicles, Grand Marshal Charley Wolk and, of course, Santa. Presented by the Fallbrook Chamber of Commerce. The deadline to enter the parade is 5 p.m., Nov. 15. For more info, go to www.fallbrookchamberofcommerce.org.

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

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

Dec. 19 – 11 a.m. to 4 p.m. – Blood Drive at Fallbrook Regional Health District’s Community Health & Wellness Center, 1636 E. Mission Road. Donate and save a life. Registration is preferred but walk-ins are also welcome. To register, go to <https://www.fallbrookhealth.org/blood-drive-dates>.

SECTIONS	
Announcements.....	A-2
Business	C-6
Biz. Directory	D-3
Calendar.....	A-2
Classifieds	D-6
Education	C-8
Entertainment	B-5
Health & Fitness.....	B-2
Home & Garden.....	C-2
Legals.....	D-6
Obituaries	D-5
Opinion.....	A-4
Real Estate.....	C-2
Regional.....	C-7
Sheriff's Log.....	D-5
Sports.....	D-2



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Ken's Corner

I love this time of year as we go into the Holidays!

Perhaps a new home or lot to build your dream home is on your list. We have nice ones to choose from and more coming up! Give us a call and we can get your real estate dreams fulfilled.

AT YOUR SERVICE! – Ken

Business Spotlight



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- Kristen and Gracie L.

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

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

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

Sharon's Corner

We still have Buyers Waiting for More Inventory in Fallbrook and Bonsall!

Time on market for listings has increased, there are quite a few price reductions and we are in a more "balanced" market now-with sellers still getting fair prices for their homes and giving buyers more opportunity to successfully negotiate a sales contract without multiple offers.

If you have any questions about the market, listing or buying a home in the area, give us a call!

LET'S TALK! – Sharon

Charity Spotlight



Village Artisan Faire
NOVEMBER 25TH, 2023
9:00AM - 3:00PM
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OPINION

We did it!

Charley Wolk and Hayden Hamilton
FPUD and RMWD

The people of Fallbrook and Rainbow could not have been any more clear – you want change and you want it now.

In what could be the most decisive election results in San Diego County history, 94% of voters in Fallbrook and 95% of voters in Rainbow have chosen to break away from San Diego County Water Authority and instead buy water from the Eastern Municipal Water District.

The switch will save ratepayers in both communities an estimated \$7.6 million a year, according to an independent analysis by the San Diego Local Agency Formation Commission (LAFCO).

This is a huge victory for our ratepayers, including our farming community, which has been forced to weather the soaring cost of water for years.

On behalf of the Fallbrook Public Utility District and the Rainbow Municipal Water District, congratulations!

Thank you to everyone who supported these measures, including the hundreds of residents, business owners and farmers who showed up at our town hall meetings over the past couple of years to learn about this so-called “detachment.” And, most importantly, there were many community and business leaders who stepped forward to lead this charge. To all of you, thank you!

So, now what?

We had hoped to begin

implementing the switch to Eastern immediately, but unfortunately the Water Authority has filed a lawsuit against LAFCO, which approved our detachments in July. The suit claims that LAFCO did not follow certain procedures in approving our detachment applications, and that the \$24 million exit fee our two districts have agreed to pay the Water Authority is insufficient.

Over the past several weeks, we have been trying to reach a settlement with the Water Authority and avoid unnecessary litigation and legal expenses, but if the Water Authority board refuses to settle, we will use every resource to ensure the court rules against the Water Authority and allows our voter-approved detachments to go forward.

Your voice was clear that you want us to do everything necessary to switch wholesale providers and reduce the cost of water as soon as possible. When that happens, we will let you know how the switch to a new water supplier will impact you and your water bill, among other details. Along the way, we will keep you up to date and advise you where your voice might be helpful to ensure the process is complete.

Again, congratulations! Thank you for supporting our effort to control the cost of water in Fallbrook and Rainbow.

Wolk is President of the Fallbrook Public Utility District Board of Directors. Hamilton is President of the Rainbow Municipal Water District Board of Directors.

Ayaan Hirsi Ali: A journey from Somalia and Islam to the Judeo-Christian West

Julie Reeder
Publisher

Last weekend I was researching the Israel/Hamas war and while researching the history of that region, I came across a recent essay by Ayaan Hirsi Ali, an amazing woman who I have followed for several years. I read an essay she wrote for Unherd.com this month where she discussed her past as a Muslim Brotherhood follower, an atheist and now a Christian. She is an amazing pro-western speaker and author.

After living in different countries, suffering under tyranny and living in fear for her beliefs and outspoken activism, she is thankful to live in a Western country where we are fighting to keep our freedoms and protection for our way of life.

She believes in freedom of the press, free speech and the ability to speak openly about her religion or political beliefs. I’m not sure how long that will last, and there are certainly cracks in the foundation, but I am thankful for what we still have.

Today we aren’t just fighting against government tyranny, but culturally, we also have to fight against the tyranny of the minority. Girls forced to dress in locker rooms with biological males, compete in women’s sports, etc. You can’t say anything. You can’t disagree. You just have to be accepting or be quiet. I would call that one example of the tyranny of the minority.

Some people haven’t self-censored to cater to the tyranny of the minority. Ayaan Hirsi Ali is one of those people.

She was fascinating to me the first time I heard her speak. She was born and raised in Somalia. I was interested in hearing what she had to say as a woman raised in an

Islamic community. She endured forced female circumcision as a 5-year-old girl. When her family arranged a marriage for her, she fled to the Netherlands and within a decade was a member of Parliament. After her staunch criticism of Islam in a film, her colleague Theo van Gogh was murdered and she was forced into hiding.

She then published an autobiography, “Infidel,” with a foreword by fellow atheist Christopher Hitchens.

She escaped to America. She then married and had children of her own, and while her life was in danger, she did not allow it to silence her. She is a staunch defender of the West, where she finally found freedom. Very fascinating indeed.

She speaks globally and has written best selling books, including “Infidel: My Life,” “The Caged Virgin: An Emancipation Proclamation for Women and Islam,” “Nomad: From Islam to America: A Personal Journey Through the Clash of Civilizations,” “Heretic: Why Islam Needs a Reformation Now,” and other important works, like “Honor Diaries,” which traces the work of nine women’s rights advocates who came together to engage in a discourse about gender inequality and honor-based violence.

She works for the Hoover Institution at Stanford University, the American Enterprise Institute, and was a senior fellow at the Future of Democracy Project at Harvard Kennedy School.

This month she wrote an editorial piece explaining her experiences at Unherd.com, a British online magazine. <https://unherd.com/2023/11/why-i-am-now-a-christian/>

I wish I had permission to reprint the whole piece. It intertwines personal introspection with global concerns, painting a picture of a journey from Islam to atheism, and finally to Christianity. It does so against the backdrop of post-9/11 world events, an interrogation of the nature of religious violence, and a contemplation on the societal role of religion.



Photo by Gage Skidmore, CC BY-SA 3.0, Ayaan Hirsi Ali, a Somali-born Dutch-American activist and politician. She is a critic of Islam and advocate for the rights and self-determination of Muslim women, opposing forced marriage, honor killing, child marriage, and female genital mutilation.

that have shaped Western history and fostered freedoms, suggesting that secular approaches alone are insufficient to combat ideological threats.

She contrasted the freedom to speak openly against Christianity or the U.S. against the middle eastern countries where that freedom didn’t exist. Where other personal freedoms don’t exist.

She wrote, “Part of the answer is global. Western civilisation is under threat from three different but related forces: the resurgence of great-power authoritarianism and expansionism in the forms of the Chinese Communist Party and Vladimir Putin’s Russia; the rise of global Islamism, which threatens to mobilise a vast population against the West; and the viral spread of woke ideology, which is eating into the moral fibre of the next generation.”

“To me, this freedom of conscience and speech is perhaps the greatest benefit of Western civilization. It does not come naturally to man. It is the product of centuries of debate within Jewish and Christian communities. It was these debates that advanced science and reason, diminished cruelty, suppressed superstitions, and built institutions to order and protect life, while guaranteeing freedom to as many people as possible. Unlike Islam, Christianity outgrew its dogmatic stage. It became increasingly clear that Christ’s teaching implied not only a circumscribed role for religion as something separate from politics. It also implied compassion for the sinner and humility for the believer.”

“Atheism failed to answer a simple question: what is the meaning and purpose of life?”

She critiques the vacuum left by secularism, echoing G.K. Chesterton’s notion that the absence of belief in God can lead to susceptibility to irrational beliefs. It proposes that Christianity provides a more robust framework for meaning and community, one that is necessary to counterbalance the divisive forces of extremism and the “woke ideology” that she perceives is undermining Western society and culture.

Ultimately, the essay is a call to recognize and reaffirm the foundational narratives that have historically underpinned Western culture and the United States. Ayaan Hirsi Ali presents her embrace of Christianity as both a return to spiritual roots and a strategic imperative for preserving and strengthening Western civilizational values in the face of multiple global threats. This reflection seeks to offer insight into the powerful role that belief systems play in personal identity and collective resilience, positioning Christianity as a bulwark in these tumultuous times.

While many people oppose Christianity and the freedoms of the U.S., I am thankful that we can discuss all these things openly, and can act on our freedoms. With Veteran’s Day still fresh on my mind, I pray our military will remain strong, not so much to fight foreign wars on foreign soil, but to defend the U.S. and keep our way of life rooted in Judeo-Christian values. And those who disagree with those values and principals are free to express themselves and work against it.

the village beat

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

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Arise Shine

KINGDOM

Are you blessed?

“Blessed is the man
Who walks not in the counsel of the ungodly,
Nor stands in the path of sinners,
Nor sits in the seat of the scornful;
But his delight is in the law of the Lord,
And in His law he meditates day and night.
He shall be like a tree
Planted by the rivers of water,
That brings forth its fruit in its season,
Whose leaf also shall not wither;
And whatever he does shall prosper.
The ungodly are not so,
But are like the chaff which the wind drives away.
Therefore the ungodly shall not stand in the judgment,
Nor sinners in the congregation of the righteous.
For the Lord knows the way of the righteous,
But the way of the ungodly shall perish. ”

Psalm 1

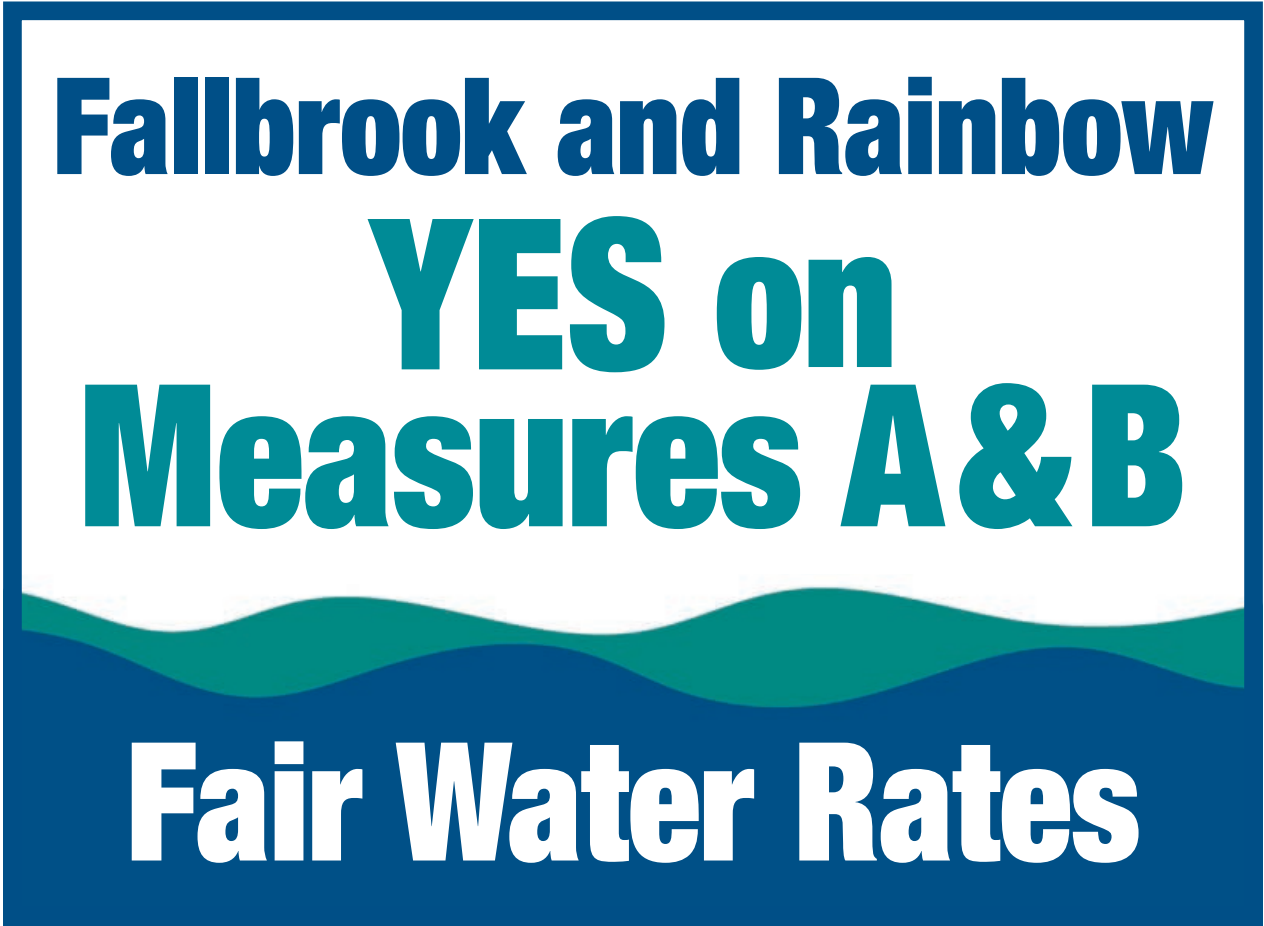
“Blessed are those who hunger and thirst for righteousness,
for they shall be filled. ”

Mathew 5:6

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PAID POLITICAL AD

WE DID IT!



Thank you to the Fair Water Rates Committee Members and to everyone who donated to the campaign for Measures A & B.

But most of all, thank you to the people of the Fallbrook Public Utility District and the Rainbow Municipal Water District for your strong support of Measures A & B.

This win is for all of you!



**Yes on
Measure A**



**Yes on
Measure B**

OPINION

Kicking It



Elizabeth Youngman-Westphal
Special to The Village News

To me, some things are just obvious. Like in this case, who in their right mind would pass up \$10 in free money?

I know.

Certainly not me. Or is it I?

Regardless. To me, \$10 is still a lot of money. For instance, not so long ago, \$10 would fill my car up with gas. It would buy lunch for two at a fast-food restaurant with change back. Ten bucks would buy three happy-hour drinks with tip, or pay for a polish change at the nail shop or it would take me to a movie and pay for my large buttered popcorn.

In this girl’s opinion, \$10 is not to be treated lightly.

Which is why I was annoyed, when I presented a \$10 coupon to VJ and he scoffed at it.

“Humph,” he said. “Give me \$10; I’ll give you back five, and you’ll be money ahead.”

Well, that still doesn’t make sense to me.

Naturally, I got back in my car and drove right back to the very store that gave me said coupon earlier that day when I got my over-55 flu shot last week. While I wanted a regular flu shot, my physician assistant daughter sent a text message insisting that I take the over-55 dose to avoid complications in the upcoming months.

Well, dang, it hurt. Although the pharmacist handed me the \$10 coupon, and it did take some of the sting out.

Lucky for me, I didn’t have any other side effects from my flu vaccination. Naturally, I gloated because VJ did have flu-like symptoms after he got his vaccine, which Deb attributed to him being previously exposed to germs brought home by the grandchildren. After all, they babysit us at least twice a week after school.

More about my \$10.

In the past, it has always been

my belief there are two factions. Coupon clippers and the rest of us. The clippers treat it like a job. Me, not so much. I’m more one of the “rest of us.”

I rarely use a coupon, except in this case because the way I read it, if I spend \$1 at the store within the next 14 days, the store would then put a one-time, \$10 credit on my drug store account to use anyway I want. Hmm.

Which was the real reason I drove back to the drugstore for clarification to ensure I read the coupon correctly.

With my coupon in hand, I walked through the automatic doors to be greeted by two friendly employees asking how they “might be of service”? Well, I thought, this is a good beginning.

I presented the coupon and asked for a restatement of the terms. It didn’t take but a minute for me to be reassured that I had read it correctly. When I spend a dollar within the next 14-days, I will then get a \$10 credit on my in-store account to spend as I wish.

And, I could complete both transactions back-to-back. I didn’t need to come back.

Everything was falling into place. Or so I thought. The hiccup being, “What could I buy for \$1?”

One helpful employee pointed out the only item he knew of in the entire store to complete the purchase in the smallest way was a pack of gum on sale for \$1.29.

Which is why I bought it. With tax, it was \$1.39.

And sure enough, after reactivating my in-store account, the promised \$10 credit appeared. Ta da.

Now, what to buy? I really didn’t need anything. And yet, let me assure you readers, “need” has never stopped me from shopping before. Without pause, I headed to the cosmetic counter.

As luck would have it, what I saw was an eyebrow device to cut off rogue brow hairs. It was on sale for 50% off the regular price of \$19.99. Dang, if I buy it, I would save another \$10.

That plus the .70 cents off the regular price for the chewing gum, my head was swirling at a total 87% savings. It turns out, my total out-of-pocket was \$2.26. Bottom line, with the coupon and the in-store discounts on my two purchases, I saved \$19.72. Now there’s an inflation buster for you.

Here is the way I see it. What if I spent \$10,000? I would have saved \$8,700. By golly, at this rate, I’ll soon shop my way into a fortune.

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

The placement of our flag matters

Shamefully displayed on the front page of the current issue of The Village News, over the words ‘Veteran’s Day’, is old glory, the red, white and blue, stars & bars, stars & stripes, star spangled banner, the American flag... the flag of the United States of America!

This improper and disrespectful display is a direct insult and slap

in the face to every American, especially our Active Duty Military and Veterans, along with their families.

How was this disgraceful display of the world renowned symbol of Freedom & Liberty able to pass (no doubt) multiple proofs and editor reviews?

We suggest flag etiquette school for the entire staff or maybe

choosing another country in which to reside would be their preference.

Our expectation for the front page of your next issue is a proper display of our flag accompanied by a heartfelt apology to all Americans, especially our local Military Community.

Long may she wave,

The Cossart Family

We made a mistake and we apologize. Its true, we didn't realize the flag was improperly displayed on the front page of our Nov 9 issue and our staff has been informed of the error. It will not happen again. I inquired where the graphic came from and discovered it wasn't made by our staff, but was a ready-made graphic from Adobe's stock art website. I've called up Adobe's support staff and informed of them the error and how to fix it. I was told they would make the change, but I'll follow up on it to make sure it happens.

Forest Rhodes,
Production Lead.

Why do we still fall back and spring forward?



Assemblymember Marie Waldron
75th District

In 2018, 60% of California’s voters supported Proposition 7, which was aimed at eliminating the bi-annual ritual of moving clocks back in the fall and forward in the spring.

Daylight saving time was first imposed as a temporary energy saving measure during World War I, and was reinstated during World War II. After World War II ended, states were allowed to decide the issue, and in 1949, voters approved Proposition 12, which permanently established daylight saving time in California.

Since voters authorized daylight saving time in the first place, any changes must again be approved by the voters. Under Proposition 7, the Legislature was asked to introduce a bill changing the times and dates of daylight saving time, in compliance with federal laws.

As a result, Assembly Bill 7 was introduced in 2019 to authorize year-round daylight saving time. I supported AB 7, and though the bill passed the Assembly without opposition, it never made it through the Senate. In 2022, similar legislation was introduced,

but failed to make headway in the Assembly. But even if California had passed this legislation, there would still be another hurdle. The Uniform Time Act passed by Congress in 1966 allows states to opt out of daylight saving time and remain on standard time as in Arizona and Hawaii. The bill, however, does not allow year-round daylight saving time.

To resolve these issues, in 2022 Florida Senator Marco Rubio introduced bipartisan legislation called the “Sunshine Protection Act” to make daylight saving time the permanent, standard time for the entire country. The bill passed the Senate, but so far has stalled in the House.

So where are we? For the time being at least, twice a year we will be stuck with changing our clocks back and forth, despite 60% of the people saying no to the practice in 2018.

