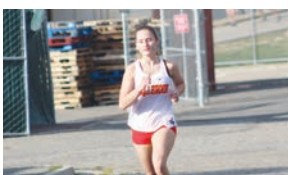


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10th straight day of lower COVID-19 cases

Coronavirus case rates continued their decline locally in San Diego County, while ongoing vaccine shipment delays forced the closure of one county-run vaccination superstation on Monday, Feb. 22, while other vaccination stations are offering second doses only.
Page A-6

Fallbrook vaccination events delayed

Vaccine shortages countywide mean that Fallbrook vaccination events will likely be delayed at least for another week. The Fallbrook Regional Health District said in an email announcement Feb. 22 that it was still awaiting county notice before its vaccination events can be rescheduled. A vaccination event had originally been scheduled for Feb. 19.
Page A-10

Rainbow CPG discusses proposed marijuana ordinance

A Feb. 11 Zoom meeting with County of San Diego staff and representatives of various community planning groups and community sponsor groups addressed the proposed marijuana dispensary and cultivation ordinance. Greg Doud represented the Rainbow Community Planning Group and reported on the Zoom meeting during the Feb. 17 Rainbow Community Planning Group meeting.
Page A-7

Families love REINS



Joel Rosas, 15, stands at a photo-op station where the "Share the Love" fundraiser is promoted for the REINS Therapeutic Horsemanship Program in Fallbrook. See story page A-16
Village News/Shane Gibson photo

Chief Abbott to retire

Joe Naiman
Village News Reporter

North County Fire Protection District Fire Chief Steve Abbott will be retiring this summer. Abbott plans to retire at the end of July. He will turn 55 on Aug. 2, although he is not required to retire at the age of 55. Abbott was hired by the North County Fire Protection District in March 1990, and he reached his maximum pension eligibility last year. "I'm just sticking around an extra seven months just to help with the transition of the next leadership team," Abbott said. The leadership transition would involve more than one individual if the new fire chief is promoted internally, which would create a vacancy for the new fire chief's previous position. All previous NCFPD fire chiefs (other than original fire chief Bill Thurber, who retired before the district adopted its current name) were promoted from within the department. "That's my recommendation, but we'll see what the board decides," Abbott said. Abbott was promoted to the position of NCFPD fire marshal

in December 2001. In December 2005, he became the battalion chief for emergency medical services, and he was the division chief for administration from September 2014 to July 2015. He was promoted to the position of deputy fire chief in July 2015. In September 2015, the NCFPD board selected Abbott as the new fire chief to replace Bill Metcalf when Metcalf retired in December 2015. "I feel very blessed to have worked with the different positions in the fire department," Abbott said. He was thus fire marshal during the February 2002 Gavilan Fire, battalion chief during the October 2007 Rice Fire and the May 2014 Highway Fire, and fire chief during the December 2017 Lilac Fire. "I've seen it from all angles," Abbott said. His tenure as division chief included the December 2014 closure of Fallbrook Hospital. "That's the reason that we had to restructure how we staff our ambulances," Abbott said. The new NCFPD Station 5
see ABBOTT, page A-16



NCFPD Chief Steve Abbott will retire at the end of July but plans to continue his membership in Fallbrook Village Rotary.
Village News/Courtesy photo

Planning group creates ad hoc committee on marijuana dispensaries, calls March 1 special meeting

Joe Naiman
Village News Reporter

The Fallbrook Community Planning Group docketed a proposed letter to the county on the planned revision of the marijuana dispensary ordinance which urged county staff to consider planning group input. Jack Wood, planning group chair, learned from county staff, however, that the views of the community planning groups and community sponsor groups would be considered. The item was withdrawn from the Feb. 15 agenda, and an ad hoc committee was created. The letter, which was not discussed, read: "The Fallbrook Community Planning Group is strongly opposed to the approval of the cannabis ordinance by the San Diego County Board of Supervisors, as written in the board letter. Furthermore, we

should be an active participant and stakeholder in the creation, preparation, development and permit process for this new ordinance." The letter would have been sent to the county board of supervisors. The ad hoc committee will meet Thursday, Feb. 25, at 9:30 a.m. and will make a recommendation. A special Fallbrook Community Planning Group meeting to discuss the marijuana ordinance will be held Monday, March 1, beginning at 7 p.m. "We're working on a time schedule," Wood said. "We're working rapidly on this." A 4-1 county board of supervisors vote Jan. 27, with Jim Desmond opposed, directed the development of Zoning Ordinance and Regulatory Code amendments which would repeal the existing ordinance restricting medical and recreational marijuana

dispensaries and cultivation. The amendments would also allow the sale of edible and drinkable as well as smokable cannabis products, allow cannabis retail sales in areas with commercial and industrial zoning, allow cannabis cultivation in agriculturally zoned areas, allow cannabis product manufacturing, distribution and testing in industrial-zoned areas and allow for a cannabis microbusiness license in areas with agricultural, commercial or industrial zoning. They would also create a "social equity" program which gives individuals with past cannabis arrests and those in "disproportionately impacted areas" greater opportunities to secure an operating permit, allow for on-site consumption of cannabis products at specified cannabis facilities and permitted events.

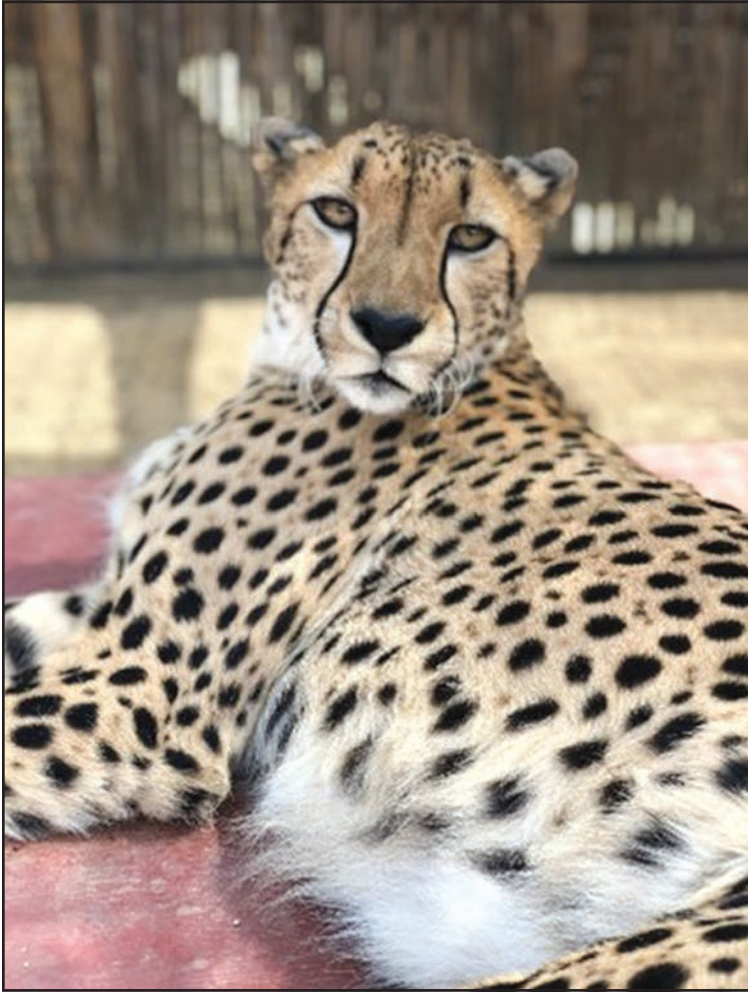
The amendments would reduce the separation requirements for a dispensary, require a "labor peace agreement" with a labor union for every 10th employee at a cannabis facility, seek grant funding to implement the social equity program and exclude cannabis from the medical pre-screening process for county employees. The supervisors directed that county staff report back to the board within 90 days with an update including any regulatory changes which could be implemented during that time and return to the board with a draft ordinance and policies within 180 days. The Jan. 27 county board of supervisors hearing included planning group members expressing their dissatisfaction with the lack of community input. On Feb. 8, Wood was notified
see MEETING, page A-10

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ANNOUNCEMENTS

Wild Wonders to celebrate the life of Victor the cheetah



Victor the cheetah was an animal ambassador for Wild Wonders.



Village News/Courtesy photos

Victor raised thousands of dollars for cheetah conservation organizations since he came to Bonsall in July 2006.


BONSALL – On Sunday, Feb. 28, Wild Wonders will host a small gathering at their wild animal refuge in Bonsall to honor the passing of Victor, its senior cheetah. Many long-time friends and supporters of Wild Wonders recall when Victor arrived in July 2006 from South Africa. He had been raised to be an ambassador animal and, over his lifetime, he inspired hundreds of people to care about the plight of his wild cousins and raised

thousands of dollars for cheetah conservation organizations. Victor was enormous in personality and heart. He happily shared his habitat with bunnies, birds and lizards, and was known for his “pocket size purr.” Part of the celebration event will be a dedication of a beautiful bench near the cheetah habitat, home to Masika and Hasani, Wild Wonders’ other two cheetahs. If anyone has ever met Victor

or is concerned about the future of the remaining 7000 cheetahs in the wild, two cheetah conservation organizations that would welcome a donation are Cheetah Conservation Fund and Cheetah Outreach Trust. For more information about Wild Wonders, contact Jackie Navarro, 760-630-9230 or wildwonders@att.net. Submitted by Wild Wonders.

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Bird club to hear about bird calling

VISTA – North County Aviculturists, a club for pet bird owners and breeders, presents “Bird Calling Tales” with Nicole Perretta. A welcome guest on “The Tonight Show” with Jay Leno, Perretta is a favorite with the club, too. The meeting will be held via Zoom Saturday, March 6. The business meeting is at 4 p.m. and regular meeting at 8 p.m.

This meeting is available to members at no cost; nonmembers who would like to attend can visit <http://www.ncabirdclub.com> for instructions.

Submitted by North County Aviculturists.



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Rebuilding Lake Wohlford Dam



Assemblymember Marie Waldron
AD-75 (R)

Lake Wohlford Dam is an important water storage, flood control and recreational facility that has served Escondido for generations. Restoring storage capacity and making it earthquake-safe is critically important, which is why I introduced AB 692.

The dam was originally constructed in 1895 to store water transported via a wooden flume from the San Luis Rey River to Escondido. One of the first rock-fill dams in California, Lake Wohlford Dam was 76 feet high and had a storage capacity of about 3,500 acre-feet.

But in 1916 the region was struck with one of our frequent droughts. San Diego hired a rain-maker named Charles Hatfield, who ultimately was blamed for creating a disastrous flood that killed dozens of people and caused several local dams to overflow,

including Lake Wohlford.

To avoid future floods, the dam was reinforced, and its height was increased by 28 feet in 1924. But different materials were used, creating the problem we face today.

The newer portion of the dam cannot withstand a major earthquake according to seismic tests conducted in 2007. The water level in Lake Wohlford has been reduced so that the older, earthquake-safe section of the dam is now holding back the lake, though with less storage capacity.

The proposed fix involves building a new dam just west of the lake, and breaching the old dam to allow the lake to regain its 6,500 acre-feet storage capacity.

All this is very costly. Proposition 1E, the Disaster and Flood Prevention Bond Act of 2006, authorized bonds to finance disaster preparedness and flood prevention projects. Unfortunately, legal deadlines for funding passed and a legislative fix became necessary.

That's where AB 692 comes in. The bill extends those deadlines to June 30, 2028. Restoring Lake Wohlford Dam is essential for our region, and AB 692 will help make that happen.

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

Back to purple



Supervisor Jim Desmond
5th District

We are back to the purple tier in the County of San Diego, in fact we've been in purple ever since Governor Newsom rescinded the stay-at home order in California. As you probably know by now, by being in the purple tier this allows some businesses to open, including outdoor dining, hair salons and other services.

However, many businesses remain closed, or limited by outdoor operations. So, how do we get to the next tier?

I've always argued this color-coded system is flawed, especially for a county the size of San Diego. For San Diego County to proceed into the red tier, we would need less than seven people testing positive per 100,000 people.

To put that in perspective, if you took two Petco Parks, you would need to have less than seven people testing positive in the entire stadium. Even if we were to get under that threshold, it would only allow restaurants to operate at 25% indoor capacity and gyms to operate at 10%.

In order to get into the orange tier, we would need less than four people testing positive per 100,000. The final tier of the color-coded system is yellow, which requires less than one person testing positive per 100,000. That would only allow indoor dining at 50% capacity and I think give the current system is unachievable.

I believe Gov. Newsom needs to change the tiered system to allow more businesses to reopen. The current structure has always been flawed, yet once again we are back in a purple haze.

Youth sports hero grew up in Fallbrook

Being up in years and having a spouse with compromised immune issues, I've been mostly at home with cabin fever. However, being a former lacrosse coach, I was really looking forward to February when I usually get to see college games on TV. This past Saturday (Feb. 20) was especially rewarding.

The news that youth sports was going to be permitted again, having been cancelled for a year due to the COVID-19 Pandemic, brought this day into perspective.