Re: ‘High Crimes and misdemeanors’ [Village News, Terrell letter, 11/02/23]

John Terrell took Dave Maynard to task for his calling President Joe Biden a criminal, after years of Mr. Terrell making those accusations against former President Donald Trump. He repeats the same script that all desperate Biden supporters cling to: there is no evidence of Biden crimes.

It seems odd that Terrell still dismisses foreign payoffs to the Biden family; however, such myopic views occur when people only listen to one perspective. The headlines of articles that Terrell cites tell you which type he follows: “Trump Revives False Narrative on Biden and Ukraine,” “Biden Impeachment effort ‘eight months of abject failure,’” and finally “Another GOP ‘Bombshell’ About Joe Biden Turns Out To Be A Dud,” attributed to extreme left-wing Huffpost. This last one didn’t age well.

The House Oversight Committee, following a trail of kickbacks from “CEFC,” a Chinese energy company, announced Friday, Nov. 3, that money was laundered through Biden’s brother. The White House is refusing to show any loan agreements for the purported “loan repayment” of \$240,000 to Joe Biden.

For Mr. Terrell’s consideration, I came across this succinct summation on how there is no evidence of Joe Biden’s and his family’s corruption:

“Outside of the bank records, the suspicious activity reports, the

wire transfers, the private bank transactions, the 20 LLCs, the texts, the emails, the WhatsApp messages, the photos of Joe with Hunter’s business partners, the voicemails to his son, the two business partners saying Joe is the ‘brand,’ the ‘big guy’ and ‘the chairman,’ the two IRS whistleblowers testimony, the recorded phone calls between Biden and Poroshenko, the video of Joe Biden bragging about firing the Ukrainian prosecutor, and Hunter’s statements that he’s giving his dad half his income, there is no evidence of Joe Biden being involved in Hunter’s business deals.”

David Lewis

Fixed-rate electricity proposal



Supervisor Jim Desmond
5th District

Last week, I had the opportunity to participate in the California Public Utilities Commission public meeting regarding the proposed new fixed-rate electricity plan. This proposal has sparked significant concerns, particularly for the residents of San Diego. If you’re unfamiliar with this plan, let me provide a breakdown of its essential components and the potential implications it holds for our community.

The proposed fixed-rate bill fundamentally operates on an income-based charging model, where the more one earns, the higher the flat-rate electricity charges. This scheme would impose fixed monthly charges based on your income before a single kilowatt-hour is used.

Here’s a breakdown of what it could mean for San Diegans: households earning between \$28,000 to \$69,000 would face a

monthly charge of \$34; those with incomes ranging from \$69,000 to \$180,000 would see a monthly charge of \$73 and households earning above \$180,000 would encounter a monthly charge of \$128.

Median-income households in San Diego would end up paying \$876 annually for electricity, irrespective of their actual consumption. It’s also ridiculous that individuals who have invested in residential solar won’t be exempt from these fixed charges.

There is another vital opportunity to voice your concerns and stand against this proposed plan. On Nov. 20, there will be a virtual public forum where you can participate.

If you wish to make a comment during the forum, refer to the phone-in information provided: Phone: 800-857-1917, passcode: 6032788#.

Participants who join via phone will have access to audio and the opportunity to make comments. To contribute a comment, after entering the passcode, when prompted, press *1, unmute your phone and record your name. Please note that during high call volumes, there might be longer wait times, and the operator will call on you when it’s your turn to speak.

Participation and voice in these forums are crucial to ensure your concerns are heard and considered. Let us unite to oppose this unjust proposal and advocate for fair utility billing practices in our community.

Why I will not support Trump:

He had an affair with a porn star. Then paid her off to keep it secret. Looking to the heavens, he told reporters, “I am the chosen one.” At Charlottesville, he would not condemn a White Supremacist. He had lunch at Mar-a-Lago with a White Nationalist and an antisemitic. He himself has made antisemitic comments.

Only president to be impeached twice. Encourage an insurrection. His rhetoric encourages violence. Does not take responsibility for his behavior or actions. (It’s always someone else’s fault.) Found liable for fraud. Does not have respect for the judicial system. Talks of retaliation to those who do not support him. Acts like he and his family are above the law. He is a habitual liar. He is self-centered, narcissist, and demands loyalty only to him.

Trump has four federal

indictments with a total of 91 charges. Of course, he claims it is a “witch hunt” to keep him from running for president. Brags he is worth billions yet asks for donations to pay his legal bills. Appointed family members and friends to White House positions and his cabinet, this being a conflict of interest.

For example: Ivanka Trump and Jared Kushner worked in the White House along with Giuliani’s son and Barr’s son-in-law. Barr’s oldest daughter worked in the Treasury Department. Eric and Donald Trump Jr. continued conducting international business on behalf of the Trump Organization. Ivanka Trump accepted Chinese trademarks related to her fashion business. The Saudi grants in question went to a World Bank fund she helped inspire, not to her.

Will not accept losing the

presidential election and did not honor a peaceful transfer of power. Lastly, Trump talks how much he loves the military and the United States of America. He attacked John McCain saying “He’s not a war hero. He was a war hero because he was captured. I like people who weren’t captured.” I guess he does not think much of the 130,000-service personal who were captured and spent time in a POW camp.

I do believe both parties are not putting their best people up front. I am not so fond of the Democrats’ choice. However, between Trump and Biden, I would give my support to Biden. Lastly, both are getting too old to be president. We need younger blood and fresh ideas.

G. Rodriguez

Thank you Fallbrook family

I want to personally thank our Fallbrook family, Jan, and beyond for your donations, gifts, financial support, love, open hearts of giving and prayers, to my request

for aid in repairing the roofs and water damage to the Methodist church on Winterhaven Road. They are totally repaired and paid for from all your responses.

God is great! As is our Fallbrook family. Thank you again!

Always in my prayers! God bless,

Ken Stetson

AFS seeks host families

AFS has been a leader in the field of student exchange for more than 60 years. Each year we like to place one or more students locally who will attend Fallbrook High and Bonsall High.

We are receiving applications now for students who will be arriving in mid-January for the spring semester and will soon be receiving applications for the

next school year. We have some outstanding candidates with varied interests and from many countries of origin. I would like to talk to any families that might be interested in hosting them.

We are also interested in talking to high school students and their parents if there is interest in studying abroad. Merit-based and needs-based scholarship

opportunities are available.

My family has hosted several students and found it enriching and enjoyable. This year I am serving as Volunteer Hosting Coordinator for the San Diego Area. If you would like to learn more about the program, please contact me (760-728-5682, jimafs@gmail.com) or visit our website, <http://afsusa.org>.

Jim Dooley

LOCAL

Boys & Girls Clubs of North County holding Annual Toy Drive

FALLBROOK – Local residents can help the Boys & Girls Clubs of North County give a toy to every youth member of the club

Unwrapped toys and presents for ages 6 to 14, are desperately needed. On average Boys & Girls Clubs of North County serves 2,000 Club members between 10 different sites. Many of their youth deal with food insecurity among other challenges at home, and the club offers a safe haven to thrive.

“For some children this is the only toy they receive during the holiday season,” said CEO Allison Barclay. “We are excited to be partnering again with the North County Fire Department District – Fallbrook and we have several new locations this year. We greatly appreciate the support of the Fallbrook community.”

Boys & Girls Clubs of North County will be placing toy collection boxes around Fallbrook at the following locations: Fallbrook Branch Library, Pacific Western Bank, The UPS Store, Fallbrook Fire Stations, Mountain Mikes, Fallbrook Waste & Recycling Services, The Jewelry Collective, Fallbrook Chamber of Commerce, and Vista Valley Country Club.

Toys will also be gratefully accepted at the administrative office located at 445 East Ivy Street, Fallbrook.

Residents can spread some holiday cheer during these tough financial times and drop unwrapped toys for children ages 6 to 14, in collection boxes by Friday, Dec.r 4. Every child from the Boys & Girls Clubs of North County receives a toy at their annual Club holiday party.

For more information, email info@bgcnorthcounty.org or call 760-728-5871.

Submitted by the Boys & Girls Clubs of North County.

FAA meeting to feature author/artist Elin Thomas



“On deck at an Andalusian horse show” is by Elin Thomas.

Village News/Courtesy photos



Elin Thomas’ self-portrait was made digitally, using the Procreate program.

FALLBROOK – On Nov. 18, Fallbrook Artists Association (FAA) welcomes Elin Thomas. She has been painting professionally in both acrylics and oils since 1983. Her representational work is sold through her web sites and blog, and she has won top awards in national juried shows featuring traditional art, equine art and dog art.

She is the author or co-author of Walter Foster books on acrylic painting and horses. This artist paints many new works each year, which find their way into an ever-growing group of collectors – proud owners of an original “Elin.”

Her strengths are in her teaching, however. She conveys strong design principles when she juries a show, and shares many tips and tricks during a demonstration. She can be found on the web as she continues to teach the skills of color and painting in both media. Her Color System Flash Cards revolutionized painters’ color choices.

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

At 1 p.m., Thomas will teach a workshop. Advanced registration for the workshop is encouraged, however, sign-ups are also accepted that day. The cost to members is \$40 or \$50 for non-members. Call Carol Reardon to register and receive a materials list, 760-221-5577. The FAA workshops provide a comfortable setting for exploring and learning new art skills.

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

Submitted by the Fallbrook Artists Association.

Senior center recognizes local veterans



Attending the Fallbrook Senior Center lunch honoring military veterans are, from left, Jim, a veteran, Todd McGurn and Carol Decelles.

Village News/Julie Reeder photos

Tim O’Leary
Special to the Village News

About 90 seniors and other Fallbrook-area residents attended a special lunch on Nov. 9 that honored local military veterans.

“It was a festive, well-attended meal,” Patricia Roybal said of the event held at the Fallbrook Community Center.

“It was a sweet tribute to our veterans who have sacrificed for our freedom,” said Roybal, who is involved in an array of activities at the Fallbrook Senior Center, which organized the event.

Many of the 18 veterans who were recognized in the center’s monthly newsletter attended the special lunch that featured turkey and all the trimmings.

Community center staff member Robert Mesquita helps serve lunch for veterans and local seniors, Nov. 9.

AQUATIC

from page A-1

expansion was suggested by Rose in place of the old aquatic center providing additional facilities for the students.

Rose told the board that this is a holistic project and “a facility master plan is a continuous space for improvement.” Beyond the reconstruction of the aquatic center, the master plan includes later phases that will see the upgrade and modernization of classrooms and administration buildings, in addition to electrical expansion upgrades.

Rose highlighted the need for a new kitchen in the art building and for other buildings to be consolidated to limit the distance the students travel across campus. Rose also proposed moving the maintenance building nearer the district operations office and combining alternative programs on a separate campus.

“One of the things we consider is how do we minimize unnecessary costs if we can. By modernizing existing classrooms, students are displaced which leads to money spent on interim housing. That’s why new classrooms are included in these phases to offset the cost of interim housing” said Rose.

The main difference between the first and second options is the second option changes the order of the buildings that will be modernized. However overall, Rose highlighted that the final plan is still consistent with what was previously presented to the board.

The cost comparison of both reconstruction options differs by approximately \$2.5 million. Completion of option one, including the later phases, is estimated at \$462,000,000 dollars, while completion of option two and the later phases is estimated at \$466,000,000.

While the board appreciated the work invested into creating the proposal, some members were critical of some aspects of the master plan. “Earlier phases of this plan is what the district is trying to accomplish, later phases that are included are just the plan,” stated President Eddie Jones.

Trustee Paul Christensen also said that Fallbrook High School is landlocked, therefore, building upwards rather than outwards could be advantageous. Christensen also highlighted that additional parking could be considered later, and more attention could be given to modernizing the Science department. He suggested that a multi-story, modern, science block could be more fitting at this stage.

Generally, the board felt that the biggest barrier in this project was finances with Christensen questioning where the school was going to get the funds to finance this project. “Fallbrook High School is part of a community and as such this reconstruction needs more input from the community.”

To avoid the need for constant modernization in the future, the board requested estimations for new buildings to compare with the cost of modernizing buildings. Foresight Planning has completed their preliminary stages of planning and will be preparing the next update based on the feedback provided by the board.

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A photograph of a single-story house with a light-colored exterior and a dark roof. The house has a large garage on the left side. A large, stylized red stamp with the words "IN ESCROW" in bold, capital letters is superimposed over the center of the image, tilted slightly to the right. The stamp has a distressed, ink-like texture. The background shows a clear blue sky and some trees.

Location	Price	Date	Represented
FALLBROOK	\$950,000	7-3 2023	the Buyer
ESCONDIDO	\$895,000	8-4 2023	the Buyer
FALLBROOK	\$1,750,000	8-23 2023	the Buyer & Seller
ESCONDIDO	\$950,000	8-21 2023	the Buyer
FALLBROOK	\$825,000	9-18 2023	the Buyer
SPRING VALLEY	\$779,848	7-7 2023	the Buyer
FALLBROOK	\$1,750,000	10-10 2023	the Buyer
VISTA	\$877,777	10-23 2023	the Buyer

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Fallbrook brings back the Veterans Day Parade



Fallbrook High School JROTC surround Fallbrook Chamber of Commerce President Pierre Domercq, third from left, Honorary Mayor Joan Eberle, second from right, next to Commander Marti Ingraham of the Fallbrook American Legion Post 776.

Village News/David Landry photos



Grand Marshal MajGen Anthony (Tony) Jackson leads the parade off in a 1971 Blue Cuda. The Fallbrook Chamber of Commerce and American Legion Post 776 put on the parade for the first time in four years.



Fallbrook High School JROTC Marines keeping in step and keeping up with the flow.



SD Sheriff's Department (Fallbrook) along with California Highway Patrol in position to start off Fallbrook's 2023 Memorial Day Parade and pacing.



Privately owned veteran Mechanized Marine Corps Vehicles.



Children of veterans show their support by being part of the parade.



Volunteers with Homes for Our Troops show their support for Wounded Warriors. To support Homes for Our Troops by donating or volunteering, go to www.hfotusa.org.



Fallbrook Boy Scouts Troop 731 displays its banner during the Veterans Day Parade.



Rebecca and her daughter Esther wait for the Veterans Day Parade to begin. This was Esther's first parade.

Temecula Valley Hospital earns 11th 'A' Hospital Safety Grade from The Leapfrog Group

TEMECULA – Southwest Healthcare Temecula Valley Hospital earned an “A” Hospital Safety Grade from The Leapfrog Group, a national nonprofit watchdog that sets standards for excellence in patient care. Leapfrog assigns an “A,” “B,” “C,” “D” or “F” grade to general hospitals across the country based on over 30 national performance measures reflecting errors, accidents, injuries and infections, as well as the systems hospitals have in place to prevent harm.

"We are honored to be recognized for the 11th time with an 'A' grade by The Leapfrog Group, as one of the safest hospitals in the United States," Darlene Wetton, chief executive officer of Temecula Valley Hospital, said. "This prestigious distinction pays testament to our longstanding commitment to patient safety and quality outcomes. I congratulate and commend all our hospital and medical staff for their unwavering dedication to making patient safety a number one priority. This kind of achievement involves a lot of moving parts, brought together by skilled professionals working in coordination to reach a common goal. The strength of our teamwork here at TVH amazes me."

A wide-angle photograph of the Temecula Valley Hospital at dusk. The building is a large, multi-story structure with a light-colored facade and numerous windows, many of which are illuminated from within. The name "TEMECULA VALLEY HOSPITAL" is visible on the upper part of the building. A prominent feature is a large, modern entrance canopy supported by thick columns, with a curved driveway leading up to it. The sky is a mix of blue and purple, and the foreground shows a paved area and some landscaping.

Temecula Valley Hospital is located at 31700 Temecula Parkway, Temecula.

Village News/Courtesy photo

program exclusively based on hospital prevention of medical errors, infections and injuries that kill more than 500 patients a day nationally. The Leapfrog Hospital Safety Grade is peer-reviewed, fully transparent and free to the

public. Grades are updated twice annually in the fall and spring.

“Earning an ‘A’ Grade means Temecula Valley Hospital made a true commitment to put patients first,” Leah Binder, president and CEO of The Leapfrog Group, said.

"We congratulate the leadership, Board, clinicians, staff and volunteers that all had a role to play in this achievement."

To see Temecula Valley Hospital's full grade details and to access patient tips for staying

safe in the hospital, visit <http://HospitalSafetyGrade.org>.

*Submitted by Southwest
Healthcare Temecula Valley
Hospital.*

Dog owner surrender services on hold through Dec. 1 and adopters or fosters needed for at least 100 dogs

SAN DIEGO — San Diego Humane Society is temporarily pausing owner surrenders of dogs, except in emergencies that threaten the health of the pet, due to occurrences of a respiratory disease called *Streptococcus Equi* subspecies *Zooepidemicus* (also known as Strep zoo) and a bacterial infection called *Mycoplasma*. The two in combination have led to more severe disease than what the shelter might see with just one of these pathogens.

Because the shelter is already operating over capacity, and to prevent the spread of disease, the organization is:

- Limiting its dog intake to stray animals through Dec. 1, 2023.

- Requesting that all relinquishments of other species be made by appointment only.
- Waiving reclaim fees for anyone picking up their lost dog through Dec. 1, 2023.
- Waiving adoption fees – <http://www.sdhumane.org/adopt> – for all puppies and dogs through Dec. 1.
- Pleading with the community to temporarily foster a dog – <http://www.sdhumane.org/foster> – in hopes of getting at least 100 dogs out of the shelter as soon as possible.

Three dogs have died from Strep zoo at the organization's San Diego Campus. Strep zoo

is a bacteria that is primarily spread through direct contact and fomites. To prevent the spread of the disease, all 77 dogs who have tested positive or been exposed to Strep zoo are being treated, and staff working with the dogs are required to wear personal protective equipment.

San Diego Humane Society is currently operating at 178% capacity for dogs and 116% capacity for cats and continues to be flooded with animals in need.

"Any shelter that cares for the large number of animals we care for is used to managing infectious disease. But this is the first time we have had this highly virulent pathogen," said Dr. Gary

Weitzman, president and CEO at San Diego Humane Society. "We believe this is a direct result of having to operate over capacity this entire year. We really need the community's help to save lives here."

To prevent the spread of disease, San Diego Humane Society is urging everyone to help keep dogs out of the shelter. Finders of lost animals are strongly encouraged to participate in their Wait 48 or StrayCare programs – <https://secure.sdhumane.org/site/DocServer/OPS23-StrayCareWait48> – which allow community members to care for stray pets in their homes while the organization actively works to find their owner.

In many cases, animals reunite with their families without ever needing to enter a shelter. Through the Wait 48 program, you can keep a lost pet in your home for a few days while seeking the pet's owner. Through the StrayCare Program, you can keep a lost pet in your home during their legally required 72-hour stray hold period while we seek their owner. If the owner can't be found, you can choose to adopt, continue fostering or return the pet to the shelter at a prescheduled appointment time.

For updates on Strep zoo at San Diego Humane Society, visit <http://www.sdhumane.org/strepzoo>.

Submitted by the San Diego Humane Society.



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North County
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Wednesday, November 29

Special Presentation at 1:00 p

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1 in 3 Adults are at risk of Prediabetes.

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Featuring: Panel discussion with current Lifestyle Change Program participants, and guests from Scripps Whittier Diabetes Institute

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Screenings from 12:30p-2:30p

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- Blood Pressure
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Fallbrook Regional Health District
Community Health & Wellness Center
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1 in 3



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villagenews.com

Healthy Habits for Bonsall & Fallbrook Folk:

Bone breaks – body part under construction

Megan Johnson McCullough
Special to the Village News

Breaking a bone is not an enjoyable experience for anyone. It can be painful, disruptive to life and limit your mobility for some time. Not to mention the number of doctors’ appointments you might have to attend during the initial and healing process. While waiting for healing, your lifestyle may change all revolving around accommodating for the break. What actually happens when we break a bone?

Collagen and calcium phosphate packed together are what make up bones in our bodies. As we age, bones take on different densities. As we get older, bones become less dense because they have less collagen and calcium phosphate. It leads to having weaker bones.

Therefore, the breaking point can be much different depending on age. Diseases like cancer and osteoporosis can also make one more susceptible to breaks. Bones are strong and can take on weight, hence how we are held up and supported. Too much weight and added force, however, can cause a break. It takes even less weight of force to cause a break the older we get. Sometimes elderly persons are referred to as having “brittle bones.”

The technical term for a break is a “fracture.” The area around the break might be bruised, stiff, swollen or even feel warm. Don’t dismiss having it checked out.

There are different types of fractures based upon severity.

In complete fractures, the bone has broken into two or more pieces and the pieces of the bone are not connected at any point.

In a partial fracture, the bone has partially broken, but not completely. The bone is not completely split into two or more pieces, and the break stops somewhere in the middle.

A displaced fracture has broken pieces that are not lined up. They

will have to be placed back into the correct order so that they will heal in the correct order.

In a non-displaced fracture, the broken pieces are lined up and will heal in order on their own.

Other types of breaks include stress fractures, which is a thin break with the nickname “hairline fracture;” transverse fractures, which is a break straight across the bone; oblique fractures are breaks at an angle; comminuted fractures , which is a bone breaks in three or more places and greenstick fractures have a break on one side, but they bend on the other, so it is almost like a stick on a tree.

Signs that a break has happened would be immediate pain to the area, feeling weak in the area and can’t apply weight to the area. The area doesn’t feel stable, and the fracture can get worse if you do apply pressure and ignore it. Immediate care is necessary at the onset of a fracture even if you aren’t sure that is what happened.

Your body does start the healing process right after the break. Swelling will happen right away because blood clots are starting to form. The immune system sends new cells to heal and repair the site that will also collect germs and bacteria around the pieces to avoid infection.

Blood vessels immediately start to grow in the area to aid with healing. Cells go to the site and blood vessels are taking action. In the next four to 21 days, a callus will form around the bone which signals collagen to come take the place of blood clots. The callus that forms is stiff, so you need to wear a cast. The cast holds the bone in place for it to heal properly. Because the callus is soft, you don’t want it to move and break.

Two weeks after the break, osteoblast cells get to work. They add minerals that form the new bone and make the new bone strong. This process will go on for another six to 12 weeks making the bone and making it up to par being hard. Finally, bone modeling



Broken bones are always a story one can tell others about that moment in time when it happened. Village News/Courtesy photo

takes place.

Now cells called osteoclasts come in to break down any extra bone that has formed so that the shape of the bone is correct. During this time, returning to activity can take place. Overall, recovery can take six to eight weeks. After the cast comes off,

the skin under the cast will seem pale and even flaky. The body hair might even be darker.

Most people break a total of two bones in their lifetime, and 6.8 million Americans break a bone each year. Accidents happen between falls, crashes and injuries. It is a healing process of patience

and keeping the break still. It can happen to anyone, anywhere and taking proper medical care is critical. A broken bone is a memory we don’t forget. There’s a story behind every break, but a story we would have preferred to live without.

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- Outings to Fallbrook & Beyond

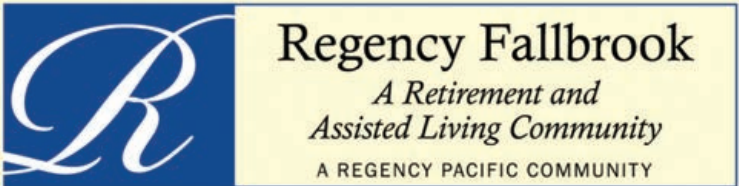
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Support group to hear about an astronaut with Parkinson’s

FALLBROOK – North County Parkinson’s Support Group Fallbrook invites anyone interested to join their monthly support group meeting Friday, Nov. 17, 10 a.m. to noon. They will meet the third Friday of the month due to the Thanksgiving holiday during their regularly scheduled week.

The meeting is held at the Fallbrook Regional Health and Wellness Center 1636 E. Mission Road. The program will be a showing of the video “The Astronaut’s Secret” about NASA astronaut Rich Clifford.

The topic is “Live Your Best Life – Parkinson’s Doesn’t Define Me.” “The Astronaut’s Secret” explores Clifford’s career as an astronaut and how he and NASA kept his disease a secret for more than 15 years.

The film also follows Clifford as he begins to speak publicly about Parkinson’s disease and becomes a source of inspiration for others suffering from the neurodegenerative disease. Following the video showing, a presentation will highlight key points in focusing on “Living Your Best Life” and include the sharing of several testimonials by support group participants.

In addition to the presentation, breakout groups will meet for a time of sharing; coffee and refreshments will follow the program.

This meeting is held in support of persons with Parkinson’s disease, care partners and people interested in improving the world of those affected by Parkinson’s disease.

An opportunity has presented itself to participate in a groundbreaking study on Parkinson’s research. BrainXell Therapeutics is seeking PWP’s to participate in preclinical trial development.

To participate, a skin biopsy (the size of pin - 3mm) will be taken at a medical site in Temecula. It is a quick five minute process and virtually pain free. (A local numbing agent is used on the site – underarm).

The San Diego team is working in conjunction with the University of Wisconsin internationally recognized leader in stem cell biology and regenerative medicine. A complete protocol of the study and consent form will be given to you. Visit <https://brainxell.com/technology> and <https://brainxelltx.com/> or email contact@brainxelltx.com or call Anabel DeLa Garza (Director of Medical Affairs) 510-604-5034.

Another opportunity is to participate in Parkinson’s Foundation PD GENERation: Mapping (the Future of Parkinson’s Disease), a national initiative that offers genetic testing for clinically relevant Parkinson’s-related genes and genetic counseling at no cost for people with Parkinson’s disease.

Participation can be from home through a telemedicine appointment and at-home cheek swab collection kit. For more information, use this link: <https://www.parkinson.org/advancing-research/our-research/pdgeneration>.

For more information about the support group or meeting, call Irene, 760-731-0171 or Lorie, 760-453-3045 or email NCPSGF@gmail.com.

Submitted by the Fallbrook Parkinson’s Support Group.

Why preventing diabetes should be a priority at all ages

Dr. Archana Dubey
UnitedHealthcare of California

More than 96 million Americans live with a potentially life-altering condition – yet many of them are unaware they even have it.

That condition is prediabetes, which in up to 70% of cases develops into diabetes. Today, more than 37 million Americans already live with diabetes, which if left untreated can contribute to a host of health issues. In California, 9.9% of adults over age 18 have been diagnosed with diabetes.

Diabetes alters the body’s ability to create energy from the food you eat and can develop in several forms. Type 1 diabetes occurs when the body cannot produce insulin on its own, typically due to genetic factors, and accounts for approximately 5% of all diabetes cases. Type 2 diabetes accounts for up to 95% of all cases and develops when the body can’t use the insulin it produces, typically due to inactivity and poor nutrition.

Taking steps to avoid or more effectively manage this condition should be a priority for people of all ages. For November’s American Diabetes Month, here is important information to consider.

Diabetes in children

While type 1 diabetes was historically known as juvenile diabetes, that term is no longer truly applicable due to the surging prevalence of type 2 diabetes among children. Type 2 diabetes in children can lead to health issues in the short- and long-term, including depression, eating disorders, eye damage, heart disease and more. To help young people reduce the risk of developing type 2 diabetes, make activity a priority. Whenever possible, go for a 15-minute walk after meals, which can help the body move sugar from the blood into the muscle cells to help avoid blood sugar spikes.

Diabetes in adults

The number of adults with diabetes has more than doubled during the last two decades. Living with prediabetes, being overweight, not getting enough physical exercise and being over age 45 all put people at greater risk of developing type 2 diabetes. For working-age adults with this condition, it’s critical to consistently track blood sugar levels, ideally with a continuous glucose monitor. In fact, a growing number of health plans are starting to cover this type of technology, which uses a sensor, often worn on the abdomen, to continuously read glucose levels and transmit the data to a smartphone.

Diabetes in older adults

Nearly 30% of adults 65 and older live with diabetes, which increases the risk for certain cancers and cognitive impairment, such as Alzheimer’s disease. Staying active and eating a balanced diet is crucial, including a focus on consuming healthy proteins such as chicken, fish or turkey; non-starchy fibrous vegetables like broccoli, green beans or carrots, and a moderate amount of carbohydrates including brown rice, sweet potato and whole-grain breads or pasta. Interval eating may also be a strategy to consider, including waiting at least an hour after waking up to eat breakfast and avoiding food within three hours of sleep.

For many people, type 2 diabetes is largely preventable with lifestyle modifications, such as a nutritious diet, consistent exercise and maintaining a healthy weight. Understanding your risk factors and staying on top of your health – starting during childhood and as you age – may help you prevent or better manage type 2 diabetes.

Dr. Archana Dubey is chief medical officer of UnitedHealthcare of California.



HAPPY
Thanksgiving

The Foundation for Senior Care wishes all of our clients, community partners, and donors a very calm and fulfilling Thanksgiving.

We are immensely grateful for the generosity and support of our entire community during this season of thanks and giving.



How to manage sobriety over Thanksgiving

Michael Leach
Special to the Village News

Thanksgiving marks the beginning of the holiday season. Unfortunately, this time of year is often linked to increased alcohol use. This can pose a challenge for someone trying to stay sober. The holidays are usually packed with gatherings from now until New Year’s.

Thanksgiving Eve is often the biggest drinking holiday of the year, yet celebration and indulgence lead to alcohol-related consequences. Fortunately, there are practical ways to avoid this and valuable tips for families to help a loved one who is struggling.

In California, alcohol is the most commonly used substance among 18 to 25-year-olds, and 11% of the treatment admissions in the state were for alcohol use.

Thanksgiving does not have to be an alcohol or drug-induced blur, and family and friends can be a point of stability and help for someone struggling.

The best approach involves coming up with a plan to stay sober. Most temptation to drink or use drugs arises because of anxiety, depression, and feeling overwhelmed during the holidays. Chaos and unpredictability create triggers.

Come up with a plan before the weekend arrives. What are you going to do? Where will you go? Who will you spend it with? A little planning goes a long way.

Consider hosting your own Thanksgiving gatherings with friends or family or tell people that you are not drinking. Being in the driver’s seat is okay, which can help reduce stress and possible triggers.

When attending family or friend gatherings, bring your own beverages or invite a friend to accompany you. Don’t forget your coping skills and plan your exit before you arrive if things begin to go sideways. It’s a good idea to have some support in place.

In contrast, suppose you notice someone struggling with their sobriety; do not brush it aside as just the stress of the holidays. Offer a helping hand, be supportive, and avoid casting judgment. There is so much stigma associated with addiction and sobriety, and this prevents people from asking for help. Help remove this stigma by showing compassion and understanding.

Celebrate Thanksgiving to the fullest, enjoy the time with loved ones, and look out for one another; create the memories you want to remember.

Michael Leach has spent most of his career as a healthcare professional specializing in Substance Use Disorder and addiction recovery. He is a Certified Clinical Medical Assistant and contributor to the healthcare website Recovery Begins.



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 villagenews.com



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ENTERTAINMENT

‘The Pumpkin Patch’ junior art competition winners

Sponsored by Fallbrook Propane Gas Company



Participants in the PK – First Grade division include, from left, Fatima, Andre and Brady.



The Fallbrook Chamber's Pick from all the artwork is Siena Braydon.



Second thru Fourth Graders who entered The Pumpkin Patch art competition are, from left, front row, Zoey, Hazel, Iris, Beau; back row, Joe, Jesse, Siena, Estelle and Tessa.



Fifth through Eighth Graders who created artwork for the competition are, from left, Daniel, Eduardo, McKayla, Eden, and Hazel.

Village News/Courtesy photos

Pre-Kindergarten – First Grade
First place: “Mr. Pumpkins” – Andre Tornado
Second place: “Fire Night Pumpkins” – Isaac Cortez
Third place: “Jack-O-Lantern” – Brady Hoffman
People’s Choice: “Happy Pumpkin” – Fatima Nieto

Second – Fourth Grade
First place: “Autumn Thoughts” – Beau Hoffman
Second place: “All Things Halloween” – Hazel Ussher
Third place: “Spooky Night in the Graveyard” – Estelle Montgomery
People’s Choice: “BOO” – Zoey Ussher

Fifth – Eighth Grade
First place: “Old Barn in the Woods” – McKayla Vance
Second place: “Pumpkin House” – Hazel Tornado
Third place: “Super Pumpkin” –

Eduardo Nieto
People’s Choice: “Don’t Invite Him to Thanksgiving” – Eden Pollard

Fallbrook Chamber of Commerce – Chamber’s Pick
“The Lonely Scarecrow” – Siena Brydon
Submitted by Anita Kimzey, event coordinator.

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Laurel Lozzi
Cesar Wilson Photography

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Theater Talk: Holiday shows around the county

Elizabeth Youngman-Westphal
Special to The Village News

Ready or not the holidays are upon us, how do I know? For one thing whole fresh cranberries have arrived, and second, we are weeks away from Santa’s arrival. What better time to shop for that hard to buy person? How about two tickets for a show? And you are in luck as tickets are on sale now for many upcoming shows.

There isn’t a better way to greet the season than with “Dr Seuss’s How the Grinch Stole Christmas” at The Old Globe in Balboa Park. From how I see it, there are only a few options to park inside of Balboa.

Buy valet parking; grab the discounted-prepaid parking pass, which is available in limited quantities and only online, or for matinees only, there is lots of free parking across from the park entrance. Just grab the tram, but note that it doesn’t run late enough at night to get you back to the lot for an evening performance.

Otherwise, you will have to drive and drive to find a place to put your car when visiting, followed by a very long walk. For tickets, call 619-234-5623 or visit <http://www.theoldglobe.org>.

Closer to home, go see New Village Arts’ show by Dea Hurston, “1222 Oceanfront: A Black Family Christmas.” I’ve seen it twice, and you can take my word for it, it is a feel-good experience and ideal for holiday company, too. For tickets, call 760-433-3245 or visit <http://www.newvillagearts.org>.

Also nearby is the Oceanside Theatre Company at 217 N. Coast Highway. Their upcoming holiday calendar is stuffed with family entertainment. Check it out; it’s tucked into the Brooks Theatre, and it’s an easy drive from here. That said, parking can be hard to locate which is why I urge you to leave 30 minutes early. After all, the parking fairy will never help



Act I of City Ballet of San Diego’s “The Nutcracker” closes with Clara and her Nutcracker prince traveling through a pine forest to the Land of the Sweets, escorted by Snow Princesses, from left, Claire Ley (Snow Princess), Sumire Ito (Clara), Geoffrey Gonzalez (Nutcracker Prince), and Megan Jacobs (Snow Princess).

you when you’re running late. For tickets, call 760-433-8900 or visit <http://www.oceansidetheater.org>.

Driving further down Interstate 5, you’ll run into North Coast Repertory in Solana Beach. “Dr. Jekyll and Mr. Hyde” closes Sunday, Nov. 19. In between shows, the stage is filled with Variety Nights like in “I’m Not a Comedian, I’m Lenny Bruce” back again after sold-out performances last year. You’ll be glad you plugged into their newsletter to stay on top of upcoming shows.

“2 Pianos 4 Hands” is brilliant. It’s comedy at its best. If it is the only show you see this year, you’ll be way ahead of the crowd. Jefferson McDonald and Matthew McGloin take us on a



Jefferson McDonald and Matthew McGloin go on a musical comedic journey in “4 Hands, 2 Pianos” at North Coast Repertory.

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NOVEMBER	FRI 17	SAT 18	SUN 19	MON 20	TUE 21	WED 22	THU 23
FIVE NIGHTS AT FREDDY'S PG-13	12:00 PM 2:35 PM 5:10 PM 7:45 PM	12:00 PM 2:35 PM 5:10 PM 7:45 PM	12:00 PM 2:35 PM 5:10 PM 7:45 PM	12:00 PM 2:35 PM 5:10 PM 7:45 PM	12:00 PM 2:35 PM 5:10 PM 7:45 PM		
KILLERS OF THE FLOWER MOON R	1:30 PM 6:00 PM	1:30 PM 6:00 PM		2:00 PM	1:30 PM 6:00 PM		
NAPOLEON R						12:35 PM 4:05 PM 7:25 PM	12:35 PM 4:05 PM 7:25 PM
SAVING PRIVATE RYAN 25TH ANNIVERSARY R			3:00 PM 7:00 PM	7:00 PM			
THE HUNGER GAMES: BALLAD OF SONGBIRDS & SNAKES PG-13	12:30 PM 4:00 PM 7:30 PM 8:00 PM	12:30 PM 4:00 PM 7:30 PM 8:00 PM	12:30 PM 4:00 PM 7:30 PM 8:00 PM	12:30 PM 4:00 PM 7:30 PM 8:00 PM	12:30 PM 4:00 PM 7:30 PM 8:00 PM	12:30 PM 4:00 PM 7:30 PM 8:00 PM	12:30 PM 4:00 PM 7:30 PM 8:00 PM
THE MARVELS PG-13	11:45 AM 2:15 PM 4:45 PM 7:15 PM	11:45 AM 2:15 PM 4:45 PM 7:15 PM	11:45 AM 2:15 PM 4:45 PM 7:15 PM	11:45 AM 2:15 PM 4:45 PM 7:15 PM	11:45 AM 2:15 PM 4:45 PM 7:15 PM	12:00 PM 2:35 PM 5:05 PM 7:45 PM	12:00 PM 2:35 PM 5:05 PM 7:45 PM
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WISH PG						12:15 PM 1:15 PM 2:30 PM 3:30 PM 4:45 PM 5:45 PM 7:00 PM	12:15 PM 1:15 PM 2:30 PM 3:30 PM 4:45 PM 5:45 PM 7:00 PM

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Experience the Art of the Holiday at Fallbrook Art Center thru Jan 7



A Latin holiday scene displays handcrafted items for Art of the Holiday..

FALLBROOK – Visitors can immerse themselves in the festive spirit as the Art of the Holiday exhibition returns for another spectacular season. The Fallbrook Art Center invites art enthusiasts, families, and friends to embark on a captivating journey through a world of creativity and artisan gifts, located at 301 S. Main Ave. The show is open Tuesday – Saturday, 10 a.m. to 4 p.m. and Sundays, 12–3 p.m.

One of the highlights of the Art of the Holiday exhibition is the chance to capture the love and joy of the season with cell phone selfies. Visitors can bring their family and friends along and strike a pose in front of stunning art installations and festive backdrops.

Whether it's a traditional Christmas scene, a festive Hanukkah display, or a vibrant Kwanzaa celebration, there is something for everyone. Then they can share their selfies on social media using the hashtag #FACArtOfTheHoliday for a chance to be featured on the center's official accounts.

They can explore unique creations that reflect different cultures, traditions, and craftsmanship. From intricately

designed ornaments to handcrafted jewelry, there's something for everyone on one's holiday shopping list.

"We are excited to welcome visitors to the Art Center, Art of the Holiday exhibition," said Brenda Andrews, executive director at FAC. "This year's event promises to be a truly immersive experience, allowing guests to not only appreciate the beauty of art but also discover extraordinary gifts that will make this holiday season unforgettable."

Andrews added, "May your holiday season be filled with laughter, joy, and the warmth of love and compassion. So, come and join us at this multicultural celebration of the season. Let us capture the beauty of your loved ones against our staged backdrops, and together, let's spread the spirit of love and understanding this holiday season."

For more information, visit <https://www.fallbrookartcenter.org/> or contact info@fallbrookartcenter.org or call 760-728-1414.

Submitted by the Fallbrook Art Center.



A festive Hanukkah display can be used for selfie photos at the Fallbrook Art Center.

Village News/Courtesy photos



Moroccan Textiles add cultural interest to one of the art installations at the Fallbrook Art Center.



Tinkerbell is featured in a handcrafted bench in the Art of the Holiday exhibition.



Torrey Pines form a staged backdrop for Art of the Holiday.

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Due to an increased need in families wanting to shop for their kids, we want to give our Pantry clients the opportunity to shop with dignity and provide them with the means to buy items based on their needs. We are currently accepting gift cards or gift certificates. We want to encourage our families to have time for themselves, go to their favorite stores, and give them the dignity of choice.

If you would like to make Christmas merry for a special family this year....

Please scan the QR code and fill out the form to participate.

The form will be received by Carolina Miller at programs@fallbrookfoodpantry.org who will contact you with information regarding a family who will receive your generous gift certificates and can answer any questions.

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Potter Jr. High students honor their military parents with Veterans Day Rally



Potter Junior High Principal Dr. Alex Gonzalez begins the Veterans Day Rally ceremony, Nov. 8, with the celebration of active and retired service members who have students at the school..



The Camp Pendleton Color Guard honors the veterans while some of the Potter eighth grade class recites the Pledge of Allegiance. Village News/David Landry photos



Veteran Sgt. Chuck Ulmer who served in the U.S. Air Force receives his 'Thank You for Your Service' coin from Assistant Principal Robert Huish who is also a retired veteran from the U.S. Marine Corps.