In 2006, my college teammate, Chas Mudie and I started the Fallbrook Warrior Youth Lacrosse program. Many wonderful youngsters have come through the program and gone on to play for Fallbrook High School. Several have also gone on to have successful careers at the college level.

My special day centered around a young boy, now a young man, who came through Warrior lacrosse – Gianni Orlando. Like virtually all our young boys, he

had never played the game and learned the game through the Warrior Program. He was a team member during the 2011 and 2012 seasons, leading the team in scoring his second year.

Gianni is now a senior at the U.S. Air Force academy and a starter at midfield. During the game that I was able to stream on my computer, I saw him playing for the first time since he was a kid playing on the Potter Jr. High grass. Midway through the game, Gianni scored! I was so excited for him and his parents, Tonya and Bobby.

Air Force was playing a good Utah University team, and it was back and forth with both teams exchanging leads. Sure enough, the game goes into overtime. It's sudden death – next goal wins! A few minutes later, you got it, Gianni scores the winning goal!

Youth coaches are not rewarded monetarily. But on this special day, I sure was. Great game Gianni.

Frank Rotunda

Legislative updates for 2021



Sen. Brian Jones
38th Senate District
COVID relief legislation

I have recently co-written multiple legislative measures aimed at assisting California workers, business owners, parents and students, as well as placing some checks on Gov. Gavin Newsom's state of emergency powers during the COVID-19 pandemic.

The first of these measures, Assembly Bill 54, would prohibit state agencies from revoking a business license for non-compliance with shutdown orders without first proving the business was a cause of widespread COVID-19 transmission.

Senate Bill 74 would create a grant program for small businesses and nonprofits that have sustained financial losses due to the impacts of COVID-19 and the forced government shutdown.

Lastly, Assembly Bill 76 would assure that every California child has the right to in-person instruction. "Virtual" or "digital" education should be an option, not a replacement, for in-person instruction in a public school.

Legislative update

I recently introduced Senate Bill 218 to allow small, owner-run corporations to handle ministerial paperwork corrections in a more simplified and uniform procedure. The state should make it as quick and easy as possible for business owners to correct technical, non-compliant paperwork issues that were simple, honest mistakes. Business owners should be focusing on running their businesses and providing jobs rather than doing paperwork.

I have also introduced Senate Bill 227 to save off-highway vehicle competitions in California. Off-highway competitions are a treasured sport that plays a key role in the economies of suburban and rural California, which is of great importance given the current economic downturn. Competition off-highway vehicles have long been registered under the Red Sticker program under the California Air Resources Board, which sunsets this year with no plan to replace it. SB 227 creates a new, off-highway vehicle identification program under the California Department of Parks and Recreation that is narrowly tailored for legitimate competitors only.

Another legislative measure I introduced, Senate Bill 358, would increase the penalties on persons who steal packages from the porch or entryway of someone's home. Because of the COVID-19 crisis, home delivery of goods has increased all across the nation. In particular, seniors and disabled Californians rely on package delivery for fundamental items such as medication or food. This "porch piracy" epidemic is serious and must be addressed by our criminal justice system.

"Let Them Play" resolution

For almost a year, organized sports for youth have been locked-down by the governor. The negative and mental health effects on young people have been devastating. Other states are safely letting their children play, so why can't California?

I recently signed on to co-write an Assembly Concurrent Resolution calling for the resumption of youth sports in California. The "Let Them Play" Resolution recognizes that certain safety protocols and precautions to prevent the spread and transmission of COVID-19 should and easily can be part of the resumption of organized sports.

EDD oversight hearing

I joined several of my colleagues in writing a letter to the Joint Legislative Audit Committee and the Senate Budget Subcommittee No. 5 calling for an immediate oversight hearing regarding the problems at the Employment Development Department.

Recent reports show an increase in the number of backlogged claims and that rampant unemployment claims are now at a staggering \$11 billion and could rise as high as \$30 billion.

The oversight hearing should focus on how the EDD can best implement the recommendations from the state auditor reports to bring help to Californians and prevent future fraud.

VFW and American Legion Posts

San Diego County alone is home to 27 Veterans of Foreign Wars and American Legion posts. These posts are not being permitted to operate, and a number of posts in the county may close for good.

I signed onto this bipartisan letter urging Newsom and the California Department of Public Health to reduce the number of Californians struggling during this pandemic by allowing VFW and American Legion posts to open their doors.

Recognizing community members

One of the most rewarding parts of being a senator is to honor members of our community for achievements in their life, organization, education or career. If you have friends, family or neighbors that go above and beyond to help others or have achieved a milestone, I want to recognize them. You can send an email at jones.cssrc.us/email-senator to request recognition. Please be sure to include that you are requesting senate recognition and the names of those you are requesting to be honored.

Seniors' driver's licenses

The California Department of Motor Vehicles is offering eligible senior drivers who are 70 years of age or older the option to renew their non-commercial driver's license online during the COVID-19 emergency. For more information, visit <https://www.dmv.ca.gov/portal/driver-education-and-safety/special-interest-driver-guides/senior-drivers/>.

Recovered COVID patients needed

The San Diego Blood Bank has seen a sharp increase in hospital orders for COVID-19 convalescent plasma. Recovered COVID-19 patients are needed to meet demand.

For some frequently asked questions and to see if you qualify to donate, visit <https://www.sandiegobloodbank.org/covid-19-and-convalescent-plasma-donation>.

Re: 'All I need to know about you' [Letter, Village News, Feb 18, 2021]

The subject letter begins with this challenge: "When you say the election was fair and refuse to even look at all the mountain of evidence, it's all I need to know about you."

If that's all you need to know about me, then all the challenges that follow that first one are irrelevant. Also, the first challenge is written in the same form as this classic: Answer yes or no. Have you stopped beating your wife? So, before I can look at, or refuse to look at, "a mountain of evidence," it has to exist.

Please present at least a small sample of the evidence and I'll look at it. Note that in the real world evidence is defined as: "objects, documents, official statements, etc., that are used to prove something is true or not true, especially for legal

or insurance purposes."

In other words, it has to be tangible. Many highly paid attorneys and their investigators have searched in vain for that "evidence," so please excuse my dubiousness.

I looked over the other challenges and didn't see anything that I thought really defines me. I can think of some broad categories that would define more of me.

For instance, my belief that all citizens should be equal under the law. That's an ideal that we may never reach, but pursuing it is a necessary part of our effort to achieve "a more perfect union."

We should be justifiably proud of the progress we've made. Proud, but not smug: there's plenty left to do.

John H. Terrell

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

Censored doctors, as it turns out, were right



Julie Reeder
Publisher

We are hearing stories locally about people going to the hospital with COVID-19 and being told to return home with no treatment. If they get worse, they return to the hospital for treatment. This is opposite of what many frontline doctors, after treating thousands of patients, are telling us is the best way to treat COVID-19 patients.

A doctor friend of mine recently sent me an interview of another doctor in New York, Dr. Vladimir Zelenko. Zelenko has boasted a near 100% success rate treating 3,000 COVID-19 patients with hydroxychloroquine (HCQ), azithromycin and zinc sulfate for five days. He has only lost three patients out of 3000. His treatment is now called the Zelenko Protocol.

I prefer to listen to actual doctors who are on the frontlines treating patients than politicians or media people. The problem is that many doctors are being censored even though they have firsthand knowledge. They have had their hands tied politically by being threatened to have their licenses removed and their decisions for treatment questioned by pharmacists. I believe this is unprecedented and an overreach in the relationship between a patient and a doctor.

The first instance of censorship that I know about as it relates to COVID-19 and physicians were Drs. Dan Erickson and Artin Massihi, who own urgent care centers in California, including one in Temecula. From their observation, they were saying that the pandemic wasn't as deadly as was being reported. They were shunned and their videos were removed as disinformation from social media. As it turns out they were correct.

Then there were the frontline doctors speaking out about hydroxychloroquine as a safe, inexpensive and available treatment. They were ridiculed and censored, although they had amazing personal experience in treating thousands of actual patients internationally.

Studies against hydroxychloroquine were cited which later were found to be phony but the damage had been done. A well-known drug offered over-the-counter in some countries and widely distributed had been discredited by U.S. politicians, agencies and media which could have been used to save hundreds of thousands of people, especially in the disadvantaged neighborhoods.

Instead, billions of taxpayer dollars were used to fund new experimental drugs and vaccines and many patients died in the interim. The winners were the pharmaceutical companies at the expense of seniors, the medically vulnerable, the disadvantaged poor and taxpayers.

On Dec. 8, 2020, I was watching Dr. Kory, a lung specialist who had personally treated over 1,500 COVID-19 patients, in the Senate hearings on COVID-19. Dr. Kory spoke about the success he had treating COVID-19 patients with Ivermectin, an inexpensive and available antiparasitic drug that has been available since 1975. He was just asking for the NIH to review his immense amounts of data, 30 studies. He was decrying the decisions of the government agencies who had not looked at new evidence since August 2020,

even though there was an immense amount of new data from treating patients.

He talked of seeing patients who would die needlessly because they were seen too late, stressing as other doctors had, that early treatment was the answer. Sen. Johnson submitted the data and a letter to the NIH after the hearings. Here is an early version of the manuscript, "Review of the Emerging Evidence Demonstrating the Efficacy of Ivermectin in the Prophylaxis and Treatment of COVID-19" <https://www.frontiersin.org/articles/10.3389/fphar.2021.643369/abstract>

On Jan 14, 2021, the NIH changed their recommendation on Ivermectin from being against using, which tied doctor's hands to a recommendation referencing the increased numbers of clinical trials that have been done with positive results since their last update on Aug. 27. The NIH now recommends neither for or against the use of Ivermectin, which frees doctors and healthcare providers to prescribe it off label.

Proponents were disappointed and wanted it listed as an emergency use drug, but the NIH cited more trials needed.

Back to Zelenko and hydroxychloroquine. As early as March 2020, Zelenko started treating COVID-19 patients. He said on a typical day his patient load skyrocketed to as many as 250 patients and he was searching around the world for a way to treat these patients. His research brought him to hydroxychloroquine, azithromycin and zinc.

He found that early treatment was crucial, in fact he found that he couldn't wait for tests to come back before he started treatment and 90% of his tests came back positive for COVID-19. He discussed the misinformation and outright lies that were spun about HCQ, including fabricated research, in an apparent effort to suppress and prevent widespread use.

According to Zelenko, early treatment is crucial. "During the first five days of SARS-CoV-2 infection, the viral load remains fairly steady. Around Day 5, it exponentially increases, potentially overwhelming your immune system. To prevent complications, treatment needs to

begin within the first five days of symptom onset."

He said early treatment is also crucial to prevent "long-haul" symptoms after recovery. None of Zelenko's patients who started their treatment within the first five days went on to develop long-haul symptoms.

How was Zelenko rewarded for his success? He was banned on Twitter after millions of people saw his tweets. County health officials said Zelenko's claims were "unsubstantiated" and urged residents to listen to public health officials.

The problem with censoring frontline doctors with real life experience is that people can die who could have been treated successfully.

Zelenko said, "When we have a large population of people that need to be treated, it has to be oral, cheap, safe and effective," he said. "By the way, this is not new. This information was known in 2005 – even before.

There are papers with [Dr. Anthony] Fauci's name on it, calling [HCQ] a miracle drug. Fauci called HCQ a vaccine. There's a paper in which he called it an absolute dream treatment and vaccine. So, it's conveniently forgotten but that's what it is. It's a matter of scientific record."

Zelenko figured out early on that only one-third of his patients actually needed the triple-drug regimen. The remaining two-thirds were in low-risk categories and did not need drug treatment.

In all, Zelenko has only had 15 patients who ended up requiring hospitalization, four of whom were intubated. All were eventually successfully extubated and recovered. The remaining 11 were admitted for intravenous antibiotics for pneumonia. In all, only three of his high-risk patients died from COVID-19, which puts the mortality rate for this treatment at just 0.3%.

"You cannot ignore that. That's not even counting the risk stratification patients, which I chose not to treat. In other words, I was able to tell these patients, 'I know you're going to be fine. Go home, and you'll be fine.' And that has value.

If you include those, the mortality rate is even less. And this has been reproduced. You

don't have to listen to me. You can call it anecdotal all you want, but there are now Harvard professors of virology with 4,000 patient experiences.

Dr. George Fareed, for example, or Dr. Harvey Risch from Yale School of Epidemiology, who has shown that it's absolutely statistically proven that HCQ used in the prehospital setting is absolutely effective. It's impossible for it to be a mistake," he said.

Zelenko tells the story of how he got started treating COVID-19 patients with HCQ: "Hospitals were near capacity and all the outpatient services were closed. Half my staff was sick and all of a sudden I had a war zone. I basically started learning triage medicine, trying to save as many people as possible.

"At that time, the whole world had been focusing on building respirators and hospital capacity [instead of putting] emphasis on prehospital care. I found that bizarre because that's never what we do in medicine. We [use] common sense and intervene in the earliest stages.

"It's much easier to fix a small problem than a large problem. For example, someone has cancer, we don't wait for it to become metastatic disease. We treat as soon as possible. Someone has a small infection. We put the infection out.