Taking part in the Veterans Day Rally at Potter Junior High are, from left, Dr. Alex Gonzalez, Honor Color Guards LCpl. Dayton Davis Jr., Sgt. Khamari Chambers, Cpl. Rachel Powell, Cpl. Jamaal Kelly and Assistant Principal Robert Huish.



Guest Speaker SSgt. Josh Edwards tells the students how important it is to serve in the U.S. military and what an honor it is to enlist and to be a U.S. veteran. He is stationed at Motor Transport, Support Company, Combat Logistics Regiment 1 on Camp Pendleton and is currently a Platoon Sergeant. He is currently pursuing both an Associate's Degree in Organizational Leadership from the U.S. Naval College, and working on his Bachelors in Management from Columbia College.



Playing the National Anthem are Potter Jr. High Band members, from left, Isaiah Garcia-Kelsey, Anthony Orozco, Justice Handy and Veronica Perez.

REAL ESTATE & HOME and GARDEN

Sustainable Saturday happens in Fallbrook

FALLBROOK – The Fallbrook Beautification Alliance supported I Love A Clean San Diego with the first Sustainable Saturday event in Fallbrook on Nov 4. Volunteers came together at Vince Ross Village Square downtown, where they grabbed buckets and bags, litter pickers and gloves and combed the streets of downtown.

The efforts of the 23 enthusiastic volunteers resulted in the removal of 60 pounds of trash and 22 pounds of recyclables for a total of 83 pounds of litter removed from the environment.

In addition to learning about what and where to recycle bags and batteries in Fallbrook, the group was educated on how litter dropped in their village enters the watershed, leaving a trail of toxins from Fallbrook to the ocean.

Now is the most important time to clean up gutters and storm drains, removing trash that has been discarded or blown in, especially those Halloween Candy wrappers and other small plastics that seem to find their way to sidewalks and fence lines, before the start of winter rains.

The street “sweep” was followed by a gently used clothing swap, providing attendees with the opportunity to exchange up to five donated items for alternative favorites. Thirty-nine people participated in this portion of the event diverting 173 pounds of like new items from landfills.

To learn more about what the Fallbrook Beautification Alliance is involved in, or how to get involved, go to www.fallbrookbeautification.org.

Submitted by the Fallbrook Beautification Alliance.



An I Love A Clean San Diego representative teaches cleanup volunteers about recycling and keeping litter out of the watershed.

Village News/Courtesy photo

Support both ends of the leash

Dr. Gary Weitzman
Special to the Village News

The only thing more devastating to Jessica than losing her housing was the thought of giving up Ash and Itzy, her two most treasured companions. Without a place to live, she thought she would have no choice but to surrender her cats – a heartbreaking prospect.

Thankfully, Jessica contacted San Diego Humane Society. The nonprofit organization enrolled her beloved pets in the Safety Net Foster Program, while Jessica worked to get back on her feet. After spending three months with temporary foster families, Ash and Itzy were reunited with their guardian and ready for a fresh start in their family’s new home.

Although Jessica’s story had a happy ending, many other community members have found themselves in similar situations with nowhere to turn – and often feeling as though the only option is to relinquish their animal to a shelter. But at San Diego Humane Society, they are working to



Ash spends time in the Safety Net Foster Program before being reunited with his owner.

Village News/San Diego Humane Society photos

change it. Every day, across all its campuses, pet families are in need of assistance, and the society’s goal is to help.

At San Diego Humane Society, they know that animals are happiest in homes, and one of the best ways to prevent overcrowding in shelters is to provide resources to pet families who love their animals but may have limited means to afford the rising costs of pet care. The society offers a variety of services to support pets and the people who love them, from help with pet food and supplies, temporary fostering during times of crisis and access to affordable veterinary care.

The Community Pet Pantry program at our El Cajon, Escondido, Oceanside and San Diego campuses allows pet guardians to pick up food, cat litter, flea medication and other essential supplies free of charge.

The Community Veterinary Program is an all-encompassing effort to make veterinary care more accessible to pet families in need. Through this program, the society hosts an on-site clinic at the San Diego Campus, as well as mobile clinics that take veterinary services into the neighborhoods that need them most. It also offers vaccine and microchip clinics at the shelter campuses and spay/neuter assistance. These services are vital to keeping pets healthy and serving under-resourced communities.

And because behavioral challenges are among the most common reasons the society sees animals surrendered to the shelters, it offers the community a wide range of behavior and training resources. In addition to a free Behavior Helpline, the society offers an online resources library and dozens of affordable live and on-demand training classes.

Learn more at <http://www.sdhumane.org/services>.

Dr. Gary Weitzman, DVM, MPH, CAWA, is an author, veterinarian and passionate animal welfare advocate. He has served as president and CEO of San Diego Humane Society since 2012.

Supervisors ratify donations to Wilderness Gardens and Live Oak Park

Joe Naiman
Village News Reporter

During the period from Jan. 1, 2023, to June 30, 2023, the San Diego County Parks Society made donations totaling \$47,492.17 to the county’s Department of Parks and Recreation. Because the society made total donations of over \$5,000 to the county during the six-month period, the donations needed to be ratified by a San Diego County Board of Supervisors action.

The supervisors’ 3-0 vote Wednesday, Oct. 25, with Terra Lawson-Remer absent and one vacant seat, approved the donations. The total amount includes \$703.53 for Wilderness Gardens Preserve in Pala and \$450 for Live Oak Park in Fallbrook.

The San Diego County Parks Society is a nonprofit organization which was established in 1980 to support and improve the county’s park system. The donations help to maintain and operate county parks and assist with ongoing and

expanded programming.

Between Jan. 1, and June 30, the San Diego County Parks Society made 15 donations to specific parks and another four donations for activities involving multiple parks. In 1973, Wilderness Gardens became the county’s first open space preserve, and the San Diego County Parks Society donation helped the 50th anniversary event to occur April 15.

Live Oak Park is owned by the county and maintained by the nonprofit Live Oak Park Coalition. In December 2014, the county supervisors approved a funding agreement with the Live Oak Park Coalition for the first Department of Parks and Recreation off-leash dog park. The county now also has off-leash dog parks in Borrego Springs, Julian and Spring Valley, as well.

An annual Bark in the Park fundraiser supports the maintenance and operation of the dog park, and the San Diego County Parks Society made a donation for this year’s Bark in the Park event which was held March 18.

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

You can give an unhoused veteran a home

Anita Lightfoot
County of San Diego
Communications Office

Leave No Veteran Homeless is a countywide, multi-agency effort to provide all veterans experiencing homelessness the opportunity to find permanent supportive housing.

As of Oct. 1, 201 veterans have

been housed since the Leave No Veteran Homeless Initiative launched in July. Assuming monthly inflow and outflow remain consistent, to meet our goal, we need to increase average Monthly Housing Placements from 67 to 131.

Currently 127 veterans holding new vouchers are searching for housing. While veterans are

eligible for housing vouchers, the housing itself can be hard to find. Right now, San Diego has about over 100 veterans holding vouchers in search of housing.

An important part of the “Leave No Veteran Homeless” initiative is recruiting landlords who are willing to step-up and offer some of their vacant units to these veterans holding vouchers. Landlords have the power to change the life of a service member who dedicated their life to this country.

You can learn more about getting involved, and landlord incentives, at NoVeteranHomeless.org

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—Review of all things real estate—

Is it time to move closer? Becoming a caregiver can drive real estate decision making



Bob Hillery
CR Properties

We don't like to think about it, but anyone can find themselves in a situation where they require a caregiver. We often associate these situations with the elderly, but you may find yourself choosing to move closer to a parent, niece, sibling, or grandchild to help provide a stronger support system.

Whether you're considering becoming the primary caregiver or one of a larger support network, the decision to relocate is a big one that requires forethought and planning. In this article, we'll share some tips, thoughts and guidelines to help you to make this decision.

If your loved one needs increased supervision to ensure their health and safety, moving closer to them may be the best option, but it may not be permanent. The following indications can help you determine whether this change is necessary:

- Unpredictable mood swings
 - Forgetfulness when it comes to medications, hygiene, and routine tasks
 - Failure to follow medical directions (intentionally or unintentionally)
 - Difficulty moving around the home
 - Inability to complete essential daily tasks
 - Declining cleanliness and maintenance in the home
- Before you make your move, look for professional help that can help your loved ones. This type of help may include:
- In-home nurses
 - Personal care assistants
 - House cleaners
 - Yardwork helpers
- As much as possible, enlist your loved one's help in researching and hiring outside help. If the primary caregiver needs self-care breaks, then a part time in-home nurse could be enough to provide the break they need. Or perhaps your loved one can care for themselves, but they cannot maintain their home alone. In that case, a landscaping service or housekeeper might be the solution.
- Also, you could help them with their shopping since there are currently more options than ever. When it comes to products, check with unbiased experts to make sure your loved ones are getting the best (and safest) value for their money.
- As you start taking over caregiving duties, approach your family member gently. If other family members have been helping with caregiving, it's important to respect what they have done and build from there. They may want to remain in the caretaking team, but

simply need additional help. Or they may be burnt out and need to step away for other reasons and will be happy to pass along their expertise to a new caregiver.

If your loved one requires help due to age or advanced disease, be gentle as you step into a caregiving role. Recognizing the need for help can be a difficult part of the aging process. Use questions rather than statements during difficult conversations and honestly explain the signs that you've noticed. Don't overstep your boundaries, always use patience and respect during interactions.

Moving is almost always stressful and can be particularly so when you're also concerned about the well-being of a family member or friend. Don't get so caught up in the frantic pace of moving that you rush into a mortgage. A trustworthy lender should sit down with you to calculate a realistic monthly payment based on your debt-to-income ratio. You can get an idea of what to expect by combining your existing monthly debt and dividing the total by your gross income for the month.

It's also important to consider your employment in this transition. Many people are enjoying remote work situations right now. However, if you are planning to move your business, this will play an important role in your housing decisions. Once you decide whether to buy or rent, begin your moving plans as quickly as possible. Clearly label all of your boxes so that you know what pertains to your business, because you will need to get things set up quickly once you arrive.

There are benefits to renting

rather than buying a place near your loved one. You can bypass much of the stress and work that is part of a bigger, more permanent move as you focus your energy on taking care of your family member. Renting will buy you more time to research neighborhoods and homes to purchase in the future. Explore rental listings and filter by cost, type of home, and other amenities.

Self-care is an important part of ensuring that you're able to provide help. This is true as you prepare to

become a caregiver and is vital as you work directly with your friend or family member. From finding a new home and moving to spending long hours providing personal care, it's important that you recognize the emotional and physical requirements of these new tasks.

Becoming a caregiver is a generous and wonderful thing to do for another human being, but do ensure that you take care of yourself so that you can accomplish your undertaking.



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FEATURED LISTINGS

SOLD! I can sell your home too...Call today!



SOLD!



1365 Via Vista, Fallbrook

Charming single-level ranch home located in one of the most desirable neighborhoods in Fallbrook. This home is the most affordable home on the market along the million-dollar mile, where homes are rarely for sale. The Yucca/Los Alisos neighborhood is a short distance to Myrtle Creek Vineyards and Live Oak Park, with minimum 2.5 acre lots with views. Situated on 2.74 acres, this property offers a peaceful haven for you to call home. The home is a three-bedroom layout which is currently being used as a 2-bedroom. Walls were removed to dedicate one bedroom's square footage to expand the open floorplan living/dining area and can easily be replaced to return the room to a 3rd bedroom. The gently sloping, usable lot is fully fenced for your furry friends, with a circular gated driveway and has a desirable "L" Animal designation (which includes horses.) The covered front patio is the perfect setting for your morning coffee. Your front door leads to a wide, open floorplan including formal living and dining areas which expand into the family room and kitchen areas. There is a woodburning fireplace in the family room. The kitchen enjoys westerly sunset views.

Sold for \$920,000



SOLD!



31860 Via Del Paso, Winchester

Welcome to Capistrano, French Valley's most desirable neighborhood because of the courtyard designs, low taxes, and the Temecula School District. This rare ONE OWNER, 5BD, 4BA pool home has high quality amenities, as owner is a contractor. As you enter the courtyard, there is a custom wooden door for complete privacy while enjoying your outdoor courtyard sitting area and fireplace. With an automated retractable awning, you can achieve shade by day and stars by night. As you enter the home, you are wowed by a stunning spiral staircase with custom wooden runs (no more carpeted stairs to clean.) The lower level includes one bedroom and bath with shower, private separate dining room attached by a butler's pantry to an expansive kitchen. Kitchen has tile counters, an island, and stainless appliances. Most notable is the spaciousness of work areas and the vast amount of kitchen storage. Kitchen is open to living room complete with fireplace, surround sound and oversized ceiling fan. Upstairs includes oversized Premier bedroom with fireplace, a walk-in closet, a master bath with 2 separate sinks, remodeled walk-in shower and separate deep soaker tub.

Sold for \$748,000

Homeowners pruning seminar talks trees

FALLBROOK – Over 50 residents came to the Palomares House Nov. 4 to hear the “how” and “why” of taking care of the workhorses of the community environment, trees. Mark Wisniewski, a state renowned Arborist was the guest speaker with the support of Roger Boddaert, the Tree Man of Fallbrook.

It has been in the interest of the community forest, no matter whether trees are on public and private property, that Save Our Forest has held successful pruning seminars in past years. This year was no exception; people are eager to learn how to maintain healthy trees to create a healthy environment.

The presentation was aimed at the Do-It-Yourself home owner, as well as the people who hire a professional as they need to know what questions to ask and also what to request.

Important topics covered were

appropriate tools and how to use them, what growth should be removed to prevent nutritional flow from going to non-productive overgrowth, examples of problems created by improper pruning or lack of pruning. A plethora of in depth, readily available educational materials were on display, and dispersed.

Some very basics included, ‘Never remove more than 25% of the canopy.’ That rule eliminates topping which people see a lot in Fallbrook. It surely does provide a yearly income for the tree service but not good for the tree or one’s pocketbook.

That brought the comment that removing the tree whose DNA dictates the height, and replacing it with a tree with an acceptable mature height, would save money the first year and in years to come.

A repeat presenter for SOF, Wisniewski is retired, but came to deliver his message of



environmental and property value benefits. The vast knowledge that was shared has aided the community through this kind of education and Boddaert’s weekly articles over the past years.

Submitted by Save Our Forest.

Mark Wisniewski demonstrates proper pruning cuts at the Save Our Forest pruning seminar at Palomares House, Nov. 4.

Village News/Courtesy photo

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Top red flags in home purchase

FALLBROOK – In this article, we’re sharing with you how to know if you’re looking at your new home sweet home or a nightmare waiting to happen. While many of these issues have quick and efficient solutions, they are important considerations when making a home purchase. Always check with your Realtor on how best to proceed if you encounter one of these red flags.

Physical structure issues
How to detect this red flag: Check for cracks in the foundation, sloping floors, or noticeable structural damage that can be costly to repair. Poor insulation due to physical structure issues may later lead to high utility bills, drafts, or temperature inconsistencies.

Electrical problems
How to detect this red flag:

Unusual sounds, like sizzling or buzzing, coming from electrical outlets or switches may indicate loose wiring or potential arcing. If outlets or switches don’t work, it could be due to a wiring issue, a blown fuse, or a tripped circuit breaker so make sure they are all working properly.

Pest infestations
How to detect this red flag: Finding small, dark droppings in and around your home is a clear sign of a pest problem, Insects like cockroaches often leave behind egg casings. A persistent, unpleasant smell may indicate their presence too.

Unusual odors
How to detect this red flag: Strange or persistent odors, such as mold, pet smells, or mustiness, can be a sign of water leaks, roofing problems or pest infestation.

Title issues
How to detect this red flag: Don’t hesitate to ask the seller and the title company about any concerns you have regarding the title. If you’re not getting a clear and satisfactory answer to any questions you may have, that may be a red flag. For your protection, during the escrow process, the title company will work to resolve any title issues, if necessary, before the sale is finalized.

High HOA fees
How to detect this red flag: Okay, high HOA fees alone aren’t necessarily a red flag, but they should be evaluated in the broader context of your budget, the services provided, and the financial health of the HOA. Consider whether the location and property are worth the additional cost. High homeowners’ association fees can significantly increase your monthly expenses so it’s crucial to do thorough research and ask questions before making a decision to buy a home with high HOA fees.

If you want to make sure you’re making the right call in a home purchase, we recommend working with a qualified real estate agent and consider hiring a professional home inspector to uncover any hidden problems.

Recognizing these issues before you close on your home purchase will help you to have a more comprehensive understanding of the home. As always, if you need a good agent, contact the team at Broadpoint Properties.

This article first appeared on Broadpoint Properties’ website, <https://servingsandiegocounty.com>.

Submitted by Elisabeth Hartig Lentulo, broker associate, who can be reached at 760-532-1057, elisabeth@ehlentulo.com or <http://www.ehlentulo.com>. CalBRE #01904564

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Offered at \$210,000

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Huge Price Improvement

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Offered at \$209,000

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These two lots in Lake Elsinore have to be sold together. Great potential to hold for future development. Close to the Lake Elsinore and Lakeshore Drive. Shopping is nearby. Grab these before they are gone.

Only \$24,900 for Both Lots

Retirement Retreat!

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Located in the desirable Valle Hermosa 55+ Community! 2BD/1BA, there is a large living room, a galley kitchen with a connected dining area, and plenty of cupboard space. Right in the corner of the cul-de-sac on a generous lot! Plenty of space to enjoy the outdoors or host family events! Low HOA and close to shopping, parks, and downtown activities.

Offered at \$228,000

Huge Price Improvement

REDUCED

Beautiful single story pool home with 4BD, 2BA, 3 car garage with lots of parking and RV potential. The kitchen features granite counters, stainless applcs, laminate flooring, & tons of cabinet space. The dining rm is connected to the living rm and has a large brick fireplace. The HVAC system was upgraded with a new dual unit in 2021. Saltwater pool, spa. Solar.

Offered at \$445,000

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BUSINESS

What is the Bonsall Education Foundation?

BONSALL – On the first Thursday of every month, a group of tireless community volunteers gather at the Bonsall Community Center. They follow Robert’s Rules of Order, they have elected officers, and meeting agendas. To an observer, it is very official, organized, and serious. The group, the Bonsall Education Foundation, is made up of parents of Bonsall Unified School District students and community members.

Though the leadership and active members have changed over the years, a singular dedication has remained. BEF has been committed to supporting the needs of students and educators in extracurricular activities and supplemental programs since 2008.

“The Bonsall Education Foundation is an amazing organization; it’s the secret sauce that makes our school district such a special place,” commented Superintendent Joseph Clevenger. “I don’t know of another grassroots, parent-led, organization that supports an entire school district.

We very much appreciate all that they do.”

Founded by a group of BUSD parents and current Bonsall High School teacher Danny Costa, BEF set out to fulfill a need during lean times. “School districts all over were cutting out arts and other extracurricular opportunities, and we just knew that our students deserve more,” said Costa.

The foundation raises money through various sponsored events like the Bonsall High School Car Show, the BUSD golf tournament, and the Bonsall Rotary’s Wine, Blues and Brews, to support athletics and theater, as well as teacher requests that help purchase supplies and other educational materials.

The organization also started garden programs, such as the Bonsall Sprouts Garden at Bonsall Elementary School and now maintains the circle garden at the school’s entrance. BEF also oversees the “S.O.S.” drive at each school.

The S.O.S. (Support Our Students) campaign’s goal

is to receive \$25 per student each school year. Community members and parents can make tax deductible donations through BEF that go directly to the classrooms to purchase much needed school supplies, equipment, special classroom projects, or activities.

BEF’s website provides links to the SOS drive as well as links to sponsor sports, theater, and other fundraising campaigns.

“The Bonsall High School Theatre Company would not exist without BEF. Their partnership allows our little school to produce quality shows like last year’s ‘Clue’ and this year’s ‘It’s A Wonderful Life,’” added Bonsall High School Theater Director Jen Arellano.

BEF is also leading the charge when it comes to supporting the growing athletic programs at Sullivan Middle School and Bonsall High School. “Where larger schools have organized booster organizations, Bonsall Unified has BEF,” said Athletic Director Andrea Breuninger.

Another significant, long-term project of BEF is the restoration of the original Bonsall Schoolhouse which dates back to August 1895. BEF acts as steward of the Bonsall Schoolhouse and is also charged with its complete restoration.

With the unwavering financial support of the Bonsall Woman’s Club and donations of important vintage pieces from Questers International, Fallbrook Chapter, the restoration of the building will be complete by 2025.