"If you look at the CDC, they recommend starting the treatment of influenza with antiviral drugs within the first 48 hours, except when it came to COVID-19. We were told to send patients home, and when they get sicker, send them to the hospital, where there was a good chance they were going to get intubated, especially in March and April.

"At that point, in the city, they had mortality rates above 80%. So, it was a death sentence. None of that made sense to me at all. So, I quickly started to brush up on my virology."

He decided to treat high-risk patients as early as possible, and this turned out to be key. Early treatment really saves lives when it comes to COVID-19. This is not a situation where the wait-and-see strategy is well-advised.

Zelenko likens HCQ and zinc like a gun and a bullet. HCQ is the gun that shoots the zinc into

the cell. Zinc is the silver bullet that kills the virus by inhibiting an enzyme associated with viral replication inside the cell. The antibiotic azithromycin is given to prevent bacterial pneumonia and other secondary bacterial infections that are common in COVID-19.

Today, we have even more information, of course, which means there are more tools available beside HCQ, zinc and antibiotics. Ivermectin, for example, appears very useful, especially for prevention, as do steroids and blood thinners. So, Zelenko will now tweak the treatment of individual patients based on their symptoms.

Unfortunately, as discussed by Zelenko, there was essentially a "psychological operation" put into place to scare people away from HCQ. A big part of that was turning it into a political issue. From the start, doctors who used the drug were threatened with the loss of their medical license, which is unheard of for a drug with such a long history of safe use.

The biggest reason for the fear was unfortunately due to falsified studies and trials using toxic doses. It's difficult to not suspect an ulterior motive in light of those facts. As noted by Zelenko, a main component of pandemic response, namely prehospital or outpatient treatment, was suppressed.

The question is why? One obvious reason was that it was a presidential election year, and then-president Trump came out in support of HCQ in March 2020. His announcement sparked immediate backlash from a chronically hostile media. "There were plenty of people willing to use every possible way to vilify the president and to discredit anything that might give him a win," Zelenko said.

Then, of course, there were financial interests at play. Millions of dollars were being invested into new drugs like remdesivir, for example – a drug that costs more than \$3,000 per treatment and is only for in-hospital use.

Meanwhile, Zelenko's early outpatient treatment costs about \$20.

If you would like a link to the entire interview, email me at jreeder@reedermedia.com and I will be happy to send it to you.

Biden inaugurations didn't bring happiness

I never expected that the Fallbrook Village News would become a welcome source of honest commentary on our government "leaders," but it has. Publisher Julie Reeder's no-nonsense way of explaining things – and her evidently not being too concerned with upsetting the easily triggered types – is commendable.

A recent letter to the Village News, from a person of that persuasion, demonstrated that these are not happy people. There is no jubilation among them at Biden's being sworn-in as president. The L.A. Times, for example, can't shake off their Trump derangement. Every day it's still 100% anti-Trump, as if the inauguration never happened, but now they project that disgust and rage to ordinary Republican voters.

Here is what I think is really

going on: They – the main stream media/Democrats – spent years repeating the bogus conspiracy theory that Trump was an illegitimate president, put in office by Russians and was a White supremacist, racist, rapist, etc., etc. When that didn't work, they impeached him – for asking Ukraine's government to look into Joe Biden taking bribes through his druggie son's phony "job."

What must really irk them is that after five years of their continual efforts to destroy Trump, what they actually accomplished was a 20% increase of Trump votes in 2020, compared to 2016. And that's if we believe the official total of less than 75,000,000 Trump votes. I say they've got the reverse-Midas touch.

David Lewis



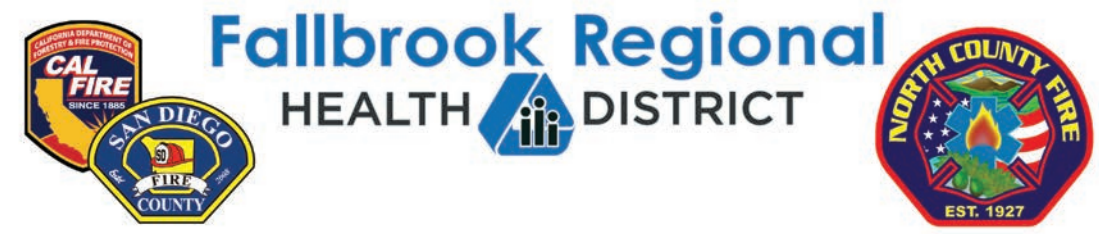
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Feb. 21 was 10th straight day of new COVID-19 cases below 1,000 in San Diego County

Vaccine shipments continue to be delayed due to winter storm in midwest, east coast

Will Fritz
Staff Writer

Coronavirus case rates continued their decline locally in San Diego County, while ongoing vaccine shipment delays forced the closure of one county-run vaccination superstation on Monday, Feb. 22, while other vaccination stations are offering second doses only.

In the 92028 ZIP code, which includes Rainbow and De Luz, county data shows a case rate of 24.5 coronavirus cases per 100,000 during the week of Jan. 31-Feb. 6, the most recent week for which data is available – down from 42.0 the prior week. There were 84 new reported COVID-19 cases in 92028 between Jan. 31-Feb. 6, and there have been 3,431 total reported cases since the start of the pandemic.

The county combines Bonsall’s

92003 ZIP code with neighboring Vista, given Bonsall’s low population; that combined area showed a case rate of 41.3 per 100,000 as of Jan. 31-Feb. 6, down from 60.2 the week prior, and there were 155 new reported COVID-19 cases Jan. 31-Feb. 6. The Bonsall-Vista area was showing 4,798 total cases as of Feb. 22.

In San Diego County, there were 517 new coronavirus cases reported Sunday, Feb. 21, increasing the number of COVID-19 infections to 257,030 since the pandemic began, while the death toll increased to 3,190.

Feb. 21 was also the 10th consecutive day with cases below 1,000.

Of 18,194 tests reported the day before on Saturday, Feb. 21, 4% returned positive.

Three community outbreaks were reported Feb. 21, with 26

reported in the past week and 102 cases associated with those outbreaks.

The Petco Park superstation in downtown San Diego was entirely closed for at least Feb. 22 as of press time; appointments for second doses on Feb. 19-22 were canceled and will be automatically rescheduled.

As many as several hundred vaccination appointments scheduled at Petco Park were postponed, owing to delayed vaccine shipments from the Midwest and East Coast.

Currently, all county COVID-19 vaccination points of dispensing and the North County Super Station in San Marcos are offering appointments for second doses only. Appointments for first doses at these sites are being rescheduled into next week.

County public health officials

said they were ready to administer delayed doses as soon as they arrive.

“We have the mechanism in place to be able to administer all the doses we get in San Diego County,” Dr. Wilma Wooten, the county’s public health officer, said Friday, Feb. 20. “In the meantime, we’re asking San Diegans to be patient. As the delayed doses arrive, we will administer them to everyone who has an appointment and release new time slots.”

The Sharp HealthCare vaccination superstation sites at Chula Vista Center and Grossmont Center are still offering first and second dose appointments with Pfizer vaccine.

The massive winter storm gripping much of the nation has frozen supply lines for the vaccines. Moderna produces the bulk of its vaccines in Massachusetts, while

Pfizer makes its in Michigan. Sub-freezing temperatures across much of the United States have delayed shipments of the vials around the country.

The U.S. Centers for Disease Control and Prevention has advised that people can wait up to 42 days between doses and still achieve maximum immunity.

As of Friday, of the 779,000 vaccine doses the county has received, 705,985 have been administered, more than 5,000 are awaiting processing and 67,000 are yet to be administered. A total of 18.5% of San Diego County’s population over the age of 16 have received at least one dose and 6.4% are fully inoculated.

City News Service contributed to this report.

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

Angels offer college scholarships, award \$6,500 in philanthropy

FALLBROOK – Several college scholarships will be offered this year to local high school graduates as well as continuing college students, announced Cheryle Clinite, philanthropy chair of the Angel Society of Fallbrook.

Founded in 1978, the Angel Society is dedicated to assisting local youth and education. For decades, the organization has awarded multiple scholarships to local graduating seniors who are chosen on the basis of academic merit, community service and financial need.

Applicants must be a student or a resident of the Fallbrook/Bonsall area. In addition to an application, a qualifying student must submit a personal essay, one letter of

recommendation and an unofficial school transcript. The deadline for applications is Monday, March 1.

The Angel Society will also award continuing scholarships for college students. Applicants must be from Fallbrook/Bonsall area families but may attend college anywhere. The criteria and application requirements are the same as for high school students. Applications must be submitted by June 1. For application forms or more information, visit www.theangelsociety.org/scholarships. Application forms are also available at the FUHS counselor’s office.

“The Angel Society is so fortunate to be able to help with the expenses of our very worthy,

hardworking high school seniors and first year college students,” said Louise Small, a member of the group’s philanthropy committee. “We thank the community for their support in making this possible.”

The Angel Society raises funds through member dues, a Memorial Fund and proceeds from the operation of the Angel Shop, a thrift store managed and staffed entirely by volunteers. In January, the Angels’ board of directors approved another \$6,500 in philanthropy to four nonprofit groups.

The Veterans of Foreign Wars in Fallbrook received \$2,000 in funds to help support its food assistance program, which provided more than 1,300 free meals to those in



The Angel Society’s new board members include, from left, Meline Giannini, Pat Dales and Donna Carter. (Missing is Pat Munyon.)

Autoheim

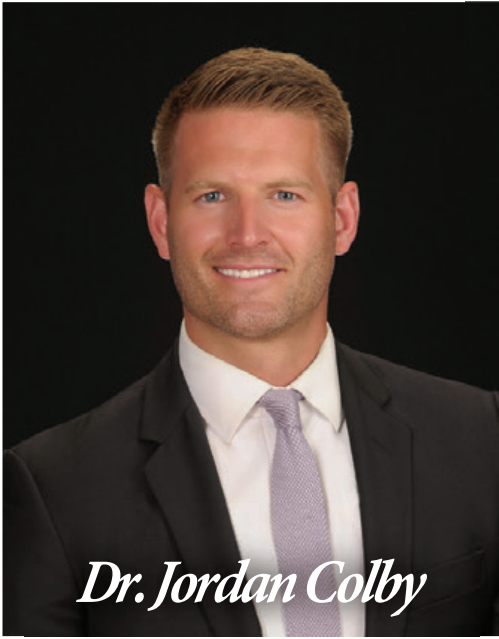
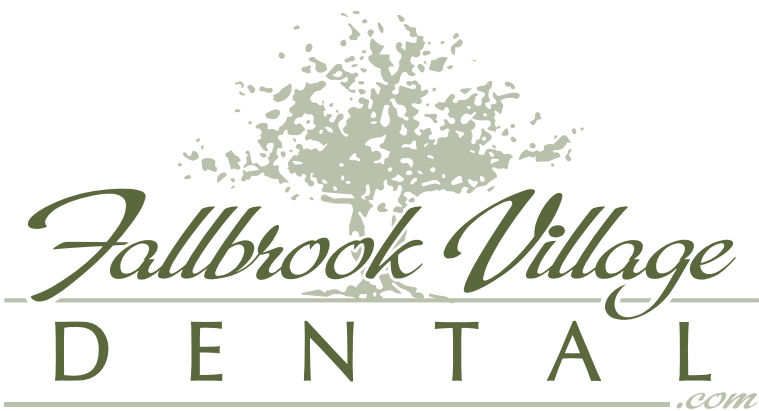
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need over the holidays.

The Fallbrook Music Society was awarded \$2,000 to continue its mission of providing classical music and education to the greater Fallbrook area.

The Fallbrook AG Boosters Club received \$1,500 to support educational programs for the FFA and 4H students of Fallbrook, Bonsall and Rainbow.

The Fallbrook Child Development Center, which reopened in September, received \$1,000 in funds to aid its efforts to move forward with serving children and families.

The Angels also recently welcomed four new members to its board of directors. They are Donna Carter, Pat Dales, Meline Giannini and Pat Munyon.

“I continue to be amazed and delighted with the work that each one of our directors provides in service to our community,” said Jean Dooley, president. “We have a long history of working together for the benefit of the whole community and I applaud them for their time and efforts in keeping the Angel Shop running smoothly and the spirit of philanthropy and friendship alive”

The Angel Shop is open between 10 a.m. and 1 p.m., Wednesday through Saturday. Donations of clothing, housewares, collectibles, children’s toys and more are gratefully accepted from 10 a.m. to 12:30 p.m. For more information, visit www.theangelsociety.org or call 760-728-6513.

Submitted by the Angel Society.

SUDOKU

2	1		6		8		5	3
		6		9			1	7
					7			
	3			6	9		7	
	5			2				6
			5	1		2		
		4		3	6			5
3		5	4		1	7		
		9				4		8

Level: Beginner

Here’s How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

8	3	4	5	2	7	2	6	9	1
6	9	7	1	8	4	5	2	3	7
5	2	1	9	3	6	4	8	7	7
4	6	2	3	8	1	5	8	7	9
9	8	3	4	2	7	1	5	6	
1		5	7	1	9	6	8	4	3
2		6	4	2	5	1	3	8	8
4	2		3	6	8	3	2	1	7
5	4	1	7	6	4	8	9	5	3

ANSWER:

Rainbow CPG informed about planning group Zoom meeting on proposed marijuana ordinance

Joe Naiman
Village News reporter

A Feb. 11 Zoom meeting with County of San Diego staff and representatives of various community planning groups and community sponsor groups addressed the proposed marijuana dispensary and cultivation ordinance. Greg Doud represented the Rainbow Community Planning Group and reported on the Zoom meeting during the Feb. 17 Rainbow Community Planning Group meeting.