“This multi-year restoration project has been possible because we have partnered with some exceptional local organizations,” says Jen Leung, director of the Schoolhouse Restoration Project. “We want the schoolhouse to be used by the community once again, as a meeting place, a special events venue and most importantly as a museum/outdoor classroom where students can learn about California history.”

Over the past 15 years, BEF has raised over \$500,000 for programs that benefit students and educators. They also provide scholarships for graduating high school seniors.

One special scholarship is the



The original Bonsall Schoolhouse circa 1895.



The Bonsall School house today.

Dale Costa Memorial Scholarship. Mr. Costa was a longtime resident of Bonsall and a noted supporter of Bonsall schools. His wife, son, daughter, and daughter-in-law all taught or continue to teach within BUSD, and after he retired from Sony in 2001, it was not uncommon to see Mr. Costa as a volunteer aide in his wife’s first grade classroom at Bonsall Elementary School.

When he died in December 2016, his family created an annual scholarship in his name to support a graduating BHS senior who was planning to attend Palomar

College before transferring to a four-year university. To date, the scholarship has benefited six well-deserving Bonsall graduates.

Current BEF President Shauna Jopes is hoping that other parents will join their effort, so that the next generation of Bonsall parents will keep the foundation going. If anyone is interested in volunteering or learning more about BEF, parents/guardians in the district can contact info@bonsallschools.org.

Submitted by Bonsall Unified School District.

Workers of the Week are volunteer fundraisers



Fiona Urquhart, left, Jeanna Kirby are the lead volunteers at the Fallbrook Animal Sanctuary Holiday Store located at 746 S. Main Ave, next to Meineke. Urquhart., who has served on the sanctuary’s board of directors for five years, has worked at the annual Holiday Store fundraiser for the past eight years. Kirby has volunteered at the store for three years. Their goal is to raise money to help the animal sanctuary continue to rescue dogs and cats and to promote spaying and neutering to reduce the number of unwanted pets. The Holiday Store and the Animal Sanctuary are always looking for volunteers. See page A-2 for store hours.

Supervisors authorize contract for East Alvarado Street sidewalks

Joe Naiman
Village News Reporter

The Nov. 7 meeting of the San Diego County Board of Supervisors included authorizing the advertisement for bid and subsequent award of a contract to construct sidewalks along approximately 500 feet of East Alvarado Street.

The supervisors’ 4-0 vote, with one vacant seat, authorized the director of the county’s Department of Purchasing and Contracting to advertise and award construction contracts for the sidewalk projects for Alvarado Street and for East 32nd Street in Lincoln Acres and designated the director of the county’s Department of Public Works (DPW) as the county officer responsible for administering the construction contracts.

Normally matters involving DPW are heard at a Wednesday meeting of the Board of Supervisors, but Community Development Block Grant funding is being used for the two sidewalk projects and the supervisors’ action also appropriated \$886,000 of CDBG funding into DPW’s Fiscal Year 2023-24 Road Fund.

The minor alteration of existing public roadway and pedestrian facilities which involves negligible if any expansion of the land’s existing or former use was also found to be exempt from California Environmental Quality Act review.

And while the federal funding made the projects subject to National Environmental Protection Act review, the repair, improvement, reconstruction, or rehabilitation of public facilities and improvements when the facilities and improvements are already in place and will be retained in the same use without change in size or capacity allowed the work to be categorically excluded from NEPA review.

The CDBG funds are actually from the Fiscal Year 2021-22 allocation which was approved during a March 2021 Board of Supervisors meeting. That funding included \$589,632 for the design and construction of the East Alvarado Street sidewalks and \$580,632 to design and construct the Lincoln Acres sidewalks.

The allocations for each project included \$3,632 to each for environmental review.

The Fallbrook project will construct 500 feet of concrete sidewalk along with pedestrian ramps meeting Americans with Disabilities Act standards on the south side of East Alvarado Street from 500 feet west of South Brandon Street to South Brandon Street.

Community Development Block Grant projects are intended to revitalize lower-income communities. The census tract including that part of East Alvarado Street had a population of 9,095 and 6,235 of those, or 68.55%, are considered low-income or moderate-income. The county’s Department of Housing and Community Development Services administers the CDBG process.

The expenses for the two sidewalk projects included \$277,000 for design, environmental review, and right-of-way acquisition as well as construction inspection which will be spent during the construction phase.

DPW has completed design, engineering, and right-of-way acquisition for both sites and has prepared the construction contracts for public advertisement and award. The estimated construction cost of \$886,000 includes a 25% contingency in the event unforeseen conditions warrant a contract change order.

The construction for the two sidewalk projects is scheduled to begin in spring 2024 and be completed during summer 2024. Prior to construction surrounding residences and businesses will be notified with mailers, door hangers, or other signage. DPW will also post information on social media and on the DPW Website.

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REGIONAL

Temecula rookie crushes foes in his debut as local hack stumbles into sports writing



Leo, a black longhair dachshund, captures top dog honors at the Temecula Fall Wiener Fest.

Tim O’Leary
Special to the Valley News

A historic Temecula setting was the backdrop for a stunning victory when a homegrown rookie made his racing debut by crushing a pair of big city ringers at the Temecula Fall Wiener Fest.

The competitors – 125 of them – came from as far away as Georgia to vie for the top honors in various categories. An estimated 2,000 spectators, owners, trainers and vendors crammed the historic Vail Headquarters in Temecula for the Sunday, Nov. 5 spectacle.

Dust filled the air from the 53-foot dirt track as racers competed in qualifying heats in hopes of reaching the semi-finals and onto the finals. There were also side events to pump up the crowd as the organizers moved from one point of the event to another.

Some of the top athletes hit speeds of 17 mph. The average human can run at a speed of about 7.25 mph.

Music blasted from loudspeakers and the Assembly of the Buglers. There’s still much debate over how that musical snippet, also known as First Call, came to mark the start of American horse races. Another iconic racing song was played as well. “Who Let The Dogs Out” was released in 2000 by Baha Men.

It seemed as though every dog and owner in Southern California was there. The place echoed with barks, growls, whines and other hound sounds. A young woman with nose rings and blue and purple hair sported a pair of dachshund tattoos on her arms. One of the tats had the name “Monty” inked beneath an elongated pup.

An older woman wore a black T-shirt that proclaimed: “It’s all about the wiener.”

Dog owner Andi Acosta, 24, of Los Angeles had three dachshunds at the event. One of them, 6-year-old Zeke, had just been edged out of the competition to determine which dog could rip a squeaky toy to shreds in the fastest time.

“I love them because they are the most loving dogs,” Acosta said. “They’re the most lucky.”

Dachshunds are the creation of German breeders who blended French, English and German

hounds and terriers. The name is of German origin, and it means “badger dogs,” as the breed was used to scent, chase and flush out burrowing animals.

The longest specimen to appear at this wiener fest was Queenie, a brown beauty that measured 39 inches from tail to snout.

Wiener fests have been held for several years by the Temecula Valley Dachshund Club, which meets monthly at the Redhawk Dog Park.

Portions of the entry fees, vendor fees and a raffle went to support dog rescue groups. The spring wiener fest is held at Wilson Creek Winery.

The tension was palpable as the final race unfolded on a picture-perfect day at the location that is designated as a National Historic Site and a segment of the Butterfield Overland National Trail.

Leo, a long-haired black doxie, finished as the puppy champion. Karli Tucker of Temecula entered her 10-month-old pup in his first event on a whim. Leo won one of his races in 3.01 seconds.

Leo vied against a pair of pros seeking to become the 2023 Fall Frolic Grand Champion. The odds favored the ringers, Harrison and Esri, who are owned by Chris and Denise Miesner of San Diego.

The Miesners, who live near Sea World, have a passel of “Celebrity Dachshunds” that they make available for movies and advertising. Their “actors” appeared in the 2013 Wiener Dog Nationals movie and its 2016 sequel, Wiener Dog Internationals, both starring Morgan Fairchild.

Miesner dogs have also appeared in commercials, print advertising and they periodically run in races and demonstrate how dachshunds were used as hunting hounds.

At Temecula’s Fall Fest, Harrison snared the open field category honors and Esri bested an array of other challengers to become the event’s senior champion. Leo burst out of the starting box at a blazing pace and managed to stay a step ahead of the pack to claim the top prize.

“It was fun,” Karli said as she nuzzled her canine champion and scooped up his grand prize plaque and his \$50 check.



Karli Tucker holds her champion dachshund, Leo, as event organizer Jim Richardson displays the two plaques that the top dog won.



Chris Miesner of San Diego, who had two dachshunds vying for top honors, nuzzles one of his canine companions.

Village News/Tim O’Leary photos

County makes home cooking program permanent, expands economic opportunities

County News Center
*County of San Diego
Communications Office*

The Board of Supervisors voted to continue a temporary program set to expire in 2024 that supports home cooking as a small business. It also expanded the earning potential for its participants.

This follows the 2022 adoption of a two-year trial of the Microenterprise Home Kitchen Operations program (MEHKO). Now, there are 61 permitted home kitchens in operation, offering new ways for people to earn a living doing what they love – cooking for others.

The Board also increased the number of meals a permittee can sell if they add food carts to their operation. These actions further remove barriers for small, food-based entrepreneurs County-wide. It also increases the ability for people to grow their business and contribute to the local economy.

MEHKOs are home kitchens

that operate as mini restaurants. The opportunity to run a business without the overhead costs and infrastructure required of a traditional brick-and-mortar restaurant facility is a game-changer for the existing MEHKOs participants.

“There are so many people that have been able to enter the food industry and fulfill lifelong dreams about business ownership and provide food to the community that previously were unable to,” said Executive Director of the COOK Alliance Roya Bagheri, Esq.

In San Diego County, 58% of MEKHOs are women-owned, and 70% are minority-owned. According to the U.S. Census for the region, women or minorities own less than 25% of businesses.

The program supports equitable access to self-employment. High start-up costs such as \$275,000 for a leased building make it too expensive for many underrepresented groups, such as



There are now 61 permitted home kitchens in operation, offering new ways for people to earn a living doing what they love – cooking for others.

Village News/Courtesy photo

women, immigrants and people of color, to use their skills to generate income through a traditional restaurant space.

The expanded MEHKO program including use of a food cart now allows permitted home chefs to serve up to 80 meals a day

for a maximum of 200 a week with gross annual sales of \$150,000.

The County’s Department of Environmental Health and Quality (DEHQ) oversees the MEHKOs program and ensures food safety through inspections, permitting and oversight of the rules of the

program.

DEHQ is committed to supporting San Diego’s home cooks and offers several resources to support those interested in the MEKHOs program. Visit the Home Kitchen Operations webpage to learn more.

EDUCATION

Rotary Club goes back to school: Discovering FUESD’s educational brilliance



Rotarian Ron Hall is welcomed by a class leader at one of the elementary schools. Rotarians watch a classroom English Language Arts Lesson at Fallbrook STEM Academy.

FALLBROOK – In a spirit of community collaboration, the Rotary Club of Fallbrook joined Superintendent Monika Hazel and FUESD leaders in an all-day tour of the Fallbrook Union Elementary School District (FUESD).

The purpose of this special initiative was to provide Rotary members with an exciting look inside the exceptional educational programs and achievements within the district, while emphasizing the importance of strong community partnerships.

The tour included visits to Fallbrook STEM Academy, Live Oak Elementary and Potter Junior High School, granting Rotarians an up-close look at classrooms, valuable interactions with students and educators, and insights into the learning and accomplishments taking place daily within FUESD schools.

The day began early at the FUESD/FUHSd bus depot, where Rotary members and FUESD leaders gathered to embark on a journey across the community. Boarding a FUESD bus, this diverse group began an informative tour of schools within the local community, deepening their understanding of FUESD’s educational environment for students.

Hazel emphasized the significance of building key relationships with community organizations like the Rotary Club, stating, “Our mission goes beyond classroom walls; it’s about preparing students for a lifetime of success. Collaborating with community partners, such as the Rotary Club of Fallbrook, allows us to strengthen our mission and enrich the lives of our students. Together, we create a brighter future.”

Dale Mitchell, president of the Rotary Club of Fallbrook, shared his perspective, “Rotarians enjoyed the tour of three schools in the Fallbrook Union Elementary School District. Students were consistently actively engaged in learning activities. Each of the classrooms and schools visited provided supportive environments for student learning. Rotarians were impressed with the quality of the educational opportunities for students.”

The partnership between the Rotary Club of Fallbrook and the Fallbrook Union Elementary School District demonstrates a shared commitment to community well-being and educational excellence. The result of this tour opens doors to potential future collaborations, aimed at enhancing education and opportunities within Fallbrook.

Submitted by the Fallbrook Union Elementary School District.

Study abroad opportunities for high school students



American high school students can choose from 34 countries in the ASSE International study abroad program.

LAGUNA BEACH – Qualified high school students are offered a unique opportunity to explore the world by spending an academic year, semester or summer in Europe, Asia, North or South America, Australia or South Africa as part of the ASSE International Student Exchange Program. A nonprofit, public benefit organization, ASSE International promotes closer ties of friendship between the United States and other countries by fostering intercultural understanding through youth exchange programs.

Students, 15 to 18 years old, qualify on the basis of academic performance, character references and a genuine desire to experience life abroad with a volunteer host family. Previous knowledge of the host country’s language is not a requirement. Scholarships are available and are based on academic performance, leadership skills and financial need.

Families abroad are screened, and students do not need to know the language of the host country prior to departure but will acquire the language skills through experiencing the day-to-day local culture and attending regular high school classes along with their new teenage friends.

ASSE International also provides the experience of a lifetime to American families who are interested in hosting an international student from Spain, Italy, Germany, Ukraine, Thailand, Japan and many other countries. These exceptional young students will attend the local American high school for an academic year or semester.

Students or families interested in learning more about becoming an ASSE International exchange student or host family should contact ASSE International at 800-733-2773, visit <http://www.asse.com> or send an email to asseusawest@asse.com.

ASSE International, formerly American Scandinavian Student Exchange, is a nonprofit, public benefit, organization. ASSE International is designated as an Exchange Visitor Program by the U.S. Department of State and was founded by the Swedish Ministry of Education and cooperates closely with the Canadian Provincial Ministries of Education.

Submitted by ASSE International.

Vintage car club donations benefit youth

FALLBROOK – October again marked another month in which the Fallbrook Vintage Car Club gave away proceeds, earned from its annual Memorial Day Weekend Car Show, back to the community. Long-time Vintage Car Club member and Chair of Donations Michael McGuire presented checks to the

Fallbrook High School Students of the Month committee, and the Fallbrook High School Cheer Squad McGuire said that all groups were very pleased to receive these financial awards that will assist their endeavors.

Submitted by the Fallbrook Vintage Car Club.



Vintage Car Club Chair of Donations Michael McGuire, center, presents a check to the Fallbrook High School Students of the Month Committee, from left, Meiko Winton, Crystal Gates, McGuire, Adrienne Petersen, and Veronica Hernandez.



The entire Fallbrook High School Cheer Squad is present with Cheer Squad Coach Gomez to receive their donation from Vintage Car Club Chair of Donations Michael McGuire, far right.



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Warriors apply grid lessons to defeat Tigers

Host LJCD in tomorrow night’s semifinal



Warrior Jackson Christopherson receives the handoff and makes a run against Imperial.

Joe Naiman
Village News Reporter

Soon after the CIF Division III quarterfinal playoff game Nov. 10 at Fallbrook High School began, it became evident that the Warriors learned from their previous game’s mistakes.

The Warriors scored 21 game clock seconds into their Nov. 10 game against Imperial and defeated the Tigers by a 27-21 score. The victory gives Fallbrook a home playoff game for tomorrow night’s semi final against La Jolla Country Day.

“I think we had a good two weeks of practice,” said Fallbrook head coach Ross Johnson.

Fallbrook’s regular season concluded Oct. 27 with a 38-0 loss at Ramona. The Warriors did not obtain a first down on any of their initial three possessions and did not cross midfield until the second half of that game.

“We learned that we can’t play that sloppy and beat quality football teams,” Johnson said.

Imperial, which entered the game at Fallbrook with an 8-3 record, had possession past midfield late in the fourth quarter before Fallbrook’s defense forced a turnover on downs. “The guys reacted and made some big plays at a big time,” Johnson said.

Wilson Christopherson returned Imperial’s opening kickoff to the Fallbrook 22. Fallbrook quarterback Evan Thomas then handed the ball to Chris Bausch, who scored a 78-yard touchdown.

“It was really good blocking from the line,” Bausch said.

Zach Dickey kicked the extra point to give Fallbrook a 7-0 lead.

On two of Imperial’s three scoring drives, the Tigers were given a first down from a Fallbrook penalty rather than from a play, and penalties also nullified significant Fallbrook gains. Johnson acknowledged that penalties are a mistake which must be corrected prior to the semifinal. “That will be something that we look at,” he said.

The Tigers crossed the end zone twice, but the first touchdown was nullified by a pushing penalty. The second touchdown made the score 7-7 with 4:31 remaining in the first quarter.

Bausch ran for four yards on the final play of the first quarter. The initial play of the second period was a two-yard loss. Thomas responded to the third-down situation with a throw to Christopherson, who was able to run into the end zone for a 69-yard touchdown with 57 seconds elapsed in the second quarter.

“We were able to execute and get all the blocks,” Christopherson said.

The proper blocks did not happen on the conversion attempt, and the kick was blocked. The score remained 13-7 after the Tigers gained two first downs but were then forced to punt.

A two-yard run was followed by a 17-yard pass to Christopherson. Four additional first downs which included runs of 12 and 10 yards by Bausch brought the ball to the Imperial 7. Jackson Christopherson then ran for six yards before rushing for the final yard which produced a touchdown with 1:01 left in the first half. Dickey’s kick gave Fallbrook a 20-7 lead.

After receiving the second-half kickoff, Imperial advanced to the Fallbrook 28 before attempting a 45-yard field goal which was short. The next three plays were a Bausch 12-yard run, a 14-yard pass to Wilson Christopherson, and a pass to Christopherson which gained 46 yards.

A holding penalty moved the ball back to the Imperial 18, and a seven-yard pass to Christopherson followed by an incomplete pass

created third down. Thomas then found Wilson Christopherson in the middle of the field. The pass was caught, and Christopherson ran into the end zone for an 11-yard touchdown. Dickey’s kick made the score 27-7 with 6:21 left in the third quarter.

The kickoff was returned to the Imperial 33. Two rushing plays gained a combined seven yards. The third-down pass was incomplete, but a roughing the passer penalty gave the Tigers first down in Fallbrook territory. A 27-yard touchdown pass with 3:14 left in the third quarter was followed by the conversion kick.

Wilson Christopherson returned the kickoff more than 40 yards, but a holding penalty called back that gain and the Warriors took possession on their own 14. The Warriors gained 10 yards for a first down on the next two plays. A holding penalty returned the ball to the 14, and the punt was returned to the Fallbrook 43.

After the Tigers gained a first down, Will Sherman intercepted a pass at the Fallbrook 7. Julian Jimenez then intercepted Thomas’ pass and returned the ball to the 5. A four-yard run was followed by an encroachment penalty against Fallbrook. The Warriors were still able to stop the Tigers on the next two plays, but a fourth-down pass into the left side of the end zone and the ensuing conversion kick made the score 27-21 with 8:07 left in the game.

With the ball on the Fallbrook 42, Bausch ran for a first down, but a holding penalty nullified that play. After the punt, the Tigers gained a first down which moved the ball to the Fallbrook 40.

A two-yard run was followed by three incomplete passes. Fallbrook safety George Aguilar tipped the fourth-down pass which gave the Warriors possession.

“It was an amazing read,” Johnson said.

“I knew I was the only one that could make a play,” Aguilar said.

“He was in a position to make a great play,” Johnson said.

“I think that we just really pulled it together at the end,” said Fallbrook linebacker Preston McCarthy. “We just hit with our shoulder pads. It showed that we are here to play.”

A seven-yard run was followed by Bausch’s 12-yard run which gave the Warriors a first down and allowed Fallbrook to run out the clock.

“We really locked in and we focused and we did our job,” Sherman said.

“It was a great game and a little nerve-wracking,” Wilson Christopherson said.

“It was a good hard-fought win,” Thomas said. “This will prepare us for the semifinals and the championship game.”

Fallbrook was given the second seed in the Division III playoffs. Imperial was seeded seventh. The Nov. 10 quarterfinal between sixth-seeded La Jolla Country Day and third-seeded West Hills was a 35-7 LJCD win, so the Torreys will travel to Fallbrook for tomorrow’s semifinal.