The planning group did not make a recommendation on the proposed ordinance that evening but supported a special meeting when a County of San Diego staff member could participate. The planning group could make a recommendation at that special meeting.

On Jan. 27, the San Diego County Board of Supervisors voted 4-1, with Jim Desmond opposed, to direct the development of Zoning Ordinance and Regulatory Code amendments which would repeal the existing ordinance restrictions. The supervisors also directed that county staff report back to the board within 90 days with an update including any regulatory changes which could be implemented during that time and return to the board with a draft ordinance and policies within 180 days.

The Jan. 27 Board of Supervisors hearing included planning group members expressing their dissatisfaction with the lack of prior community input. County staff invited planning and sponsor group representatives to participate in the Feb. 11 Zoom meeting.

“Almost unanimously everyone was in opposition to this,” Doud said.

A summary of the Zoom meeting comments will be prepared for distribution for the planning and sponsor groups. “The group is putting together a tabulated list of all the feedback,” Doud said.

The two county supervisors who introduced the proposed revision

to the marijuana zoning ordinance cited social equity, including economic benefits to members of historically disadvantaged groups, as a reason for dispensaries in the unincorporated county. “I’m not sure that a lot of people buy into the notion that this is really going to solve the problem,” Doud said.

Doud noted that most members of the disadvantaged groups live in urban areas rather than in the unincorporated community, that the unincorporated areas lack frequent public transportation, and that the capital needs for a dispensary or a cultivation facility are beyond the financial means of the economically disadvantaged.

Social equity is also the cited reason that those previously arrested for drug offenses will be given priority to operate dispensaries. “That really was a red flag to many,” Doud said.

The lack of frequent evening and weekend public transportation in any unincorporated community other than Spring Valley would require dispensary staff and customers to utilize their own vehicles and would increase vehicle miles traveled, so the ordinance might not be defensible against a California Environmental Quality Act challenge which omits mitigation measures.

Doud noted that addressing CEQA requirements could be done either prior to the passage of the ordinance or with the application for individual dispensaries or cultivation facilities.

“If we wait until the applicant is done it may be too late to do anything about it,” Doud said.

Addressing CEQA impacts beforehand could delay approval of the final ordinance. “It would really drag out the timeline,” Doud said.

The medical marijuana zoning ordinance adopted by the county supervisors in June 2010 restricted dispensaries to land with industrial M50, M52, M54, and M58 zoning and required separation of at least 1,000 feet from another dispensary, a church, a school, a public park,

or a residential area.

Three separate building permits for dispensaries in Ramona caused Ramona citizens to seek remediation about the concentration of dispensaries, an application for a Valley Center dispensary was more than 1,000 feet from residentially-zoned land but within 1,000 feet of agriculturally-zoned land which allows for a residence, and an application for a Julian dispensary was on land which had been rezoned from agricultural to industrial but which grandfathered residential use. Board of Supervisors and county Planning Commission hearings were held in 2016 and 2017, and the Feb. 11 Zoom meeting noted planning and sponsor group letters from that time.

The planning group members who spoke Jan. 27 spoke as individuals since the planning groups had not been given the opportunity to take a position. “There has been zero input from the different planning groups on this,” Doud said. “This is a land use change and we really should have some buy-in.”

The Feb. 11 discussion included subcommittees to address various issues, and another meeting of community group representatives was agreed upon although the specific date is to be determined.

“They will be trying to contact us soon because time is of the essence,” Doud said. “If you only have 90 days that’s not much time.”

The subsequent meeting will incorporate planning and sponsor group input including input from those who address the community advisory groups. “I think it’s important that we get the community input on this,” Doud said.

“We would like to hear directly from people also,” said Rainbow Community Planning Group chair Paul Georgantas. “I’d like to see if we can get some more input from the community.”

“I think we need to hear from the public,” said planning group member Lynne Malinowski.


“People need to think about it,” said Malinowski. “The public outcry should be sooner rather than later.”

Two members of the public, Becky Rapp and Kathleen Lippitt, spoke to the planning group members Feb. 17. Rapp noted that the ordinance will allow edible cannabis products which can be marketed for taste. “It was only a few months ago that Supervisor Fletcher campaigned

against the sale of flavored tobacco products,” she said.

Nathan Fletcher is one of the two county supervisors who introduced the proposed ordinance revision.


Lippitt noted that beneficiaries of the ordinance would be dispensary operators rather than members of the community. “I don’t think most people enjoy the smell of marijuana plants,” she said.



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How to Use Zoom <i>Instructor: Dan Wise</i>	Wed 3/10 9:30-11:30 AM	FREE
Smartphone & Tablet (Androids) <i>Instructor: Irv Rudderow</i>	Mon 3/8, 3/15, 3/22 & 3/29 9:30-11:30 AM	FREE
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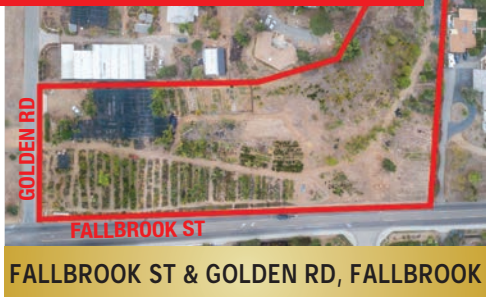
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Opportunity Knocks! This property features two complete homes sited on 1.65 acres. Panoramic Views to the Santa Rosa plateau and Santa Margarita River Valley. Both homes combined provide 3659 sf of living space. The original home has 3 bedrooms and 2 baths. The attached second home features 2 bedrooms and 2 baths.

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38160 DE LUZ RD, FALLBROOK

Seller will entertain offers between \$635,000 & \$700,000

Amazing 11+ View Acres!

7 minutes from town with 3 operating wells and is perfect for farming or horses. New 10,000 gal. irrigation storage tank. Owner uses well water for irrigation & both dwellings. 5 electric meters on property - 1 to each dwelling, 1 to laundry house, 1 to barn & 1 to well station. 2 detached dwellings, each w/ 1BR/1BA.

WE CAN SELL YOURS TOO!



416 WOODCREST LANE, FALLBROOK

Seller will entertain offers between \$475,000 & \$550,000

Spacious Backyard

California Bungalow nicely sited on .24 acre lot on a quiet street. Well maintained and upgraded over time, this 2BD, 2BA home with a 1 car garage is that perfect little starter home or perfect charming cottage, for downsizing or perfect for a family. The large family room features a massive wood burning fireplace.

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Fallbrook Chamber’s Avocado Open to benefit FLC

FALLBROOK – The Fallbrook Chamber of Commerce has added a new event to its calendar for 2021 – the Avocado Open Golf Tournament, scheduled for Friday, May 7, at Pala Mesa Resort. To be clear, this tournament is in addition to the annual Charity Golf Tournament held in the fall.

A portion of the proceeds from the tournament and the putting contest will benefit the Fallbrook Land Conservancy, a nonprofit which protects more than 3,000 acres of open space in the community through land ownership and conservation easements.

FLC provides more than 13 miles of trails on eight preserves in Fallbrook, which are open for the community, thanks to the generosity of its donors, members and volunteers. Many plans are in the works for continued trail improvement, additional land and education as well as current renovations to the historic Palomares House and its Wildlife Sculpture Garden.

Another bonus will be the opening of the Gird Valley Preserve to the public. The Chamber hopes to support its efforts through this event.

The Avocado Open will also include lunch, contests on the course and entry into a cash opportunity drawing for three separate prizes. Each golfer will receive a souvenir Avocado Open cap, courtesy of the Goodie Sponsor, Martin Quiroz of Essex Mortgage. Top golfer awards will be sponsored by the local Fallbrook Masonic Lodge No. 317.

Several sponsorships are being offered, including the opportunity to sponsor a veteran to play. For more information regarding the tournament, to make a donation or sign up to play, contact the Fallbrook Chamber office at 760-728-5845 or online at <http://www.fallbrookchamberofcommerce.org>.

Submitted by the Fallbrook Chamber of Commerce.



Local golfers are ready for another Fallbrook Chamber of Commerce golf tournament, Village News/Courtesy photo from left, Steve Chang, Walter Cobian, “Colonel” Chuck and Jeff Brantley.

Fallbrook health district says vaccination events delayed another week

FRHD says as of press time Feb. 22 that dates should be announced by end of week

Will Fritz
Staff Writer

Vaccine shortages countywide mean that Fallbrook vaccination events will likely be delayed at least for another week.

The Fallbrook Regional Health District said in an email announcement Feb. 22 that it was still awaiting county notice before its vaccination events can be rescheduled. A vaccination event had originally been scheduled for Feb. 19.

Health district CEO Rachel Mason said in the update that FRHD was connecting with two additional community partners to start organizing new vaccination clinic options when vaccines

become available.

“I expect we can announce new vaccination dates for the month of March sometime late this week,” Mason said. “Sorry, it’s not faster news, please continue to be patient and don’t give up.”

As of press time Feb. 22, the Petco Park vaccination superstation in downtown San Diego was expected to be closed at least through Feb. 23. It had already been closed since Feb. 19.

Currently, all county COVID-19 vaccination points of dispensing and the North County Super Station in San Marcos are offering appointments for second doses only. Appointments for first doses at these sites are being rescheduled into next week.

In Fallbrook, FRHD was directing local residents to try seeking vaccines through Tri-City Medical Center or Rite Aid.

Tri-City now has twice weekly vaccination clinics, and appointments are released at 8 a.m. and 8 p.m. on Mondays, Tuesdays, Saturdays and Sundays, according to FRHD. Appointments can be made at <https://book.appointment-plus.com/ctbdj1vx/#/>.

FRHD said Rite Aid has had to cancel many appointments, but recommended local residents check back on their website (<https://www.riteaid.com/pharmacy/covid-qualifier>) mid-week to see if new appointments become available.

Palomar Health also opened up

a vaccination clinic in downtown Escondido, which will be open between 9 a.m. and 4 p.m. Tuesday through Saturday, though due to shortages Palomar only makes appointments available two days in advance. The hospital’s website notes that appointments may be cancelled if supply is unavailable. Palomar Health’s vaccination webpage can be accessed at <https://www.palomarhealth.org/about-us/covid-vaccine>.

San Diego County’s vaccination webpage can be found at vaccinationsuperstationsd.com.

Apart from vaccinations, FRHD announced three COVID-19 testing events in March, each of which will take place from 9 a.m. to 3 p.m. The events are:

- March 5 at Fallbrook Union High School, 2400 S. Stage Coach Rd, Fallbrook
 - March 23 at the FRHD Wellness Center, 1636 E. Mission Road, Fallbrook
 - March 26 at Vallecitos Elementary School, 5211 5th St., Rainbow
- Registration opens three days prior to each testing date, according to FRHD. Appointments, which the health district said are “advised, not required,” can be made by calling 211 or online at COVIDtest.SanDiegoCounty.gov.

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

Motorcyclist killed in crash on I-15

Will Fritz
Staff Writer

A paramedic helicopter had to land on Interstate 15 near Fallbrook Monday afternoon, Feb. 22, to rescue a motorcyclist who was badly hurt in a crash, resulting in the closure of the northbound side of the freeway for about 20 minutes.

The biker was taken to Palomar Medical Center in Escondido, but was pronounced dead in the emergency room, a North County Fire official said. An investigation of the crash caused traffic delays on northbound I-15 near state Route 76 into the early evening.

According to North County Fire Capt. John Choi, the motorcyclist – whose identity was not immediately available – struck the rear of a sedan around 1:30 p.m. on I-15 just north of state Route 76. The motorcyclist had been traveling at a speed “in excess of 100 miles per hour,” just before the crash, Choi said.

Northbound I-15 was shut down in the area between about 1:40



A paramedic helicopter lands on northbound I-15 to attempt to rescue a motorcyclist who was badly injured in a crash there Monday afternoon.

p.m. and 2 p.m. to land a helicopter to take the biker to the hospital, but Choi said paramedics determined the victim was in too unstable a condition to safely be airlifted. The motorcyclist was ultimately taken to Palomar Medical Center

in a ground ambulance, and died at the hospital, Choi said.

CHP officers were investigating the crash, and traffic on northbound I-15 was snarled back to Centre City Parkway in Escondido for hours.

SHERIFF'S LOG

Feb. 7	
1600 block S. Mission Rd	Arrest: Domestic abuse with minor injury
S. Mission Rd @ Pepper Tree Ln	Vehicle vandalism
Feb. 8	
E. Fallbrook St @ McDonald Rd	Arrest: Possession of controlled substance paraphernalia, driving without license, driving without insurance, expired registration
600 block N. Main Ave	Petty theft
1100 block S. Mission Rd	Petty theft
1000 block E. Mission Rd	Shoplifting
600 block E. Elder St	Battery
Feb. 9	
100 block Ash St	Battery
400 block S. Stage Coach Ln	Stolen vehicle
200 block W. Clemmens Ln	Stolen vehicle
400 block Cancun Ct	Stolen vehicle
3100 block S. Old Highway 395	Stolen vehicle
Green Canyon Rd @ S. Mission Rd	Arrest: Possession of controlled substance, paraphernalia
3300 block Hillside Ln	Fraud
Feb. 10	
300 block Morro Hills Rd	Missing person
8700 block Camino del Cielo	Death
4100 block Cyprus Island Ct	Fraud
4400 block La Canada Rd	Petty theft
Feb. 11	
1000 block Rice Canyon Rd	Domestic abuse
600 block E. Elder St	Fraud
4900 block Lake Park Ct	Arrest: Battery
1000 block Old Stage Rd	Stolen vehicle
1200 block Sea Larke Dr	Fraud
Alturas Rd @ Alturas Ln	Stolen vehicle
600 block De Luz Rd	Petty theft
1000 block Old Stage Rd	Residential burglary
Feb. 12	
700 block E. Elder St	Death
2000 block E. Alvarado St	Battery
1500 block S. Mission Rd	Commercial burglary
Feb. 13	
31500 block Mission Rd	Arrest: Possession of controlled substance, paraphernalia
500 block Ammunition Rd	Stolen vehicle
5700 block Camino del Cielo	Arrest: Possession of controlled substance, paraphernalia
1900 block Tecalote Dr	Grand theft
31900 block Del Cielo Este	Petty theft
1000 block Knoll Park Ln	Petty theft
Feb. 14	
2800 block Alta Vista Dr	Arrest: Outstanding felony warrant
500 block S. Pico Ave	Arrest: Possession of controlled substance, contempt of court
300 block E. Mission Rd	Burglary
Feb. 15	
900 block Alturas Rd	Vehicle vandalism
2000 block Old Highway 395	Petty theft
400 block Clemmens Ln	Arrest: Domestic battery

MEETING

from page A-1

about a Feb. 11 Zoom meeting with planning group and sponsor group chairs being invited, so the draft letter on the Feb. 15 Fallbrook Community Planning Group agenda was withdrawn.

“We are going to be working to make the best possible deal, if you will, for our community,” Eileen Delaney, who will be chairing the ad hoc committee, said.

Delaney noted that the ad hoc committee will not discuss social equity and other matters which are not within the purview of the planning group but will be

focusing on the land use elements of the proposed ordinance. The ad hoc committee discussions will include California Environmental Quality Act conformance.

Due to Brown Act restrictions no more than seven planning group members can be on the ad hoc committee which also includes Stephani Baxter, Jeniene Domercq, Kim Murphy, Ross Pike, Steve Brown and Victoria Stover.

Delaney noted that the planning group members were taken in order of who volunteered first. The ad hoc committee also includes six community members who are not on the planning group: Robert Bruins, Tyler Geffency, Angela

King, Robin Ladd, Jim Mendelson and Denise Shadle. Those who are not on the ad hoc committee will be able to provide input Feb. 25.

Delaney said that the committee members vary in age range.

“I think we’re going to get a good cross-section of our community,” she said.

The ad hoc committee will continue to meet following the March 1 special meeting but will disband once the draft ordinance is brought before the board of supervisors.

“We’re going to do what’s best for everybody,” Delaney said.

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

the village beat

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

ENTERTAINMENT

Art of the Avocado competition calls for entries



Where's the Guac? by Jan Greenwald is an entry in the 3D category of the 14th annual Art of the Avocado competition in April 2019.

FALLBROOK – Fallbrook Propane Gas Company, sponsor of the Art of the Avocado Art Competition is calling for entries.



Various avocado inspired artwork is on display at the Fallbrook Chamber of Commerce, done by artists participating in the 2019 Art of the Avocado contest.

It was canceled in 2020 due to the coronavirus pandemic.

Any artistic medium may be submitted – the only restriction is that an avocado must be easily identifiable in all pieces.

There are three categories including 2-dimensional and 3-dimensional with cash prizes awarded: first place – \$300, second place – \$200 and third place – \$100. The photography category is limited to the first 10 registered entries – one entry per artist – with one cash prize – \$100.

The Fallbrook Chamber of Commerce will award a prize for their “Chamber Pick” and the winner of this award will be invited to design a piece of artwork that will be used in the 2022 Avocado Festival logo.

Additional cash prize awards are the Merrill Everett Memorial Award, Holy Guaca-Moly Award and the George Bamber Memorial Award. Awards will be announced Saturday, April 17. A reception will be determined at a later date, pending COVID-19 restrictions.

Things will look a little different this year. Entries can be hand-delivered or mailed.

If an artist chooses to hand-deliver their artwork, entries should be delivered to the Fallbrook Chamber of Commerce office Friday, March 26, or Saturday, March 27 – with COVID-19 guidelines followed: masks required, social distancing and paperwork already filled out. Artists may enter any previous piece of artwork, as long as it did not win an award.

Artwork can also be delivered by mail and must be received by Friday, March 26.

Mail to Fallbrook Propane Gas Company, 1561 South Mission Avenue, Fallbrook CA 92028. The artist must agree to pay for return postage, or they can pick up the artwork, Saturday, April 24.

The entries in the competition will be on display at the Fallbrook Chamber of Commerce office, 111 South Main Ave., from April 1-23.

To register or request the rules and entry form, contact event coordinator Anita Kimzey at 714-222-2462 or register@fallbrookchamberofcommerce.org.

Rules and entry form can also be picked up at the Chamber of Commerce office or downloaded from <http://www.fallbrookchamberofcommerce.org>.

Submitted by Anita Kimzey.

Fallbrook Music Society shines spotlight on San Diego pianists

FALLBROOK – Fallbrook Music Society continues its 43rd annual concert season in partnership with San Diego Amateur Pianists, showcasing nine musicians performing a wide range of repertoire from the Romantic era. The concert is free and “on demand” beginning Feb. 28 on <http://FallbrookMusicSociety.org>.

“San Diego has a wealth of artistic talent and we are excited to work with Amateur Pianists, another nonprofit arts organization whose members share our passion for classical music,” Ann Murray, executive director of Fallbrook Music Society, said.

Amateur Pianists is well known for organizing the San Diego International Competition and Festival for Outstanding Pianists. Last held in 2019 at the Conrad Prebys Performing Arts Center in La Jolla, the competition featured 30 pianists from eight states, Mexico and Canada. Founded in 2011, the organization’s membership now exceeds 1,800 piano enthusiasts, and it is the largest piano “meetup” organization in the world.

Amateur Pianists provide performance opportunities, master classes and lectures on performance practice, the history of classical music and much more. Before the pandemic, the organization sponsored performances at various

venues from recital halls and libraries, to churches and private homes.

The Feb. 28 concert begins with two separate four hands piano compositions from Frédéric Chopin and Emmanuel Chabrier. The “split screen” virtual performances feature Lulu Hsu and Naomi Hobbs, both of whom are accompanied by Tavner Delcamp.

“This concert begins with a ‘wow’ factor of 10, as the first two arrangements underscore just how talented these individuals truly are,” Murray said.

Hsu, currently chair of San Diego Amateur Pianists, retired from Caterpillar after 35 years in engineering and general management. Hobbs was the Gold Medalist at the sixth Seattle International Competition in 2015 and is an instructor of music and piano at San Diego Community College.

Delcamp, Ph.D., is a chemist who worked in pharmaceutical research and teaches at several community



Naomi Hobbs and Tavner Delcamp perform Chabrier's “Rhapsody Espana for Two Pianos” as part of the Fallbrook Music Society’s February concert.

colleges. Other performers include Michael Krause, Marie Agathe Charpagne, John Gutheil, Brenda Martin, Barbara Azevedo and Eric Brelsford.

The concert can be viewed beginning Sunday, Feb. 28, at <http://FallbrookMusicSociety.org>. For more information, call the music society at 760-451-8644.

Submitted by Fallbrook Music Society.

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EDUCATION

The COVID-19 pandemic won't stop Read Across America Day

Nancy Sasaki
United Way of San Diego County

In the face of the COVID-19 pandemic, nonprofit organizations and companies across the country are banning together to present Read Across America Day Tuesday, March 2.

The National Education Association's Read Across America Day is the nation's largest celebration of reading, and the organization expected more than 45 million readers, both young and old, will be picking up a book to read that day.

How the pandemic affected the learning gap

Everywhere people look, the pandemic affected families experiencing economic hardship and their children's educational success. Whether it's online or hybrid learning, many families have adapted to new systems and routines, but where does that change leave reading?

Before the pandemic, many San Diego families were already struggling to meet reading requirements due to lack of time and access to resources with 45% of the county's third graders not reading at grade level. On average, students could lose five to nine months of learning by the end of June 2021. Students of color could be six to 12 months behind.

While studies show that enhancing a child's access to

books at home has a significant impact on their long-term learning, many students in the San Diego County community do not have enough age-appropriate books in their home libraries.

Throughout San Diego County, many nonprofit organizations are working to close this learning gap to give all students the same opportunities. United Way of San Diego County host its annual Read Across America Day celebration to help support our families and students during these difficult times.

Ways to celebrate and support Read Across America Day

To commemorate National Read Across America Day, United Way of San Diego County in partnership with Warwick's in La Jolla with the support of Holman Enterprises and GEICO will host a month long virtual book drive from Feb. 15 through March 12.

Local companies and individuals are donating new and diverse children's books to help spark the love of reading in students throughout San Diego County. Books in Spanish and stories that represent different cultures are requested.

At the end of the virtual drive, UWSD and its partners hope to collect 1,500 books to increase children's access to books at home and foster a generation of readers.

All books will be donated to San Diego children in need to



North County firefighter Justin Rivera reads a Dr. Seuss book to thirdgrade students at Live Oak Elementary School during Read Across America Day 2020. Village News/Shane Gibson photo

help enhance their home libraries. In addition to donating a book, financial contributions can also be made directly to UWSD to help the nonprofit support childhood literacy and close learning gaps.

Help foster literacy in the community by doing one or all of the following: donate a book to a child in need; make the commitment to read with your child every night and/or every day; volunteer to read to your child's

virtual classroom and read a book to a child in your neighborhood or extended family while safely social distancing, of course.

Read Across America gives local San Diego families an opportunity to celebrate diverse stories and the love of reading, as well as encourage children at any age to read, imagine and explore.

Learn more and support our communities in need at <http://uwsd.org>.

Nancy Sasaki is the president and CEO of United Way of San Diego County, a nonprofit organization that collaborates countywide with school districts, businesses, the public sector, nonprofits, philanthropy and social services on the best ways to support early childhood success, youth success and family stability.

Submitted by United Way of San Diego County.

Universal basic internet solves lack of student internet access at home

RAINBOW – The Vallecitos School District teamed up with Lokket Inc. to extend its Universal Basic Internet network directly into student homes. The network consists of community internet transmission points, including the North County Fire Department, Somerville Market, houses and schools, so students can use the service at home instead of sitting in car parks or walking for miles to hot spot zones.

"All of our classrooms, including preschool, are equipped with one-to-one devices," Maritza Koeppen, superintendent of Vallecitos School District, said. "However, we have a technology challenge in our district called the 'home equity gap' because our students don't have internet at home, leaving

them at a disadvantage. Many families can't get access to it or can't afford it, so we decided to act."

The Lokket Universal Basic Internet program aims to make internet access a utility across the country, just like running water and electricity. Basic doesn't mean poor service either, with a minimum target of 50 megabytes per second to each connected home. Included are essential tools such as privacy protection and cybersecurity mitigation with a guarantee no user data is sold to third parties and no tracking of browsing for advertising revenue.

Barry Krumweide, battalion chief of North County Fire Protection District, said, "It's wonderful to see the community

banding together to solve what is a community issue. We need these kids to grow up healthy, strong and ready to tackle the challenges our community will meet in the future with the essential digital skills needed. You can't do that without education and no internet access."

"Most people think the impact of no internet at home for students is about doing homework. The reality is that it impacts much more than that, telehealth services, accessing government services online for the entire family, staying connected with loved ones and their overall well-being. It limits learning required to keep up and develop the skills they will need for tomorrow's jobs and social cohesion," Erik Santiago, chief

technology officer at Lokket Inc., said.

"If anything, COVID-19 has shown us how important an education is, educated teachers, scientists, doctors, nurses and so many others who are working to support their community. Our kids

must have access to help them become the heroes we will need tomorrow. We are thrilled to be a part of that," Sharon Brown, owner of Somerville Market, said.

Submitted by Vallecitos School District.

Youman earns dean's list recognition

NORTHFIELD, Vt. – Saber Youman of Fallbrook has been recognized on the dean's list at Norwich University for the fall 2020 semester.

Full-time undergraduate students, who earned a semester GPA of at least 3.40 and had no failures in the previous fall or spring semester are awarded dean's list honors. These students cannot have any pending incomplete grades. Dean's list honors are noted on the official transcript each term earned.