“We’re excited to keep playing,” Christopherson said.

The quarterfinals results gave Fallbrook a season record of 5-6 and La Jolla Country Day an overall record of 9-3. The Torreys had a 4-2 Coastal League record worth third place in that league’s standings.

A Fallbrook win tomorrow would advance the Warriors to the CIF Division III championship game on Nov. 25 at Southwestern College. Fallbrook would play the winner of tomorrow’s semifinal between Mission Bay and Grossmont. “This has been the goal ever since we started spring football,” Johnson said.



Fallbrook’s Wilson Christopherson returns a punt against Imperial during the CIF Division III quarter final game, Nov. 10. Village News/Shane Gibson photos



Warrior Alan Leon defends against Imperial during the CIF Division III quarter final.



Warrior Kyle Collings tackles an Imperial opponent.



Warrior quarterback Evan Thomas makes a pass to a teammate against Imperial.

SPORTS

Sofia Echeverria wins Palomar League singles championship

Palmerin reaches semifinals, Carlos and Guadalupe reach backdraw

Joe Naiman
Village News Reporter

Three of the four singles semi-finalists at the Palomar League individual tennis tournament Oct. 16-18 at Mission Hills High School are Fallbrook residents.

Sofia Echeverria, who is a junior at Mission Hills High School, won the singles championship. Fallbrook High School senior Angie Palmerin placed fourth in the singles division. Echeverria's sister, freshman Victoria Echeverria, defeated Palmerin in the third-place match.

Although no Fallbrook residents advanced to the doubles semifinals, Fallbrook High School juniors Gabby Carlos and Natalie Guadalupe reached the backdraw.

"I'm happy," said Fallbrook coach Bill Lenaway.

This year's Palomar League consisted of Fallbrook, Mission Hills, Poway, Ramona, and Rancho Buena Vista. Each school was allowed four singles players and four doubles teams at the league tournament although Fallbrook and Rancho Buena Vista each only entered three singles players.

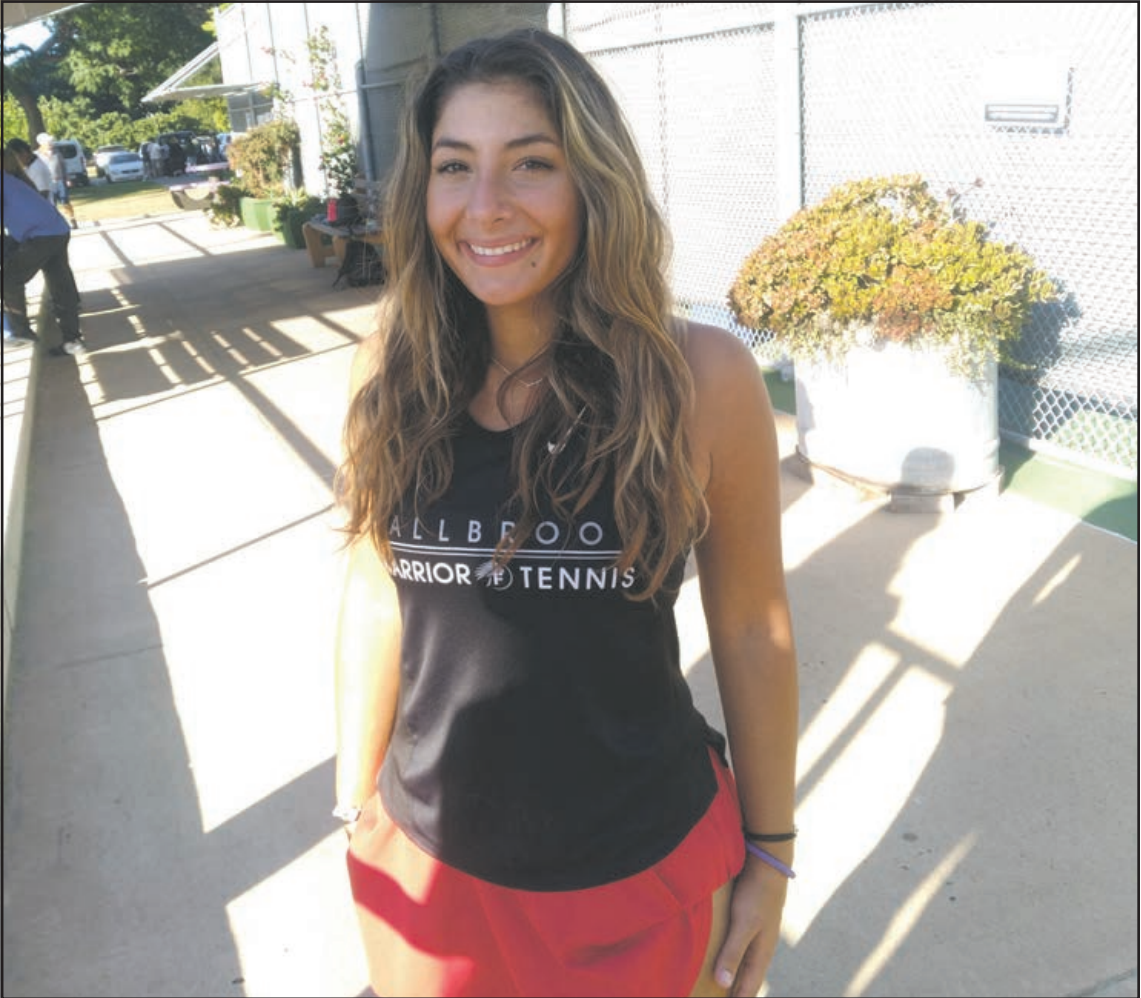
Palmerin, sophomore Berenice Yanez, and freshman Ashlyn Trujillo were Fallbrook's three singles players, and all three were given first-round byes. Carlos and Guadalupe, senior Jordan O'Farrell and sophomore Rose Rannells, juniors Kady Manion and Olivia Searle, and junior Jenny Cardenas and freshman Emily Carroll were the Warriors' four doubles tandems, and all four Fallbrook duos had byes in the first round.

Rancho Buena Vista senior Noelani Hall and junior Kaitlyn Ma eventually won the doubles championship, and in the round of 16 they defeated O'Farrell and Rannells in 6-0 and 6-1 sets. The Mission Hills duo of senior Aliza Mejia-Perez and sophomore Samantha Lin obtained a 6-4, 6-3 victory over Manion and Searle. Cardenas and Carroll lost a 6-0, 6-1 match to junior Carter Gibbens and sophomore Marcela Lozano of Mission Hills.

Carlos and Guadalupe faced Poway juniors Emily Hays and Grace Thornbrue in the round of 16. Carlos and Guadalupe won the 7-5 first set. Hays and Thornbrue had a 6-3 triumph in the second set. If the first two sets are split a tie breaking game to 10 points determines the match winner, and Carlos and Guadalupe won that 10-7 tie breaking game.

Sofia Echeverria defeated Ramona senior Hannah Ferguson in the singles championship match, and both of those players took 6-0, 6-0 victories over Fallbrook players in the round of 16. Echeverria defeated Trujillo and Ferguson eliminated Yanez. Palmerin won a 6-0, 6-0 match against Mission Hills freshman Nailah Maxwell. Victoria Echeverria defeated Poway freshman Cela Gonzales in 6-0 and 6-1 sets.

In the quarterfinals Palmerin defeated Ramona junior Emily Kaufman by a 6-2, 6-0 margin. Carlos and Guadalupe played Ramona juniors Eleanor Bleakley and Katherine Buonaugurio, who advanced to the semifinals with a 6-0, 6-1 win. Sofia Echeverria won



Lady Warrior Angie Palmerin places fourth in the singles division at the Palomar League tournament. Village News/Joe Naiman photo

two 6-0 sets against Ramona senior Isa Wilson.

Victoria Echeverria needed a tie breaking game to defeat Rancho Buena Vista senior Mia Petrovic. Echeverria was the winner of the 6-1 first set, and Petrovic countered with a 7-5 triumph. A tie breaking game must be won by at least two points, and Echeverria won the tiebreaker by a 13-11 score.

All semifinalists qualified for the CIF tournament, and a backdraw with the quarterfinals losers determined the fifth-place singles and doubles players who would continue their season at the CIF competition. In the first round of the backdraw, Carlos and Guadalupe were paired against senior Clare Gonda and sophomore Alexey Gonda of Poway. The Gonda sisters won 6-3 and 6-0 sets.

"I think my number one doubles team played really well to get in that backdraw," Lenaway said.

Both singles semifinals required a one-game tiebreaking set. The Echeverria sisters played each other. "It was just real challenging,"

Sofia Echeverria said. "Victoria did really well."

The younger sister took a 6-2 win in the first set. Sofia Echeverria countered with a 6-1 victory in the second set and an 11-9 triumph in the tiebreaker.

"It all came down to who's definitely more consistent, who has the best strategical manner for the game," Sofia Echeverria said.

"It was a really, really close game," Victoria Echeverria said. "It kept going back and forth."

During league dual match play Palmerin and Ferguson split their sets in all three of their final high school seasons. Fallbrook, Ramona, and Mission Hills were all in the Valley League last year, and in the 2022 league tournament Palmerin and Ferguson met in the semifinals. Ferguson won the 6-3 first set. Palmerin responded with a 6-1 victory. Palmerin obtained a 12-10 triumph in the tie breaking game to advance to the final.

This year's semifinal between Ferguson and Palmerin also required a tie breaking game, but this time

Ferguson was on the winning end. "We both predicted it would go to a tiebreaker," Palmerin said.

Palmerin was victorious in the 6-3 first set, which was also the score of the second set Ferguson won. The match began Oct. 17 but was postponed when darkness prevented the tiebreaker from being completed that day and thus ended Oct. 18 with Ferguson winning the 10-4 tiebreaker.

"It was really tough physically and emotionally. Physically I wasn't at my best, and emotionally I started losing it and I had to calm myself down and focus more," Palmerin said.

Their high school careers thus ended with Ferguson and Palmerin each winning four times against each other. "I always look forward to playing her, and I'm glad we were able to have that one last match," Ferguson said.

"Those matches can go either way," Lenaway said.

"Those two are just so evenly matched," said Ramona coach Troy Romero.

"It's fun playing her," Palmerin said.

Sofia Echeverria thus faced Ferguson in the final. "It was definitely really hard to get there because I had to play my sister in the semifinals," Echeverria said.

Echeverria, who defeated Palmerin in the 2022 Valley League championship match, took 6-3 and 6-4 sets from Ferguson in the 2023 Palomar League final.

"It was a really good match," Echeverria said.

"She's a great player," Ferguson said. "I played some of my best tennis ever in that match. It was a good match."

Echeverria was also named the 2023 Palomar League girls tennis player of the year. "Good solid player and going to work harder at being an even better player," said Mission Hills coach Dave LaVine.

The Echeverria sisters and Palmerin all took lessons from Mike Amador at the Fallbrook Tennis Club. "I think what got me this far was playing with my coach," Victoria Echeverria said of both Amador and LaVine.

If the first 12 games are split, a tie breaking game to seven points is played to determine the set winner. Echeverria and Palmerin each won six games in the first set before Echeverria prevailed in the 7-4 tiebreaker. Echeverria then obtained third place with a 6-2 win in the second set.

"It was nice seeing a familiar face, and she played really well," Echeverria said.

"I was actually proud of myself," Echeverria said of third place. "I was actually really surprised."

Palmerin, who settled for fourth place, was battling a back injury. "I didn't want Angie to hurt her back any more," Lenaway said.

Her injury affected Palmerin's backhand. "I just couldn't perform as well because I was in pain and I didn't want to push it any further, so I had to get through it as best as I could," she said.

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Warriors fourth among league girls cross country teams

Four all-league runners including first team for Petersen



Fallbrook's All League runners, in all red, from left, are Mia Cyr, Cynthia Mills, Avery Lynas and Abby Petersen.

Village News/Adrienne Petersen photos

Joe Naiman
Village News Reporter

Fallbrook High School's girls cross country team finished fourth at the Valley League championship meet Nov. 4 at Guajome Park and fourth in the final league standings while Fallbrook senior Abby Petersen finished sixth among individual runners for a berth on the all-league first team and senior Avery Lynas, junior Cynthia Mills, and freshman Mia Cyr earned Valley League second-team recognition.

"It went great. All of our girls got a PR (personal record), so every single one of them improved," said Fallbrook coach Ciera Holland. "It's really good to see that."

The formula for the Valley League team cross country league championship gives 25% for positions at each of the two league cluster meets and the other 50% for the positions at the league championship meet. Fallbrook was third and Valley Center placed fourth at the Sept. 29 cluster meet at Guajome Park while Valley Center took third and Fallbrook was fourth Oct. 13 at Kit Carson Park.

Cross country team scores add the positions of a school's first five finishers; the sixth and seventh finishers from each team are not scored but can add points to opponents' totals.

Mission Hills and San Pasqual each had 53 points at the league

championship meet with Mission Hills being given first on the tiebreaker of the faster sixth runner. The two teams had also tied at the second league cluster meet and Mission Hills also won that tiebreaker. Mission Hills defeated San Pasqual by four points in the first league cluster, giving the Grizzlies the league championship and the Golden Eagles second place in the final league standings.

Valley Center scored 71 points at the league championship meet, securing third place for the Jaguars. Fallbrook's fourth-place total at the league meet was 84 points. Escondido and Ramona had alternated fifth and sixth place at the league cluster meets; Escondido had the fifth-place score of 108 points at the league final while Ramona accumulated 142 points.

Individual league champions are determined solely on the results of the league championship meet race, and Valley Center sophomore Emily Giron earned that championship with a time of 19:26.9 on the 5,000-meter (3.1-mile) course. Petersen's sixth-place time was 20:27.0; San Pasqual junior Kali Striegler was fifth at 20:24.6 and Mission Hills senior Isabella Cooper had the seventh-place time of 20:30.5.

"She did great," Holland said of Petersen. "She's so dedicated, really hard-working."

Last year, the league championship meet was held on

a 3.05-mile course at Kit Carson Park. Petersen finished fourth and had a time of 20:45.7.

This year's first league cluster meet at Guajome Park utilized a 3.05-mile course. Petersen had a time of 20:32.82 for fourth place. She was ill Oct. 13 and did not run in that league cluster.

"Abby got sick in the middle of the season, and she's recovering well," Holland said.

Petersen had not fully recovered by the league championship meet. "It was just kind of a test race to see how I would do," she said. "I was just proud that I finished it."

The top 10 finishers in the league championship race become members of the all-league first team while the next 10 finishers are placed on the all-league second team. Despite her illness, Petersen once again had a Valley League first-team performance.

"It was a good race. I was just reading my body and doing what I needed to do to finish the race," Petersen said.

Petersen earned a berth on the Valley League first team for all four of her high school years. She was fourth in the November 2021 league championship race at Guajome Park with a time of 21:23.9 for 5,000 meters. The coronavirus shutdown delayed the start of the 2020-21 CIF seasons and there was no Valley League championship meet, so the coaches selected the all-league runners and gave Petersen as well as Lynas



The Fallbrook High girls cross country team at the league championship includes, from left, Cynthia Mills (11th grade), Avery Lynas (12), Litzy Lopez (11), Anicka Hanewinckel (11), Mia Cyr (9), and Abby Petersen (12).

first-team accolades.

Lynas finished 11th in the 2023 league championship race with a time of 20:47.2. Mills had the 16th-place time of 21:07.7. Cyr completed the course in 21:14.4 for 19th place.

Junior Anicka Hanewinckel had a time of 23:23.6 to finish in 38th place and junior Litzy Lopez posted the 39th-place time of 23:34.9.

Cyr placed second among freshmen at the league

championship meet. "She did awesome," Holland said.

Last year, Lynas was seventh at the league championship meet with a time of 21:32.3 and Mills took the 20th position with a 22:55.0 performance. Lynas was injured during her sophomore year and did not compete in the November 2021 league championship race.

"I'm proud of the girls and all the work they put in," Holland said. "A lot of Fallbrook girls pushed themselves."

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Vikings sweep Vallecitos Soccer Tournament championships

Joe Naiman
Village News Reporter

Both the Vallecitos Elementary School boys and the Vikings girls took first place at the Thursday, Oct. 26, Vallecitos Soccer Tournament.

“Not a bad day,” Vallecitos School District superintendent Meliton Sanchez said.

“I’m very proud of the effort for both teams, and they played very well. I’m overjoyed with the result,” said Vallecitos boys coach Ray Hanbeck.

“I’m really proud of them. The boys and the girls worked hard this season to prepare to win championships,” Vallecitos girls coach Kristin Dignan said.

Six small K-8 elementary schools and middle schools in northern San Diego County and southern Riverside County have monthly athletic tournaments with each school hosting a different sport. Pauma Elementary School is also in the league, and the Bobcats placed third in the boys competition and fourth in girls play.

Hanbeck was also the tournament organizer. The girls played at Rainbow Park, which is owned and maintained by the county and has a synthetic turf surface, while the boys utilized the Vallecitos Elementary School playground.

Five referees volunteered their time for the Vallecitos Soccer Tournament: father and son Tony Avila and Tony Avila, current Fallbrook High School girls soccer coach Nick Guerra, former Cottonwood Elementary School coach Scott Whitmore and Whitmore’s son, Matthew. Vallecitos Elementary School’s Student Council had a snack bar which raised funds for Student Council programs.

The teams were divided into two pools; each team played another team in the pool before the pool winners played for the championship, the pool runners-up played in the third-place game, and the third-place pool teams played for fifth place.

For both boys and girls, Vallecitos was in the pool with Cottonwood from Aguanga and Warner Middle School from Warner Springs while Pauma was in the pool with Julian Junior High School and Borrego Springs Middle School.

The Vallecitos girls outscored their opposition by a cumulative 17-0 margin.

“I was proud of the girls. They knew what they wanted to accomplish,” Dignan said. “They knew they had to work hard to do it.”

Guadalupe Figueroa recorded the three goalkeeper shutouts with assistance from starting defenders Leticia Cortez Diaz, Emely Franco and Mayra Martinez.

“We had really good defense,” Dignan said.

A 4-0 victory over Cottonwood began play for the Vallecitos girls.

“It took us 13 minutes and 50 seconds to score our first goal,” Dignan said. “We were a little gun shy.”

Vallecitos had 18 girls on its team.

“Ten have never even played in a competitive game,” Dignan said.

Kathy Rojas had two of the goals against Cottonwood and also provided two assists to Dalina Hernandez, who scored the other two goals.

“It was a tough game,” Cottonwood coach Rose Connell said. “Vallecitos had good passing.”

The second game for the Vikings girls ended as a 6-0 triumph against Warner. Dalina Hernandez scored three goals, Rojas placed two shots into the net, and Rochelle Hernandez had one goal. Dalina Hernandez and Ana Juan Pedro each had an assist.

“I got everybody in the game. All the girls got to play,” Dignan said. “New players could get some playing experience.”

The Pauma girls began play with a 3-0 loss to Julian and took a 2-1 victory over Borrego Springs. Julian’s second game was a 3-1 win against Borrego Springs which put the Timberwolves into the final against Vallecitos.

With 1 minute, 28 seconds elapsed in the final, Arela Monroy scored her first goal of the tournament. Monroy also scored the Vikings’ fourth goal against Julian. Dalina Hernandez also had two goals. Rochelle Hernandez and Rojas had a goal apiece and, with 1:36 remaining, Franco scored on a penalty kick.

“That was some good soccer,” Julian girls coach Amber Cruz said. “They were very gracious on the field. They played hard. It was a nice clean game.”

Cruz coached Julian’s girls in 2021 when the Timberwolves won the Vallecitos Soccer Tournament. Vallecitos won the girls portion of the tournament in 2022 as well as in 2023; the Vikings defeated Pauma in last year’s final.

Pauma faced Cottonwood in the third-place girls game. The Cougars scored first and the Bobcats tied the game. The score was 1-1 after regulation, so a penalty kick shootout would decide the winner with each team taking three shots and the game then going to single-shot results if the teams were tied after the first three shots. Cottonwood goalkeeper Chanel Varney blocked two of the three Pauma shots while the Cougars scored twice for the 2-1 victory and third place.

“We came up short,” Pauma coach Jaime Lopez said.

Pauma settled for fourth place in the girls portion. “Proud of our girls,” Lopez said. “The girls played hard.”