In addition to the above criteria, students in the fall 2020 semester had to meet the following criteria

relative to the university's transition to online instruction in response to the COVID-19 pandemic, which introduced the option for students to choose an alternative grading system or to maintain earned letter grades.

To be eligible for president's and dean's lists for the fall 2020 semester, students must have letter grades and full-time enrollment for the fall 2020 semester and must not have received any incomplete or "no pass" grades.

Submitted by Norwich University.

Brown makes dean's list at RIT

ROCHESTER, N.Y. – Amanda Brown of Fallbrook was named to the dean's list at Rochester Institute of Technology for the 2020 fall semester. Brown is in the liberal arts exploration program.

Undergraduate students are eligible for dean's list if their GPA is greater than or equal to 3.40 for nine credits of traditionally graded coursework; they do not have any grades of "Incomplete," NE, D or F; and they have registered for, and

completed, at least 12 credit hours.

Rochester Institute of Technology is home to leading creators, entrepreneurs, innovators and researchers. Founded in 1829, the institute enrolls about 18,600 students in more than 200 career-oriented and professional programs, making it among the largest private universities in the U.S.

Submitted by Rochester Institute of Technology.

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OBITUARIES



Michael Shane Wojcik, aka “Zfect,” died while receiving care at University of California San Diego La Jolla Medical Center, March 26, 2020. Born July 11, 1989, at Fallbrook Hospital, along with his identical twin brother Sean. Both attended Fallbrook elementary schools and graduated from Oasis High School in 2007.

Michael was a self-taught game developer/programmer, digital and concept artist, computer programmer, EDM producer and home brewer, collaborating with his twin brother. He developed an Android cellphone game, “Fell: Escape from Cyrocon,” that was pirated by someone in Germany. He worked many years on that game. He tried very hard to find a way to make a living.

Michael was kind, funny, extremely talented, smart and courageous. Chivalry was not dead with Michael. He and his twin brother have essential tremors that get worse with age. Sadly, essential tremors got in the way of “everything.” He struggled to do anything that required the use of his hands. It causes severe anxiety and depression. It is a cruel condition. No medication worked to ease the tremors. People should always appreciate the use of steady hands. ET makes every day simple tasks hard or impossible.

March is Essential Tremor Awareness month. ET is a nerve disorder that causes shaking that you can’t control in different parts and on different sides of your body. It often affects areas like your hands, arms, head, larynx, tongue and chin. While giving him a hug, you could feel his body trembling.

ET is not life-threatening unless it keeps someone from caring for themselves. Most people can live regular lives with this condition,

although they may find it hard to do every day things like eating, dressing or writing. It’s only when the tremors become severe that they actually cause disability. Physical labor exacerbates ET. Michael and his twin brother could not find work.

Doctors don’t understand the true cause of essential tremor, but it’s thought that the unusual electrical brain activity that causes it is processed through the thalamus. The thalamus is a structure deep in the brain that coordinates and controls muscle activity.

Genes cause ET in half of all people with the condition. Someone who has ET will have up to a 50% chance of passing down the responsible gene to their child, but the child may never have symptoms. Although ET is more common in older people – and symptoms become more serious with age – it is not a part of the natural aging process.

Essential tremor is the most common movement disorder, affecting up to 10 million people in the U.S. ET can happen at any age, but it most often appears during adolescence or in middle age between ages 40 and 50.

The main symptoms of essential tremor include shaking for brief periods of time that you can’t control, shaking voice, nodding head, tremors that get worse during emotional stress, tremors that get worse when you move on purpose, tremors that lessen with rest and balance problems in rare cases.

Michael is the youngest grandson of the well-known Judge Victor Wojcik, a U.S. Marine Corps veteran of the Korean War, and of U.S. Navy veteran of World War II, Korea and Vietnam Capt. Russell Mitchell, dermatologist. His grandmother, Dee Morrissey, was a nurse at Fallbrook Hospital from 1965-1985. He is survived by his mother and advocate Jill Mitchell Wojcik; father, Warren Rex Wojcik; brothers, Paul, Bryan (Angela, sister-in-law), Travis, Andrew and identical twin brother Sean; his cousin, Jana Anderson, her sons, Alex and Collin, and nephews Bret Wojcik and Gabriel Wojcik.

A Celebration of Life will be held at Christ The King Lutheran Church, 1620 S. Stagecoach Lane, in Fallbrook, Saturday, April 10, at 11 a.m. Pastor Mark Johnson will be officiating. Hope you can come.



Harriet Darlene Crain, born May 25, 1935, in Hannibal, Missouri, died peacefully in Murrieta, Wednesday, Feb. 10, 2021, in the presence of family.

Harriet’s mother moved them from Hannibal to Southern California when Harriet was still young. After arriving in California, they moved into a small home in Lomita. She would share the fun stories about living in a tiny 800

square foot home with her mother and two aunts.

Harriet attended school at Narbonne High School. She played on the volleyball team, got her Red Cross swimming badges and loved sports. She competed in a couple of beauty pageants during high school as well.

Harriet found the love of her life and married Raymond W. Crain. They purchased a home in Torrance, where they continued to grow their family. They had a wonderful life there for over 15 years.

Harriet and Ray moved their family to Fallbrook in 1975. They built their dream home situated on 10 acres and planted an avocado grove in the rural De Luz area. Harriet got her real estate license in 1977 and joined Ray in real estate sales at Village Realty in Fallbrook. After getting her broker license, Harriet and Ray bought the real estate company in 1979 from Charlie Klein. It was the beginning of Mission Realty, which grew to have three offices in Southern

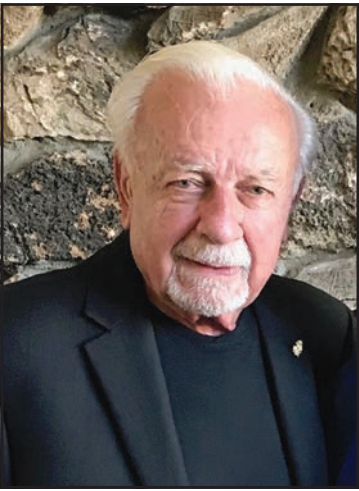
California. She retired in 2011, selling the business to their son, Michael J. Crain, and his wife, Peggy.

Harriet loved wine tasting, and she loved to travel. A few of her favorite destinations were throughout the Caribbean, Alaska, St. John, Hawaii, Turks and Caicos to name a few. Most of all she loved her family. Mother of four, grandmother of 11 and great-grandmother of 13. When asked how many great-grandchildren she had, her answer was “a lot!”

She is survived by her sons David Crain (Mary), Raymond Crain (Debbie), Michael Crain (Peggy), and daughter Linda Hess (Gary), and 11 grandchildren, 13 great-grandchildren.

On behalf of the family, we would like to thank all of you for your warm thoughts and prayers during this time.

Because of the coronavirus pandemic restrictions, a private family burial service will be held in March. Her interment will be at the Riverside National Cemetery.



Chahin Movses Chahbazian, MD, (Chahé or Chah) passed away peacefully on Feb. 10, 2021, with family at his bedside. It was

COVID-19 that took him from his adored family and friends. He was born in the Armenian Christian village of Kessab, Syria, on Nov. 17, 1929, to Marie (Hekimian) and Movses Chahbazian.

Chahé earned his medical degree at American University of Beirut, Lebanon, in 1956, and then began a two year residency in radiation oncology in Colorado Springs at Penrose Cancer Hospital. He later became medical director of that exemplary training hospital, where he taught scores of doctors from around the world.

Chahé married Barbara Haddock in 1958 after an arranged meeting that her grandparents and his parents devised. It was love at first sight. They had three children,

Arminée, Aram, and Massis, and eventually six grandchildren and a great-granddaughter.

The family moved to Orange County in 1974 to be closer to their families and relatives. Chahé practiced for some 30 years, helping hundreds of people with cancer.

He loved raising vegetables, going bird hunting, painting, and photography. He was a true gentleman, honest, generous, and dedicated to his family, his patients, and his staff. He retired to Bonsall and then Fallbrook in 1991, where he and Barbara were still living happily when this tragedy struck.

Services are pending the COVID-19 restrictions.



Carrie Lynn Ybarra passed away Jan. 17, 2021 at age 59 in Bonsall, California. She was born March 20, 1961 to Mary Liston and

James Russell in Santa Monica, California.

Carrie spent her early years in the Pacific Palisades until moving to Carlsbad with her father. She attended Catholic school through middle school then attended San Marcos High School. Carrie passed the G.E.D. and entered community college at age 16.

She worked at several health food stores until she was hired at The Chart House restaurant in Dana Point. Carrie then entered the Real Estate profession as Title Rep, Real Estate Agent, Escrow Officer and finally Marketing Escrow Sales.

Carrie raised her two children in San Clemente, California, and spent most of her free time at the beach. Carrie had an outgoing,

bubbly personality who made acquaintances easily and turned those acquaintances into lifelong friends. She loved yoga, traveling, surfing, Billy Idol and riding her trusted steed Vaquero.

Carrie is survived by her husband, Michael Ybarra; brother Craig Whitlach; daughter Tiana O’Mara, son Cheyne Stroner, stepdaughter Caitlyn Ybarra, stepsons Jonathon Ybarra and Cole Ybarra; five much-loved grandchildren, Destinee O’Mara, Dylan O’Mara, Avery O’Mara, Christopher Reitan and Madilyn Ybarra, and a host of family and friends.

She leaves behind a legacy that won’t soon be forgotten. A private ceremony is being held on Feb. 20, 2021 in Bonsall, California.

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HEALTH

County first responders highlighted in COVID-19 ‘Essential Voices’ documentary

County News Center
County of San Diego
Communications Office

Recognizing that the COVID-19 pandemic would prove to challenge the San Diego emergency response community in an unprecedented way, local producer Dave Meyer set about documenting individual experiences.

Along with his co-collaborator and wife, Karen, Meyer began filming in spring 2020, chronicling in highly personal interviews, the toll, responsibilities, and hopes of a wide variety of first responders.

“These people wanted to help their community, they had become part of small and large teams all focused on that goal,” Meyer says. “They’d say, ‘please tell people what I am doing and what we’re seeing every day.’”

While the project remains ongoing, to date 19 individual interview vignettes have aired

on KPBS, and the full-length documentary is now being shown on County News Center TV. Individual interviews and the full-length Essential Voices documentary can be viewed at davemeyerdesign.com/covid-19/.

County first responders interviewed in the Dave Meyer Design production include Health Officer Dr. Wilma Wooten, Health and Human Services Agency Director Nick Macchione, Integrative Services Director Omar Passons, Chief Nursing Officer Denise Foster and Community Development Liaison Elizabeth Bustos.

Essential Voices is running at 8 p.m. on Monday, Wednesday and Friday through April 30 on County News Center TV, which can be found on Cox Communications Channel 24 in the south county, 19 in the north, as well as Spectrum (Time Warner) 24 or 85.



Elizabeth Bustos, who leads the county’s Community and Faith-Based Organization Sector, appears in the Essential Voices video. Village News/Courtesy photo

Kicking it with the the coronavirus vaccine



Elizabeth Youngman-Westphal
Special to The Village News

I had my first injection of the Moderna vaccine, Jan. 22. Naturally, I was anxious wondering what the side effects might be. As it turns out with most worrying – I had fewer complications than I did after my flu shot last spring.

The vaccination cycle is still in phase 1A. Therefore, when I finally found an open appointment, I grabbed it. Most locations were booked solid. Out of hundreds of possibilities, there was only this one option at the SuperStation in

Chula Vista.

If you are not computer savvy, I don’t know how you can get an appointment. It took patience and continued revisits to the San Diego County coronavirus vaccine website to find an appointment. I searched for “San Diego County Coronavirus Vaccine” and the most confusing details appeared.

I fumbled my way through the San Diego County Coronavirus website, and once I determined that I was in the right vaccination phase, I completed entering the rest of the required documents.

You will be required to enter every detail about yourself except the color of your shoes. Then you will finally get to search for an available appointment by scrolling through all of the locations. After three days of searching, the only open vaccine appointment was in Chula Vista at 11:45 a.m. The drive took about an hour and 15 minutes from Fallbrook.

Finding the actual vaccination site was aggravating because it actually was at the opposite side of where the car’s GPS took us. Anyone with a history of relying solely on a GPS must be aware of its inaccuracies. The address was 565 Broadway in Chula Vista and

led to a nearly vacant shopping center at the corner of H Street and Broadway. It was tucked in the back of an abandoned Sears store which faces H Street, but the place for the injection was in the rear near the back parking lot.

Parking was ample, and there were plenty of polite helpers to keep the lines moving. My appointment went forward without a hitch or a wait. Every person involved was pleasant and fulfilled their responsibilities.

My only rub is why there is a mandated-picture-identification requirement for this free federal vaccine? Why is it a requirement for this vaccine when it is to be given freely to every human on American soil? Citizen or vagrant? Too bad the vaccine wasn’t distributed during the last election.

After the first injection, the side effects I felt were minor as were the side effects from my husband’s vaccine injection the following week at the same location. The Chula Vista Superstation had the only openings in the county. Twenty-eight days later, we scheduled to get our second injections of the Moderna vaccine. Keep the vaccination card, you’ll need it to get the second dose. I

was encouraged to take a picture of it with my phone on both sides in case it got lost. I used the 15-minute waiting period to take the pictures.