The four Pauma goals including in the shootout were scored by Allison Rocha, Pamela Romero, Yesenia Saldana and Lizeth Santos. Nancy Saavedra was Pauma’s goalkeeper. Lopez platooned one defender position while Denise



Vallecitos and Warner boys face off in the second game of the Vallecitos Soccer Tournament. The Vikings won the game and later won the championship game.

Village News/Joe Naiman photos

Carasco and Daisy Parra were regular starters.

The Vallecitos boys opened the competition with a 6-0 win over Cottonwood.

“We had a pretty dominant advantage,” Hanbeck said. “We had more speed, and we had better shooting ability.”

Geovani Yanez scored three of the Vikings’ goals. Alonso Duran, Sylvester Hernandez and Tiago Lopez each scored once. Carlos Pablo was the Vallecitos goalkeeper with the shutout and was aided by starting defenders Michael Alvarez, Leo Fuentes, James Sharkey and Iker Yanez.

Vallecitos obtained a 5-0 victory against Warner.

“It was hard to get the first goal,” Hanbeck said. “It took us a while to get started. We were making a lot of shots on goal, but they were missing.”

The shots which went into the net consisted of three by Duran, one from Geovani Yanez and one from David Loera.

“They started to get their groove,” Hanbeck said.

The Pauma boys began play with a 4-0 triumph against Julian. Azael Robles scored all four goals and Jose Diaz had all four assists.

“Jose Diaz did a great job with the assists,” Lopez said.

Santiago Bautista recorded the goalkeeper shutout for the Bobcats. Nathan Madante, Leo Unquidez and Brandon Zuniga were the starting defenders.

“It was a good, tough win for us,” Lopez said.

The Borrego Springs boys followed their 8-3 win over Julian with a 1-0 victory against Pauma.

“It was close. They scored in the last two minutes of the game,” Lopez said. “We had our opportunities. We just didn’t get them. We outplayed them. They just outscored us.”

Pauma defeated Warner in the 2-0 third-place boys game.



Vallecitos girls team plays in the final against Julian with Vallecitos winning 7-0.

“We were dominating that game,” Lopez said.

Lopez used Angel Bentley as the Bobcats’ goalkeeper in the third-place game, giving Bentley the shutout against the Wildcats.

“They played super. We only allowed one goal in three games,” Lopez said.

Last year Vallecitos and Borrego Springs, whose nickname is also the Bobcats, met in the boys final. The game was scoreless for the first 18 minutes before a Borrego Springs goal gave the Bobcats a 1-0 victory. This year Vallecitos defeated Borrego Springs in a penalty kick shootout.

“I’m really happy. It was a nice bit of revenge, I guess you can say,” Hanbeck said. “The game and the victory were that much more sweet because we were able to win it back this time.”

Borrego Springs also won the 2021 boys championship; that year Vallecitos placed third in the Vikings’ pool and there was no fifth-place game. Vallecitos and Borrego Springs faced each other in the boys championship game both in 2019 and in 2018 with the Vikings winning both times. Vallecitos defeated Hamilton for

the 2017 boys championship. The coronavirus shutdown canceled the 2020 soccer tournament.

The 2023 boys final had a 1-1 score at the end of regulation with Duran scoring the Vallecitos goal.

“That was a hard-fought game. We had some great defensive plays,” Hanbeck said.

Geovani Yanez, Hernandez and Duran all scored in the first three shootout rounds, although Borrego Springs was also successful on the Bobcats’ first three shots. Borrego Springs missed the shot in the single-shot tiebreaker and Duran scored to give Vallecitos the win and the championship.

“It was great that we were able to take first place for both boys and girls. It made the event that much more sweet for the kids,” Hanbeck said.

If weather permits the next tournament will be a flag football tournament Thursday, Nov. 30. Cottonwood will host the tournament although the Cougars do not have their own field and the competition will be played at Hamilton High School.

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

Fallbrook Senior Softball playing final season of the year

FALLBROOK – Fallbrook Senior Softball is welcoming new players who are 50 plus years of age. Games are played at Ingold Sports Park Mondays through Thursdays at 4 p.m. with warm-ups beginning at 3:30. Each team

is scheduled to play two games per week.

They are currently looking for new players. Potential players must show up for a screening prior to being placed on a team so that appropriate placement can

be made. Their current season is under way and they welcome all potential players to come for a screening, practice and get into game shape by attending any of the pre-game warm-ups at 3:30.

The final season of the year

has begun and will run to the first week in December. They will have a winter hiatus and then begin playing again in mid-January.

Interested players may email Commissioner Chuck at ChuckMattes19@gmail.com.

Additional preliminary information including registration forms and an overview of the league can be found at <http://fallbrookseniorsoftball.org/>.

Submitted by Fallbrook Senior Softball.

Rivera fifth in league cross country championship meet

Joe Naiman
Village News Reporter

Although Fallbrook High School’s boys cross country team placed last among the six Valley League teams at the Nov. 4 league championship meet at Guajome Park, Fallbrook senior Jose Rivera was fifth among the 62 boys.

Rivera posted a time of 16:54 on the 5,000-meter (3.1-mile) course. The fourth-place finisher, Mission Hills senior Jaeden Tran, had a time of 16:49. The sixth-place time of San Pasqual junior David Sabin was 17:01.5.

“Jose ended up having a great race, but nobody else stepped up,” said Fallbrook head coach Marco Arias.

The Valley League had two cluster meets in which all six schools participated. The Warriors

placed fourth in the first cluster meet Sept. 29 at Guajome Park and fifth at the second cluster meet Oct. 13 at Kit Carson Park.

“It was just a bad day of racing,” Arias said of the league championship meet.

“Hopefully the guys learn from that one,” Arias said. “You can’t run complacent and hope to do anything with it.”

The formula for the team league championship gives 25% for positions at each of the two league cluster meets and the other 50% for the positions at the league championship meet.

San Pasqual and Mission Hills had alternated first and second at the league cluster meets, and Mission Hills won the league championship by totaling 42 points at the league championship meet compared to 48 points for

San Pasqual.

Valley Center was third with 86 points. Ramona had 101 points. Escondido’s total was 126 points. Fallbrook accumulated 135 points.

Cross country team scores are derived by adding the positions of a school’s first five finishers; the sixth and seventh finishers from each team are not scored but can add points to opponents’ totals.

The top 10 finishers in the league championship meet race receive recognition on the all-league first team while the next 10 finishers are on the all-league second team. Rivera’s fifth-place finish thus earned him Valley League first team distinction.

“I felt proud because I was up there with those top runners,” Rivera said.

“We just went after it,” Rivera said. “I feel I did good.”

Last year, Rivera placed ninth at the league championship meet, which also gave him a berth on the Valley League first team. The 2022 meet was held on a 3.05-mile course at Kit Carson Park, and Rivera had a time of 18:12.1. Rivera did not run cross country as a freshman or sophomore.

Current junior Daniel Wilson is the only other Fallbrook runner who competed in both the 2022 and the 2023 league championship meets. This year, four Fallbrook runners finished as a pack and took the 39th through 42nd positions.

The first three of those are juniors: Manuel Melendez completed the course in 19:34.9; Wilson’s time was 19:37.5, and Giovanni Orozco finished in 19:43.5.

The time for freshman Tristan Valtieri was 19:45.5.

Wilson finished 35th at the 2022 league championship meet with a time of 19:55.8, and he was 47th at the 2021 meet at Guajome Park with a time of 21:53.4 on the 5,000-meter course.

Each school is allowed up to 12 runners at the league championship meet, and the Warriors had 10. The sixth Fallbrook finisher, junior Cruz Arroyo, was 45th overall and had a time of 19:51.0.

Fallbrook took both 49th and 50th with senior Javier Valdez posting a time of 20:22.6 and junior Alejandro Lugo having a 20:23.3 performance. The only Fallbrook sophomore in the race, Gunnar Wiessner, became the 59th finisher 21:26.5 after the race began. The 62nd-place time for junior Jason Fuentes was 22:51.1.

SHERIFF’S LOG

Nov. 6		
1300 blk Willow Glen Rd.	Fraud - Get credit/etc. Other’s I.D. - Stolen (bribe/defraud/embezzle/ ransom/extort.etc.) - over \$2,000	
Meadowood St.	Grand theft: money/labor/property	
Nov. 7		
1400 blk S. Mission Rd.	Arrest - Subject stop - Possession of controlled substance	
2500 blk Gopher Canyon Rd.	Domestic violence - Spousal/cohabitant abuse with minor injury	
1100 blk E. Fallbrook St.	Petty theft	
1500 blk S. Mission Rd.	Arrest - Possession of controlled substance paraphernalia	
500 blk Yucca Rd.	Missing person - At risk of suicide actual or attempt	
1100 blk Alturas Rd.	Battery - Spouse/ex spouse/date/ etc.	
Nov. 8		
900 blk Rice Canyon Rd.	Petty theft - All other larceny - Construction equipment	
1000 blk Winterhaven Rd.	5150 - Mental health evaluation - 72 hr observation	
1000 blk Rice Canyon Rd.	Burglary - Residential	
5100 blk 5th St.	Burglary - Vehicle	
300 blk E. Alvarado	Missing adult	
Nov. 9		
2400 blk E. Mission Rd.	Arrest - Spousal/cohabitant abuse with minor injury	
100 blk S. Mercedes Rd.	Medical examiners case - Death	
3100 blk Jicarilla Dr.	Burglary - Vehicle	
3400 blk Old Hwy 395	Arrest - Possess controlled substance and paraphernalia	
Nov. 10		
3400 blk Old Hwy 395	Arrest - Possess controlled substance paraphernalia	
500 blk E. Alvarado St.	Arrest - Illegal camping - Possess controlled substance paraphernalia	
1000 blk S. Main Ave.	Arrest - Robbery (Strong arm)	
2400 blk Huffstatler St.	Arrest - Battery - Simple	
700 blk De Luz Rd.	Family disturbance - Simple battery	
Nov. 11		
200 blk N. Pasadena Ave.	Arrest - Spousal/cohabitant abuse with minor injury	
800 blk El Caminito Rd.	Missing juvenile/runaway	
4000 blk Limber Pine Rd.	Burglary and vandalism - Residential	
Nov. 12		
31300 blk Club Vista Ln.	Arrest - Battery - Spouse/ex spouse/date/etc.	
500 blk W. Beech St.	Domestic violence - Simple battery	
300 blk Citrine Trail	Domestic violence - Spousal/cohabitant abuse with minor injury	
39600 blk Calle De Luz	Arrest - Spousal/cohabitant abuse with minor injury	
1600 blk S. Mission Rd.	Domestic violence - Spousal/cohabitant abuse with serious injury	

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OBITUARIES



On Oct. 25, 2023, after courageously battling cancer, **Malissa Anne Wertz**, 43, of Fallbrook California, passed away peacefully at home surrounded by family.

Malissa filled her entire life with love – love for adventure, traveling, sharing stories, laughing, and, above all, love for her people: her family, friends, students, and colleagues. So, though it is true that her time here was not nearly long enough, Malissa gave and received more love than most people will ever experience.

Malissa was born on Oct. 14, 1980, in Torrance California. Six years later, she and her family moved to Fallbrook. She attended schools in Fallbrook and graduated with the Fallbrook High School

Class of 1999. She attended San Diego State University for her undergraduate studies, California State University San Marcos for her teaching credential and California Coast University for her Master of Education degree.

She put her education to great use by teaching in elementary and middle schools in Temecula from 2006 until 2020. Malissa was a teacher through and through. She loved coming up with creative ways to engage her students. She was extraordinary at her job because she found a way to make all her students feel seen and loved.

Malissa loved being active outdoors and that was evident in the early chapters when she played every sport that she could fit into her schedule, and though she was petite, she was fierce on the field. Her athleticism and sense of adventure were throughout her life.

She fed her passions in big ways (hiking Machu Picchu, Half Dome in Yosemite, Mt. Whitney, Zion and traveling through Argentina, Costa Rica, and Europe) and small ways (supporting Race for the Cure, participating in annual Turkey Trots, camping in the woods as well as on the beach, spectating at sporting events and taking walks with her partner Andrew and beloved dog, Frankie)

and, in doing so, made 43 years’ worth of incredible memories that her family and friends will treasure always.

Malissa’s memory was impeccable and everyone who knew her relied on her to remember, and she did. She remembered birthdays and anniversaries and she remembered major and minor details of all the special moments. She remembered all of these things because she cared so deeply. She was loving, compassionate, generous, and loyal.

Malissa laughed with her whole body and loved with her whole heart, and she made everyone around her better. She showed us how to be present, how to walk in the world with courage and hope, and how to live out loud. And so we will.

Malissa is survived by her mother Marilyn, father Edward, brother Victor, Aunt Louanne, Uncle Dick and Aunt Wendy, Loving Partner Andrew Zimsky, many cousins and even more friends.

Be Well Therapy, Inc. wrapped Malissa so completely in love throughout her fight. Please consider supporting Be Well’s Malissa Wertz scholarship. Visit <https://www.bewelltherapy.net/donate-page-details>.

There will be a Celebration of Life in January.

Dorothy Ann Rutledge, beloved wife and mother, passed away on Nov. 12, 2023. She was 85 years of age. Dorothy was born on Jan. 12, 1938, in North Adams, Massachusetts, to Edwin and Elizabeth Busby. She moved to California in 1957 along with her mother and sister Judy.

Dorothy worked 15 years as a clerk for the U.S. Postal Service. She met her husband, Gary, through friends, and transferred to the Fallbrook post office in 1988.

They were soul mates and spent 35 years together. The first time Gary saw her he said, “WOW!” Their song was “Unchained Melody” sung by the Righteous Brothers.

She enjoyed quilting and had over 100 quilts that she made. She really enjoyed her quilting group “TGIF.” Dorothy loved animals, especially dogs and cats. All the family animals were rescues.

Dorothy was preceded in death by her parents, sister Judy and son Jason. She is survived by

her husband Gary, son Michael (Michelle-daughter-in-law), daughters Teri and Michelle and grandchildren Maddie Donnelly, Malachi Walker, Sarai Montgomery, Micah Montgomery, Jayla Walker, Bhree Walker and Grace Walker.

Graveside services will be at the Riverside National Cemetery at 12:45 p.m. on Nov. 21, 2023. Please be there by 12:15.

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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: DAYNE M. KRONSHAGE Duly Appointed Trustee: ZTS Foreclosure Services, LLC Recorded 06/28/2018 as Instrument No. 2018-0264988 in book , page of Official Records in the office of the Recorder of SAN DIEGO County, California, Date of Sale: 11/28/2023 at 10:00AM Place of Sale: AT THE ENTRANCE TO ZENITH TRUSTEE SERVICES, 217 CIVIC CENTER DRIVE #2, VISTA, CA 92084. Amount of unpaid balance and other charges: \$316,509.37 Street Address or other common designation of real property: 1839 PAMELA LANE ESCONDIDO, CA 92026 A.P.N.: 224-480-24-00 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 760-758-7622 or visit this Internet Website WWW.ZENITHTRUSTEE.COM, using the file number assigned to this case 2023-2137. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Website. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call, 760-758-7622 or visit this internet website WWW.ZENITHTRUSTEE.COM, using the file number assigned to this case 2023-2137 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. ALL BIDDERS MUST HAVE CERTIFIED FUNDS PAYABLE TO ZTS FORECLOSURE SERVICES, LLC, IN ORDER TO BID AT THE SALE. Date: 10/06/2023 ZTS Foreclosure Services, LLC A California Corporation Company 217 Civic Center Drive # 2 Vista, California 92084 Sale Line: 760-758-7622 DANAA. FAZIO, TRUSTEE OFFICER NPP0442410 To: VILLAGE NEWS INC 11/02/2023, 11/09/2023, 11/16/2023

CLASSIFIEDS

Employment

Automation & Controls Engineer, F/T (Temecula, CA) sought by Salem Controls LLC. Dsgn, implmt, maintain, or improve automation & control systems; Direct or coord mfg, construction, installation, maintenance, support, documentation, or testing activities; Support the dvlpmnt of internal controls specs for both new & existing mfg eqpmt by utilizing industrial control s/ware; Manage change control & system documentation to ensure that installation & operations conform to standards & customer reqmts; Perform detailed calculations to compute & establish mfg, construction, or installation standards or specs; Interface w/ customers & engineers to discuss existing or potential automated system projects; Oversee project production efforts to assure projects are completed on time & w/in budget; Inspect completed installations & observe operations to ensure conformance to dsgn & eqpmt specs & compliance w/ operational, safety, or environmental standards; Ensure business continuity through industry standards & good engg practices; Investigate customer complaints to determine the nature & extent of problems. Min. Reqmts: Bach's deg in Electrical Engg, Electronics Engg, or related engg fields; 4 yrs of exp as electrical engineer, controls & automation engineer, or related engineer capacity. Other Reqmts: Exp in Human Machine Interface (HMI) & Programmable Logic Controller (PLC) s/ware such as Allen Bradley PLC Ladder diagram & Structure text, Siemens PLC Step7 & GE PLC; Exp in Supervisory control & Data Acquisition (SCADA) s/ware such as WonderWare Platform & Intouch, Ignition, FactoryTalk View, Maple & Opto22; Prgmg skills in Python; Strong MS Office skills incl Excel, Word & Outlook; Strong communication skills both verbally & written; Professional background from mfg, operations, or overall industrial environment Worksite: The job position may req occasional travel w/in the Southern CA area to attend meetings w/ clients & inspect the clients' facilities. However, the travel will be short (usually couple of hrs) & most of the work will be conducted at the employer's workplace in Temecula, CA. Mail CV to: Salem Haytham, 31145 Nassau Ct, Temecula, CA 92591.

Land for sale

26.34 acres 5 miles Southwest of Banning, CA 243 providing 19,600 gallons of pure, nutrient dense artesian spring water daily, year round. Great for avocados! Plus 5 graded pads for building. Water analysis/GS1 water certification by Babcock and Sons found to meet regulatory demands, origin, and quantity of water. APN# 544-080-006. \$375,500. Willing to carry some paper. (760) 360-7555

Military Stuff

Old military stuff bought Buy old military stuff - all types & condition. Call or text Bob 760-450-8498 historybuyer.com

Miscellaneous

Looking for a new or used four door sedan or SUV with mileage of 50,000 or lower. Please call 951-526-8111 or the Village News front desk 760-723-7319

Real Estate - For Rent

FREE RENT! Every 4 th Mo. Free for 1 Year (3 Months Free Total!) Park Model Homes Rent-to-Own Available! \$567/Month + Space Rent Bingo, Shuffleboard, Square Dancing, Card Room, Pickleball, Resort Style Pool/Spa & More! Call 1 (858) 504-1222

NEW Low RV Rent! NEW Management! NEW Ownership! NEW Specials! NOW CALL! Casa Del Sol RV Resort 951-925-2515

Services Offered

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

FALLBROOK COMMUNITY PLANNING GROUP And DESIGN REVIEW BOARD Chair, Eileen Delaney

Eileen.fallbrook@gmail.com

Regular Meeting

Monday, November 20, 2023
6:30 PM

Fallbrook Public Utilities District Board Room
990 E. Mission Road Fallbrook, CA 92028

For their convenience, members of the public may attend in-person or virtually through Zoom

<https://us06web.zoom.us/j/89126074554?pwd=cVB2N3V6L2ZoOXhKeFpkZVZwUGxkQT09>
Meeting ID: 891 2607 4554 **Pass code:** 295237

Dial in by Phone: 16694449171
Meeting ID: 89126074554# **Pass code:** *295237#

Para leer este agenda en español, copia y pega este texto en <https://translate.google.com/>
"No podemos garantizar la precisión de información que está traducido por medio de Google™ Translate.
Este servicio de traducción se ofrece como recurso adicional para información."