After her second Moderna vaccination, my daughter had a two-day flu reaction and complained that even her hair hurt. As a physician assistant, she recommended toughing it out and powering through the chills and body ache without taking aspirin or even something to stop the diarrhea. She said it’s best to let your immune system work through the second dose. Finally, after 48-hours on the couch, she felt good enough to swallow some miso soup. If anyone has a better idea, please send me an email.

The Center for Disease Control and Prevention’s website mentioned the side effects but it doesn’t mention what will happen if you take anything for the symptoms. On their website, they suggest doing nothing.

Fourteen days before our second injection, we had to register for our second appointment on the San Diego vaccine website. But, alas, that wasn’t the way it worked out.

There was a four-day window to receive the second injection

for flexibility, and my window was Feb. 15-19. Should an appointment be open, the second shot can be given at any location, so “they say.” As of this writing, no one is offering the second injection unless they provided the first i.e., the Fallbrook Family Health Center, Graybill Medical Group and who knows if one of the drugstore chain stores will be administering the second shot by that date; however, no one locally is giving the second shot unless you received the first from them.

If someone is deciding whether or not to take the vaccine, I encourage them to read the story about the young couple who caught COVID-19 in The Village News, Jan. 28. They certainly made me a believer.

While two members of my own family, my 32-year-old grandson in Nome and his fiancé, tested positive with the COVID-19 virus, he has had zero effects while she is still suffering side effects.

Take care and keep your social distancing. Wash your hands a lot and cover your face when coughing.

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

Enjoy the health benefits of 4 popular teas

FALLBROOK – When in need of a beverage to warm them up, billions of people across the globe routinely look to tea. That choice has been made since ancient times, as various historians trace the habitual consumption of tea to ancient China.

According to Penn Medicine,

various types of tea each provide their own unique health benefits, some of which may surprise even the most devoted tea drinkers.

White tea
A 2010 study published in the Journal of Food Science found that antioxidant-rich white tea boasts

anti-carcinogenic properties. Penn Medicine also said that white tea is a significant source of fluoride, catechins and tannins, ingredients that can strengthen teeth, improve their resistance to acid and sugar and fight plaque.

Chamomile tea
Many people like drinking this herbal tea before bedtime because they feel it helps them fall asleep, and one study published in Molecular Medicine Reports in 2010 said that chamomile tea is widely regarded as a mild tranquilizer and sleep-inducer. Chamomile tea also has been shown to improve heart health. A 2015 study of 64 patients with diabetes published in the Journal of Endocrinological Investigation found that those who consumed chamomile tea with meals had improved triglyceride and “bad” cholesterol levels compared to patients who drank water.

Peppermint tea
The Mount Sinai Health System said that peppermint calms the muscles of the stomach and improves the flow of bile. Made from dried leaves of the peppermint plant, peppermint tea can help to soothe an upset stomach and help people overcome conditions like constipation, irritable bowel syndrome and motion sickness.

Green tea
Green tea is loaded with flavonoids, which Penn Medicine said improve heart health by lowering bad cholesterol and reducing blood clotting. In addition, the National Cancer Institute said that the polyphenols in green tea may protect people against the damage caused by



According to Penn Medicine, various types of tea each provide their own unique health benefits. Village News/Courtesy photo

exposure to ultraviolet B radiation. One study published in Stroke: Journal of the American Heart Association also associated green tea consumption with a reduced risk of stroke.

Tea has been consumed for

millenia. Though many people drink tea simply for its taste, those same people may drink even more after learning about the effects this beloved beverage can have on their overall health.

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Veterans exposed to toxins have another battle after war

Shelby Ramsey
Special to the Village News

A large number of our U.S. military troops are deployed internationally during wartime to protect America’s interests. Little did many know that after stepping up to serve their country, they would have another battle to fight. This battle unfortunately can be more difficult to win.

Dr. Nancy Klimas, who is the director of Clinical Immunology Research at Miami Veterans Affairs Medical Center, works routinely with veterans who have been exposed to dangerous toxins which have caused permanent damage to their health. Her extensive research has shed light on the variety of situations that have occurred over the decades of military involvement.

One of the most notorious cases that garnered media attention involved the use of Agent Orange, the controversial and damaging chemical used during the Korean and Vietnam Wars to clear pathways through heavy foliage for U.S. troops.

With U.S. government use of the toxic chemical spanning 20 years, 1955 to 1975, veterans from that service “have had terrible health consequences,” said Klimas.

Decades ago, chemical exposure, intolerances and their impacts on the human body appear to have not been at the forefront of the government’s concerns. Seeing the grave health conditions our veterans have experienced and are living with as a result of these toxins, doctors and society have now become more aware of the dangers and related warning signs. This has led to the implementation of better practices and measures to help and not hurt our service members to the same degree.

It is important to be our own best advocate. We have to navigate the best we can, given our circumstances and environment. This is also a reminder for us non-veterans to be mindful of toxins we are being exposed to and what small and large steps can be taken to minimize or “expel” them.

“Agent Orange and other herbicides [were used] to clear the area between North and South

Korea,” Klimas said. To this day, a telling sign remains, she noted, “nothing grows there.”

The Veterans Administration confirms use of this tactical herbicide and the negative health consequences resulting from it.

“Veterans who were exposed to Agent Orange may have certain related illnesses,” the VA’s website states.

Just a few of the many diseases caused by Agent Orange exposure include Hodgkin’s disease, prostate cancer, type 2 diabetes mellitus, and Parkinson’s disease. If you are a veteran and have had the exposure, I encourage you to work with the VA for treatment and receive any benefits that may be available to you.

Different toxins have been used over the years in wars. For example, in World War I, mustard gas was used. The VA confirmed various names that were used for mustard gas: “sulfur mustard, yperite, nitrogen mustard, [and] lewisite.”

Klimas said that the mustard gas used in the trenches during World War I “ravaged lungs.” She saw this first-hand in family members who served in that war.

World War II, she said, “Also saw some use of toxic chemicals – but less so since the memories of World War I were still fresh.” Things, however, took another bad turn with Vietnam, and then again in a different fashion during the Gulf War.

Klimas is recognized as an expert in Gulf War Illness and is a member of the VA Research Advisory Committee on it.

She said those veterans, from 1990 and 1991, “were heavily exposed to neurotoxins with gas, oil fires, and pesticides at dangerous levels.” Klimas described it as “a perfect storm of toxic nastiness.”

Unfortunately, this toxic exposure has resulted in an illness that mirrors ME/CFS (Chronic Fatigue Syndrome).

“About 1 in 3 of our veterans, 30 years later, are still sick after being exposed to the toxins in the Gulf War,” Klimas said. “You can’t tell ME/CFS and Gulf War Illness apart. It makes us wonder if we knew then what we know



Village News/Courtesy photo

now, how many veterans would be living much healthier lives.”

The VA does acknowledge that environmental hazards were also present while military personnel were serving in Iraq, Afghanistan, and other areas.

“A few of the contact points were large burn pits, pollutants from a waste incinerator [in] Japan, and a large sulfur fire [in] Iraq,” Klimas explained.

It must be noted that the VA offers significant resources and support to veterans. If they haven’t already, veterans and their loved ones should read “Exposure to Hazardous Chemicals and Materials” at va.gov.

Veterans are not the only ones exposed to toxins in the environment. As long as chemical pesticides (non-organic) are used, people will be exposed. In decades past, agricultural crops in North San Diego County and Imperial County (along with other areas) have been subjected to aerial spraying of pesticides. Most people have not noticed it in recent times in North County as groves and farms have shrunk in size and aerial spraying is not favored, both in terms of cost and in terms of environmental restrictions. However, many residents will easily recall the days of watching

aerial spraying.

As a civilian or veteran, you may be curious if treatment options help remove toxins from the body.

Fortunately, “the body has a very impressive, detoxification system,” Klimas said. “You are detoxifying right now, every minute of the day.”

Understandably, severe problems can arise when the human body is overwhelmed or expends vital elements it relies on to function. Klimas explained, “Every cell has detoxification pathways – they need antioxidants to work well.”

The liver and kidney are key organs that detox toxins. “Your liver is a detoxification machine, and it works best if it has the nutrients it needs to do the job and good blood flow,” she said. This goes back to how important it is to be mindful of what you are consuming, what environment you allow yourself to be in, and being your own best advocate for your health and wellbeing.

It is beneficial to incorporate foods into our diets that serve as antioxidants. Upping our water intake is vital. Reducing the use of alcohol and over-the-counter drugs are very important as well.

Klimas confirmed specific things that negatively hurt detoxification

pathways. “They can be damaged with chronic exposure to alcohol and high doses or chronic uses of acetaminophen (similar to Tylenol),” she said. Staying hydrated cannot be emphasized enough. Internally and externally, water is paramount and makes a difference. Klimas highlighted that the kidney “needs a lot of steady hydration to work well.”

Consistency is key, once again. Being mindful of foods, hydration and toxic exposures, helps us avoid taking two steps back before taking one step forward.

“Some toxins get in the tissues and stay for years, even decades – like mercury and arsenic,” Klimas explained.

“Avoid exposures when you can; feed your detoxification system with foods rich in antioxidants; some folks should add antioxidant supplements (NAC and coQ10), and hydrate (8 glasses of water is a reasonable goal),” Klimas said.

She also said she hopes everyone will lobby for “strict rules and enforcement of clean water and food laws.”

Shelby Ramsey is the author of the blog, thehonestmigraine.com, which features interviews with patients and medical experts.

Local continue showing declines in COVID-19 hospitalizations

Will Fritz
Staff Writer

Coronavirus hospitalizations are continuing their steep decline locally, according to data released by the U.S. Department of Health and Human Services Feb. 14.

COVID-19-positive individuals are making up an increasingly small share of patients at local hospitals as the weeks go by – those with coronavirus now make up about a quarter of all hospitalizations at Southwest Riverside County health facilities, down from about a third in the data reported Feb. 7 and a significant drop from as many as two-thirds of all patients at at least one hospital during the month of January.

Data released on Feb. 14 by the HHS department showed 25% of patients at Temecula Valley Hospital were coronavirus-positive in the week before the report, as well as 26% at Southwest Healthcare System (which includes

Inland Valley and Rancho Springs medical centers in Wildomar and Murrieta, respectively) and 29% at Loma Linda University Medical Center Murrieta, as well as 34% at Palomar Medical Center Escondido, the closest San Diego County hospital to Fallbrook.

Seven-day average counts of coronavirus patients at all three Southwest County health facilities deflated by as much as 22 patients at Southwest Healthcare System, and smaller amounts at Temecula Valley Hospital and Loma Linda University Medical Center Murrieta. The coronavirus patient count dropped by nearly 30 patients at Palomar Medical Center Escondido.

Temecula Valley Hospital and Southwest Healthcare System are still fairly close to the limits of ICU space, though Loma Linda University Medical Center Murrieta had a fair amount of breathing room – and it is worth noting that the data show the

three Southwest County medical centers have all lowered their ICU space as the severity of the current pandemic wave has dropped. Palomar Medical Center Escondido did see an increase in ICU patients despite a drop in coronavirus patients.

Here is a more detailed look at some of the most recent HHS data on local hospitals:

Temecula Valley Hospital
Total beds (7-day average): 151.4 (169.9 last week)
Total inpatient beds used (7-day average): 132.6 (135.4 last week)
Total adults hospitalized, confirmed COVID-19 positive (7-day average): 32.7 (49 last week)
ICU beds (7-day average): 29.6 (30.6 last week)
ICU beds used (7-day average): 27 (27.1 last week)

Southwest Healthcare System

(Inland Valley and Rancho Springs medical centers)
Total beds (7-day average): 221.7 (235.7 last week)
Total inpatient beds used (7-day average): 209.6 (228.4 last week)
Total adults hospitalized, confirmed COVID-19 positive (7-day average): 47.4 (69.7 last week)
ICU beds (7-day average): 29.9 (30.1 last week)
ICU beds used (7-day average): 28.4 (27.9 last week)

Loma Linda University Medical Center Murrieta
Total beds (7-day average): 153.6 (151.4 last week)
Total inpatient beds used (7-day average): 131.9 (134.1 last week)
Total adults hospitalized, confirmed COVID-19 positive (7-day average): 40.3 (48.9 last week)
ICU beds (7-day average): 25.4

(28.1 last week)
ICU beds used (7-day average): 17.3 (19.4 last week)

Palomar Medical Center Escondido*
Data used last week for Palomar Medical Center Escondido was inaccurate; this story uses the correct data for both this week and the previous week.
Total beds (7-day average): 410.3 (293.7 last week)
Total inpatient beds used (7-day average): 306.3 (218.6 last week)
Total adults hospitalized, confirmed COVID-19 positive (7-day average): 103.7 (130.7 last week)
ICU beds (7-day average): 54.3 (39.4 last week)
ICU beds used (7-day average): 54.3 (39.4 last week)

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

COVID-19 linked to rising suicide rates among teens

HENDERSONVILLE, Tenn. – Did you know that survey data by the Centers of Disease Control and Prevention depicted a trend among young people since the onset of the nationwide lockdowns? Between March and June, suicide risk rose sharply for Americans across the board. The rise in suicide cases, though, was most pronounced among the nation’s youth. While 11% of respondents to the CDC survey had seriously considered suicide, the same figure jumps to 25% for people aged 18-24. According to a report from the CDC, from March to October in 2020 mental health-related emergency room visits increased 24% for children ages 5 to 11 and 31% for children 12 to 17 when compared to the same time in 2019.