AGENDA

1. CALL TO ORDER
2. STATEMENT (just cause) and/or consideration of a Request to Participate remotely. (emergency circumstances) by a Group Member, if applicable. Voting item as necessary.
3. ROLL CALL
4. PLEDGE OF ALLEGIANCE
5. APPROVAL of the September 18, 2023 minutes.
6. APPROVAL of the October 16, 2023 minutes.
7. PUBLIC FORUM. Opportunity for members of the public to speak to the Group on any subject matter within the Group's jurisdiction but not on today's agenda. Three-minute limitation. Non-voting item.
8. Minor Deviation for a new sign. Location: Belle Threading, 1410 S. Mission Rd. Contact: Frank Rivera, awardsigncompany@yahoo.com. County Planner: Kamden Carrillo-Hough, kamdenj.carrillohough@sdcounty.ca.gov **Design Review Board Committee**. Community input. Voting item. Continued from October.
9. Request for Exemption from Site Plan Processing/Waiver of B Designator for Commercial re-roof, re-stucco, light and plumbing fixtures. Location: 841 E. Mission Rd (APN 105-540-34-00). Contact: Dave Henrikson, dave@hen-bdi.com County Planner: Luisangel Melendez, luisangel.melendez@sdcounty.ca.gov Community input. **Design Review Board Committee**. Voting item. Continued from October.
10. Presentation of the County's Objective Design Standards. County Planner: Carly Shabo, caroline.shabo@sdcounty.ca.gov Community input. Discussion. Voting item.
11. Presentation, discussion and suggestions on the scope and content of the Socially Equitable Cannabis Program's Draft Environmental Impact Report (DEIR), including any alternatives that should be considered to minimize any environmental impacts. County Representatives: Audrey Hamilton, Audrey.hamilton@sdcounty.ca.gov and Jennifer Horton, Jennifer.horton@sdcounty.ca.gov Community input. **Cannabis Ad Hoc Committee**. Voting Item.
12. Request approval from the County of San Diego Traffic Engineering to install a new stop sign that will be facing northbound traffic at the intersection of Orange Ave and Kalmia St. County Engineer, Omar Paredes, omarparedes@sdcount.ca.gov **Circulation Committee**. Community Input. Voting item.
13. PDS22023-MUP-23-016. Request for a Major Use Permit for Fallbrook Express Car Wash.. Location: 1581 S. Mission Rd. Fallbrook. Contacts: Everett Smith, Everett@everettsmithdesigns.com and Ana Salazar, ana@elitepnp.com County Planner: Daniella Hofreiter, daniellat.hofreiter@sdcounty.ca.gov **Land Use Committee & Design Review Board Committee**. Community input. Voting Item.
14. PDS2023-MUP23-14, Major Use Permit for a Wireless Communication Facility. Location: 1636 E Mission Rd., Fallbrook (Fallbrook Health District Wellness Center) Contact: Joseph Sharp, joseph.sharp@modusllc.com Telephone: 916.205.9305. County Planner: Eddie Scott, eddie.scott@sdcouty.ca.gov **Public Facilities Committee**. Community input. Voting item.
15. Request to send a letter to the California Public Utilities Commission in opposition to the proposed "Fixed Rate Utilities Usage Program". Community input. Discussion. Voting item.
This fixed rate would be based on household earnings and charged in addition to the monthly usage. Solar NOT exempt. Households earning:
\$28,000 to \$69,000 monthly charge of \$34
\$69,000 to \$180,000 monthly charge of \$73
ABOVE \$180,000 monthly charge of \$128
16. Update of the Association of Planning Groups, San Diego County. Community input. Non voting item.
17. Appoint Kari Hoyer to the Design Review Board Committee. Community input. Discussion. Voting item.
18. PLANNING GROUP BUSINESS:
Reports:
Chair's report:
Representative to the I-15 DRB: Jeniene Domercq
Project Updates: Steve Brown & Jim Loge
Representative to the Fallbrook Community Forum: Eileen Delaney
Representative to the Village Association: Roy Moosa
Representative to the Fallbrook Chamber of Commerce: Jeniene Domercq
NCFPD & SD Sheriff Reports and information: Tom Harrington
19. ADJOURNMENT

NOTE: The Fallbrook Planning Group occasionally has openings on its Committees for non-elected community members. Interested parties should contact the respective Committee Chairs: Land Use Committee Chair Steve Brown steve.fallbrook@aol.com, Circulation Committee Chair Roy Moosa: 760-723-1181), Parks & Recreation Committee Chair Stephani Baxter: (stephani.fallbrook@gmail.com), Public Facilities Committee Chair Roy Moosa: (760-723-1181), and Design Review Committee Chair Eileen Delaney: (eileen.fallbrook@gmail.com), Ad-Hoc Cannabis Committee Chair, Jeniene Domercq, jeniene.fallbrook@gmail.com

This is a preliminary agenda. If any changes are made, a final agenda will be posted at the Fallbrook Chamber of Commerce (111 S Main Avenue) at least 72 hours prior to the meetings).

Eileen Delaney, Chairperson, Fallbrook Community Planning Group & Design Review Board. Email: Eileen.fallbrook@gmail.com

OFFICIAL
PLANNING GROUP AGENDAS, MINUTES AND INFORMATION
Website: www.fallbrookplanninggroup.org
FaceBook: <https://www.facebook.com/Fallbrook-Planning-Group-10911577938214>
Agendas can also be found at:
<https://www.sandiegocounty.gov/pds/gpupdate/comm/fallbrook.html>.

Published November 16, 2023

LEGALS

The deadline for Legal notices is Monday, noon. Email to legals@reedermedia.com.

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9020275
Name of Business
a. SAND DOLLAR BESPOKE KITCHEN
b. SAND DOLLAR SPECIALTY FOODS
c. SAND DOLLAR CATERING
d. SAN DOLLAR COOKIES + CONFECTIONS
e. HAPPY MOUNTAIN FARMS
f. HAPPY MOUNTAIN SPECIALTY FOODS
g. HAPPY MOUNTAIN'S GREEN ARK
3996 Via Monte Alegre, Bonsall, CA 92003
Mailing address: 3996 Via Monte Alegre, Bonsall, CA 92003
County: San Diego
This business is registered by the following:
Eric M. Fakhouri, 3996 Via Monte Alegre, Bonsall, CA 92003
This business is conducted by an Individual
Registrant first began to transact business under the fictitious name listed above as of N/A
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 3, 2023
LEGAL: 6339
PUBLISHED: October 26, November 2, 9, 16, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9020773
Name of Business
NANA'S COOKIE COMPANY
4801 Morena Blvd, Ste 401, San Diego, CA 92117
Mailing address: 4801 Morena Blvd, Ste 401, San Diego, CA 92117
County: San Diego
This business is registered by the following:
Microbiotic Health Foods Incorporated, 4801 Morena Blvd, Ste 401, San Diego, CA 92117
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first began to transact business under the fictitious name listed above as of 12/31/1995
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 10, 2023
LEGAL: 6340
PUBLISHED: October 26, November 2, 9, 16, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9020380
Name of Business
INGOLD SPORTS PARK
2551 Olive Hill Road, Fallbrook, CA 92028
Mailing address: 2551 Olive Hill Road, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Fallbrook Sports Association, 2551 Olive Hill Road, Fallbrook, CA 92028
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first began to transact business under the fictitious name listed above as of 02/22/1991
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 04, 2023
LEGAL: 6341
PUBLISHED: October 26, November 2, 9, 16, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9021091
Name of Business
a. THE PROVING GROUNDS
b. THE PROVING GROUND
25575 Highway 79, Suite 700, Santa Ysabel, CA 92070
Mailing address: Same
County: San Diego
This business is registered by the following:
SDFT Enterprises, Inc., 25575 Highway 79, Suite 700, Santa Ysabel, CA 92070
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first began to transact business under the fictitious name listed above as of 11/10/2018
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 16, 2023
LEGAL: 6344
PUBLISHED: October 26, November 2, 9, 16, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9021402
Name of Business
NESSY BURGERS
3235 Old Highway 395, Fallbrook, CA 92028
Mailing address: 604 Carnation Lane, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Alsand Inc, 604 Carnation Lane, Fallbrook, CA 92028
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first began to transact business under the fictitious name listed above as of 03/29/2017
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 19, 2023
LEGAL: 6358
PUBLISHED: November 16, 23, 30, December 7, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9022332
Name of Business
BLACK OPS EQUIPMENT
1435 Via Encinos Dr., Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Brittney Fontyn, 1435 Via Encinos Dr., Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first began to transact business under the fictitious name listed above as of N/A
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Nov 01, 2023
LEGAL: 6357
PUBLISHED: November 16, 23, 30, December 7, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9021835
Name of Business
THE COMPOUND MMA & FITNESS LLC
1401 South El Camino Real, Ste 1107, Oceanside, CA 92054
Mailing address: 1401 South El Camino Real, Ste 1107, Oceanside, CA 92054
County: San Diego
This business is registered by the following:
The Compound MMA & Fitness LLC
This business is conducted by a Limited Liability Company
Registrant first began to transact business under the fictitious name listed above as of 02/15/2007
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 24, 2023
LEGAL: 6345
PUBLISHED: November 2, 9, 16, 23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9020898
Name of Business
a. DUTCHMAN'S BEEF JERKY
b. DUTCHMAN'S PROVISIONS
1291 Via Encinos Dr. Fallbrook, CA 92028
Mailing address: 1291 Via Encinos Dr, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
JTE FOODS LLC
1291 Via Encinos Dr, Fallbrook, CA 92028
This business is conducted by a Limited Liability Company
Registrant first began to transact business under the fictitious name listed above as of 07/25/2023
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 11, 2023
LEGAL: 6346
PUBLISHED: November 2, 9, 16, 23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9021994
Name of Business
a. OOH LA LA BOUTIQUE
b. OOH LA LA BOUTIQUE AND RESELL
756 Hamilton Ln, Fallbrook, CA 92028
Mailing address: 756 Hamilton Ln, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Michelle Nicole Min 756 Hamilton Ln, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first began to transact business under the fictitious name listed above as of 10/25/2023
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 25, 2023
LEGAL: 6347
PUBLISHED: November 2, 9, 16, 23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9020652
Name of Business
MAINELY LOBSTER AND SEAFOOD
4381 Oregon St, #6, San Diego, CA 92104
Mailing address: PO Box 531892 San Diego, CA 92153
County: San Diego
This business is registered by the following:
Mark D Rondeau 4381 Oregon St, #6, San Diego, CA 92104
This business is conducted by an Individual
Registrant first began to transact business under the fictitious name listed above as of 09/23/2023
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 06, 2023
LEGAL: 6348
PUBLISHED: November 2, 9, 16, 23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9020472
Name of Business
NATIONAL TEST EQUIPMENT
1935 Plaza Real, Oceanside, CA 92056
Mailing address: 1935 Plaza Real., Oceanside, CA 92056
County: San Diego
This business is registered by the following:
Testequity LLC, 6100 Condor Dr., Moorpark, CA 93021
This business is conducted by a Limited Liability Company
This LLC is registered in the state of Delaware
Registrant first began to transact business under the fictitious name listed above as of 06/01/2022
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 04, 2023
LEGAL: 6349
PUBLISHED: November 9, 16, 23, 30, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9022029
Name of Business
CHARLIE ROSE BASEBALL SAN DIEGO
9353 Clairemont Mesa Blvd Ste C, San Diego, CA 92123
Mailing address: 9353 Clairemont Mesa Blvd Ste C, San Diego, CA 92123
County: San Diego
This business is registered by the following:
Taka Sports Inc, 5163 Conrad Ave, San Diego, CA 92117
This business is conducted by a Corporation
This Corporation is registered in the state of CA
Registrant first began to transact business under the fictitious name listed above as of 1/1/2022
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 26, 2023
LEGAL: 6350
PUBLISHED: November 9, 16, 23, 30, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9022381
Name of Business
DRQ DESIGN CONSULTING
4924 Alameda, Drive, Oceanside, CA 92056
Mailing address: 4924 Alameda, Drive, Oceanside, CA 92056
County: San Diego
This business is registered by the following:
Dora Christina Qomsiya, 4924 Alameda, Drive, Oceanside, CA 92056
This business is conducted by an Individual
Registrant first began to transact business under the fictitious name listed above as of N/A
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Nov 02, 2023
LEGAL: 6351
PUBLISHED: November 9, 16, 23, 30, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9021353
Name of Business
a. DANDELION DRIP
b. DANDELION DRIP COFFEE
1212 N. Grape Street, Escondido, CA 92026
County: San Diego
This business is registered by the following:
Stephanie Hoffpaur, 1212 N. Grape Street, Escondido, CA 92026
This business is conducted by an Individual
Registrant first began to transact business under the fictitious name listed above as of 10/18/2023
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 18, 2023
LEGAL: 6342
PUBLISHED: October 26, November 2, 9, 16, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9018431
Name of Business
PACIFIC COAST CUSTOMS
3264 Grey Hawk Court, Carlsbad, CA 92010
Mailing address: 3264 Grey Hawk Court, Carlsbad, CA 92010
County: San Diego
This business is registered by the following:
Abigail Lee Snyder, 1311 Sunset Grove Rd, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first began to transact business under the fictitious name listed above as of 08/31/2023
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Sep 7, 2023
LEGAL: 6343
PUBLISHED: October 26, November 2, 9, 16, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9022694
Name of Business
PREMIER PROPERTY PARTNERS
16783 Bernardo Center Drive, San Diego, CA 92128
Mailing address: 16783 Bernardo Center Drive, San Diego, CA 92128
County: San Diego
This business is registered by the following:
a. Shirin Alipanah, 1712 Crescent Knolls Glen, Escondido, CA 92029
b. Heather Haase, 11055 Caminito Vista Pacifica, San Diego, CA 92131
This business is conducted by Co-Partners
Registrant first began to transact business under the fictitious name listed above as of N/A
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Nov 7, 2023
LEGAL: 6352
PUBLISHED: November 16, 23, 30, December 7, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9022709
Name of Business
FERNANDEZ CHARTERS
1518 Monte Vista Drive, Vista, CA 92084
Mailing address: 1518 Monte Vista Drive, Vista, CA 92084
County: San Diego
This business is registered by the following:
Pablo Fernandez, 1518 Monte Vista Drive, Vista, CA 92084
This business is conducted by an Individual
Registrant first began to transact business under the fictitious name listed above as of 9/1/2023
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Nov 07, 2023
LEGAL: 6353
PUBLISHED: November 16, 23, 30, December 7, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9021600
Name of Business
HIT THE BOOKS TUTORING
131 West Beech Street, Fallbrook, CA 92028
Mailing address: 1524 Dickey Street, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Emily Kathryn Hernandez, 1524 Dickey Street, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first began to transact business under the fictitious name listed above as of N/A
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 21, 2023
LEGAL: 6354
PUBLISHED: November 16, 23, 30, December 7, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9021245
Name of Business
GOL MIR PRODUCTIONS
1909 Foothill Dr., Vista, CA 92084
Mailing address: 1909 Foothill Dr., Vista, CA 92084
County: San Diego
This business is registered by the following:
Karim Mirreghabi, 1909 Foothill Dr., Vista, CA 92084
This business is conducted by an Individual
Registrant first began to transact business under the fictitious name listed above as of 10.17.2023
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Oct 17, 2023
LEGAL: 6355
PUBLISHED: November 16, 23, 30, December 7, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023-9022331
Name of Business
BLACK OPS ASPHALT INC.
1435 Via Encinos Dr., Fallbrook, CA 92028
Mailing address: P.O. Box 1883, Carlsbad, CA 92018
County: San Diego
This business is registered by the following:
Black Ops Asphalt Inc., 1435 Via Encinos Dr., Fallbrook, CA 92028
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first began to transact business under the fictitious name listed above as of 08/1/2018
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Nov 01, 2023
LEGAL: 6356
PUBLISHED: November 16, 23, 30, December 7, 2023

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2023-00048863-CU-PT-NC TO ALL INTERESTED PERSONS

Petitioner:
ZANET REICHERT and ANDREI REICHERT for minors

Present Name:
a. ALEX GABOS-URCIKAN
b. ANDREI GABOS-URCIKAN
Proposed Name:
a. ALEX REICHERT
b. ANDREI REICHERT

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: January 19, 2024 Time: 8:30 AM Dept: 25
The address of the court is 325 S. Melrose Dr, Vista, CA 92081 North County

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News

NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120). If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to the petitioner. If all requirements have not been met as of the date specified, the court will mail the petitioner a written order with further directions. If a timely objection is filed, the court will set a remote hearing date and contact the parties by mail with further directions. A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date. Date: NOV 09 2023 Signed: Brad A. Weinreb, Judge of the Superior Court. LEGAL: 6359 PUBLISHED: November 16, 23, 30, December 7, 2023

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2023-00048977-CU-PT-NC TO ALL INTERESTED PERSONS

Petitioner:
ADRIANA NAJERA VAZQUEZ

Present Name:
GENISIS NAJERA
Proposed Name:
GENESIS DAYANA NAJERA

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: January 26, 2024 Time: 8:30 am Dept: 25
The address of the court is 325 S. Melrose Dr, Vista, CA 92081 North County

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News

NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120). If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to the petitioner. If all requirements have not been met as of the date specified, the court will mail the petitioner a written order with further directions. If a timely objection is filed, the court will set a remote hearing date and contact the parties by mail with further directions. A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date. Date: NOV 13 2023 Signed: Brad A. Weinreb, Judge of the Superior Court. LEGAL: 6360 PUBLISHED: November 16, 23, 30, December 7, 2023

T.S. No.: 210323048
Notice of Trustee's Sale
Loan No.: 18-5280 Order No. 95524753 APN: 301-032-05-00 Property Address: 167 Carmel Valley Road Del Mar, CA 92014 You Are In Default Under A Deed Of Trust Dated 12/20/2018. 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 cashier's check drawn on a state or national bank, cashier's check drawn by a state or federal credit union, or a cashier's 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. No cashier's checks older than 60 days from the day of sale will be accepted. Trustor: Catharine J. Cahoon, Successor Trustee of the Larry E. Cahoon Trust, dated June 1995 Duly Appointed Trustee: WFG National Title Company Recorded 12/31/2018 as Instrument No. 2018-0534974 in book , page of Official Records in the office of the Recorder of San Diego County, California, Date of Sale: 12/18/2023 at 3:00 PM Place of Sale: Borrego Springs Branch Library (Front Steps) located at 2580 Country Club Road Borrego Springs, CA 92004 Amount of unpaid balance and other charges: \$851,403.70 Street Address or other common designation of real property: 167 Carmel Valley Road Del Mar, CA 92014 A.P.N.: 301-032-05-00 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 (877) 440-4460 or visit this Internet Web site www.mkconsultantsinc.com, using the file number assigned to this case 210323048. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Notice To Tenant: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (877) 440-4460, or visit this internet website site www.mkconsultantsinc.com, using the file number assigned to this case 210323048 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. Date: 10/19/2023 WFG National Title Company 9665 Granite Ridge Drive Ste. 210 San Diego, CA 92123 Phone: (858) 805-0980 Sale Line: (877) 440-4460. Published: 11/02/23, 11/09/23, 11/16/23



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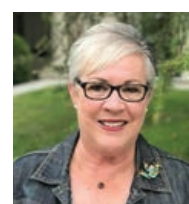
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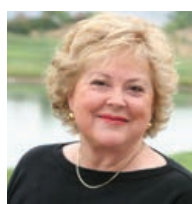
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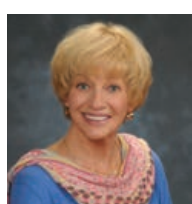
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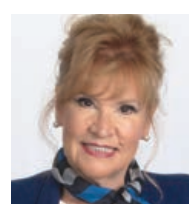
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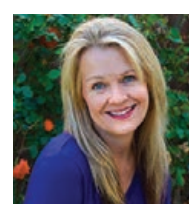
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16 Saddle Creek Road, Fallbrook **\$1,715,000**



185 Morro Hills, Fallbrook **\$1,399,000**



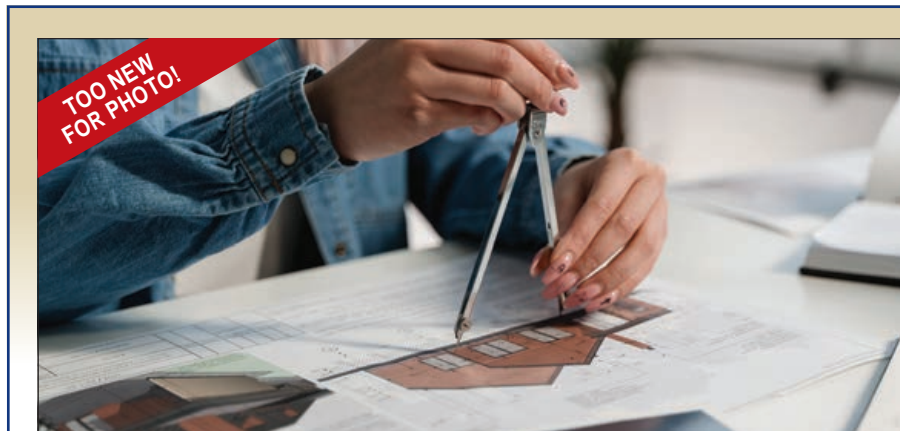
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