According to the latest CDC data for California, suicide is the third leading cause of death for ages 10-14; suicide is the second

leading cause of death for ages 12-18 and suicide is the third leading cause of death for ages 18-22.

What are some warning signs associated with suicide? They include suicide threats, previous suicide attempts, depression, making final arrangements, out of character behavior, feeling like a burden, feeling trapped/hopelessness, inward rage/anger and increased anxiety.

If you or someone you love is struggling with depression or thinking about suicide, get help now. The National Suicide Prevention Lifeline, 1-800-273-8255, is a free resource that is available 24 hours a day, seven days a week, for anyone who is in a suicidal crisis or emotional distress. The crisis text line is a free 24/7 text line where trained crisis counselors support individuals in crisis. Text “Jason” to 741741 to speak with a compassionate, trained crisis

counselor. Confidential support is available 24/7 for free.

Another resource for suicide prevention and awareness is The Jason Foundation, a nationally recognized leader in youth suicide prevention and awareness that has been providing programs and resources to help identify and assist young people who may be struggling with thoughts of suicide for over 20 years. They are the nation’s largest and most comprehensive nonprofit whose focus is the awareness and prevention of youth suicide.

Visit their website for more information regarding warning signs, their organization and the programs that they offer at no charge to the community at <http://www.jasonfoundation.com>.

Submitted by the Jason Foundation.

Please note that the Fallbrook Food Pantry is taking the Coronavirus (COVID-19) very serious and here is how we are addressing/preventing the food insecurity concern. As of MONDAY MARCH 16, 2020, we made our food distributions a “NO TOUCH” service.

HERE’S HOW:

- 1.) Moving our market style distribution to the LEARNING CENTER (which is located at the pantry – 140 N. Brandon Road, Fallbrook) for food pick up only: all food (dry goods, canned, frozen meats, dairy items, bread and fresh produce) will be pre-bagged.
SERVING: MON-FRI 9:30AM-12:30PM
- 2.) No one is allowed to open bags and remove items that are unwanted – we cannot risk contamination. All food in bags must leave with each family/individual.
- 3.) Asking clients to stand 6 feet apart while standing in line for food.
- 4.) Asking both volunteers and clients to wear gloves at all times while in the pantry.
- 5.) Any new clients will be treated as an “emergency” and will be able to receive food with just an ID (YOU MUST HAVE either a driver’s license, state ID, military, school, etc.).
- 6.) Our hours of operation will remain the same: Monday-Friday 9:30-12:30.
If clients show up early to stand in line – we will begin serving them as soon as possible – even earlier than 9:30 to prevent “loitering” or too much contact with others.
- 7.) As long as staff/volunteers are willing and able to serve, we will not have to change days and/or hours of operation – but in the case of this situation changing due to a variety of possible obstacles, we will keep the public apprised of our decisions and make it known if and when we need EXTRA HELP from the community!

If you are interested in helping, please go to FALLBROOKFOODPANTRY.ORG, for volunteering or to make a donation. Thank you all so very much for your support and concern for our community in-need...your generosity and compassion is beyond philanthropic – it is pure LOVE! – In good health, Shae Gawlak, Executive Director



Monday-Friday 9:30am-12:30pm
140 N. Brandon Rd., Fallbrook, CA 92028
760.728.7608
www.fallbrookfoodpantry.org
“when you are hungry, nothing else matters.”

Sharing the love for REINS

Diane A. Rhodes
Special to Village News

During February, the month of love, REINS Therapeutic Horsemanship Program asked its student families and volunteers to “Share the Love” of REINS with everyone they know, by creating a personal fundraising page and sharing their story of how REINS has impacted them. Each page was personalized with a photo and a fundraising goal.

REINS (Riding Emphasizing Individual Needs and Strengths) is a nonprofit organization with a mission to support the physical, mental and emotional health of disabled children and adults with therapeutic equine-assisted activities. All lessons are subsidized through the generosity of others.

The importance of fundraisers became more evident when COVID-19 forced the temporary closure of REINS on March 18, 2020. The center was able to reopen on June 1 by implementing increased sanitation protocols with all the CDC guidelines.

Business Development Director Canece Huber said that 80% of student riders returned and subsequently the center has returned to full capacity. She said families expressed that the benefits of the program far outweighed the risk, and all were eager to return.

“Our instructors and volunteers have worked diligently to create a safe and healthy environment including hand washing, temperature taking, mask wearing and sanitizing of all equipment after every lesson,” she said. “Before the pandemic, we held four large fundraisers a year. Last year, we were grateful that the Fallbrook Chamber invited us to partner for their Golf Tournament and we held a Virtual Hoedown. This year, we are scheduling our 31st annual REINS of Life Golf Tournament for this summer and our annual Country Hoedown will be on Oct. 9, either in person or virtual again if restrictions are still in place.”

Huber, who began her relationship with REINS as a volunteer more than 10 years ago before becoming an employee, said the idea for the current fundraiser was the result of a brainstorming session with all the development staff. Currently the nonprofit has 100 weekly volunteers and more than 800 annually from ages 12 to 79. There are five fulltime and 18 part-time staff members.

“We work diligently to fundraise, grant write and engage with our generous donors,” she said. “Debbie Shinner, our executive director (since 1995), reminds everyone that REINS has grown to serve almost 200 riders (ages 2-78) weekly through the support of our community. We are always grateful that through the years, the Fallbrook Regional Health District has supported REINS as one of the few services available for the special needs community locally.”

The Nelson family has created a “Share the Love” fundraising page where they stated that REINS has been invaluable to their family and expressed how impressed they are with the nonprofit.

“From their expertise,



Rider Joel Rosas, 15, shares a moment with a horse at the REINS Therapeutic Horsemanship Program facility after a ride in Fallbrook. Village News/Shane Gibson photos



Equine therapy rider Griffin Kaipio, 16, pets Paisley after a ride at REINS in Fallbrook.

organization and professionalism, down to their friendliness and commitment to helping everyone, especially military families, they are truly an excellent organization,” Yuuki and George Nelson wrote on behalf of their student, Nina. “We are wholeheartedly fundraising for

REINS Therapeutic Horsemanship Program because they do amazing work and we love their program. REINS makes their lessons affordable for all their students and families through their year-round fundraising efforts, and they are grateful for any amount you can donate.”



Miles Brothers is taken for a ride led by volunteers and staff around the REINS Therapeutic Horsemanship Program facility on South Mission Road.

Riders are asked to pay 25% of the actual cost of lessons, but Huber said the center works hard to never turn anyone away due to financial hardship, which is why fundraisers are so crucial to the nonprofit.

“Every dollar received goes directly to the program to provide lessons, feed and care for our (17) horses or to maintain our facility,” she said. “Once you become part of REINS and witness firsthand the miracle benefits this program offers our riders, it becomes difficult to leave. I return each day knowing that my efforts are helping others.”

Sandra Rivera’s daughter, Amanda, has been a student for 13 years after hearing about the center from another special needs family.

“The impact REINS has had on my child has been life changing,” Rivera said. “When Amanda first started riding, she could not sit up straight on the saddle; she needed full support. Now, she sits up with better posture than I. Another impact was her trust in therapists. She would not trust anyone but me and I had to be right next to her during every ride. Now, she takes her therapist Maggie’s hand as soon as we arrive and practically runs to her horse Misha.”

Lucy Martini has been riding for about 18 months, since the family learned about the nonprofit from a nurse at Balboa Naval Medical Center. Her mom, Bethany Martini, said the 50-minute drive to attend lessons is worth it.

“REINS is Lucy’s first therapy that not only helps her physical development, but brings her so much joy,” Martini said. “She always looks forward to her lessons and has the biggest smile getting ready for her lesson. It

makes me so happy to hear her talking away to her instructor and her horse.”

Martini said she also appreciates sharing REINS with her parents when they visit from Texas and can watch Lucy ride. Volunteers seem to get as much satisfaction as the riders and their families. Beverly Clark has been volunteering there since 2006.

“While I am still working full time, my time volunteering at REINS on Thursdays is my favorite day of the week,” she said. “It keeps me grounded, centered, and brings important perspectives for me each week. Seeing a student who is typically in a wheelchair enjoying the chance to sit up high on a horse and get a new view of the world is truly special. There are so many great moments to be part of at REINS.”

A volunteer since 2013, Lisa Williams said, “REINS is a slice of heaven.” A particular event that really touched her heart and keeps her returning was when one of the riders would get on her horse and say, “I have my legs back” as soon as her lesson would start.

“I loved being a part of that experience for her,” Williams said.

The center will be selling See’s Candy for Easter from March 8 through April 3 and is encouraging everyone to save themselves a trip to the mall and support a good cause at the same time by shopping with them. Orders are for pick-up only at 4461 S. Mission Rd. in Fallbrook and can be ordered online at reinsprogram.org/support/sees-candies-fundraiser/.

To donate, text LOVEREINS to 71777. More information can be found at www.reinsprogram.org or by calling 760-731-9168.

ABBOTT

from page A-1

opened in 2015 when Abbott was the division chief. The new location of the Bonsall station allowed the fire district to close Station 3 in 2018, when Abbott was the fire chief. The Rainbow Volunteer Fire Department was consolidated into the North County Fire Protection District in 2018.

“I really appreciate the support I’ve gotten from our board and our troops over the years because all that change we made, we couldn’t have done it without them,” Abbott said.

After graduating from San Diego State University in 1988, Abbott began his fire service career in the City of San Diego as a paramedic with Hartson’s Ambulance Service from 1988 to 1990. The North County Fire Protection District implemented its paramedic program in 1990 and had the first alternative paramedic program in San Diego County.

The normal procedure of two paramedics in an ambulance and two emergency medical technicians on an engine rendered small fire departments vulnerable

if a second call for service was received.

The NCFPD model utilized one paramedic and one EMT in an ambulance with one paramedic and one EMT on an engine. The opportunity to work with a new paramedic program enticed Abbott into applying for a position with the district.

“It’s been a very rewarding journey that was really exciting to get on the ground floor of the paramedic program when it started here in 1990,” Abbott said.

Abbott noted that on a day-to-day basis, emergency medical services have the greatest impact on the community. “To that end we’re definitely leaders in that regard,” he said.

His emergency medical service expertise led Abbott to spend eight years on the Fallbrook Regional Healthcare District board, including four as board president. He opted not to seek a third term in the 2018 election due to his fire chief duties.

Because of his NCFPD employment, Abbott had to recuse himself on healthcare district votes involving the fire district. One of those was in 2016 when the rest of

the healthcare district board, and subsequently all five fire district board members, approved a joint powers agreement between the two districts which will allow for joint implementation of programs or construction of facilities. “I’m proud of the JPA relationship we have with the healthcare district,” Abbott said.

Abbott hopes that the relationship between the two districts will continue and grow after his retirement. “There are a lot of great things we can do with community paramedicine,” he said.

Other NCFPD staff worked more directly with the Explorer Scouts interested in a fire service career. Abbott was involved with the Boy Scouts as a leader of Troop 704 for 20 years. He started as a Scout leader before his son was born and remained active in the Scouts leadership for about four years after his son was no longer in Boy Scouts.

Abbott was also a planning section chief for a federal interagency incident management team for seven years, and he was on the county’s Emergency Medical Services Committee.

“I’ve been awfully busy these last 31 years,” Abbott said.

Twenty of those years were in administration. “It’s certainly more than a 40 hour a week job. I like to think of it as a calling,” Abbott said.

Retirement will allow Abbott to participate in more activities with his wife, Allison. “A lot of retirement for us is just making up for lost time, no plans to work a second job in retirement,” Abbott said.

The Abbotts married in October 1989. His wife was a military dependent who moved from Imperial Beach to the Tierrasanta community of San Diego in her early teens and attended Serra High School in San Diego. Their 30-year-old daughter now lives in Spring Valley and their 27-year-old son lives in Rancho Cucamonga.

Abbott was raised in Bonita and graduated from Bonita Vista High School in 1984, so he has lived in rural areas for all of his life. Abbott and his wife will be living in a condominium in Downtown San Diego after his retirement. “We’re just ready for a different experience,” Abbott said.

The move from Fallbrook does

not reflect negatively on Abbott’s sentiments about the Friendly Village. “We love it here, we love the people here, we love the community,” he said.

Abbott will remain in Fallbrook Village Rotary even after he moves to San Diego. He also plans to remain in touch with those he has known through his 31 years in Fallbrook. “I plan to keep my association with each of my friends and colleagues,” Abbott said. “The relationships aren’t changing, just the venue.”

Both of Abbott’s parents are deceased, but he has other relatives outside of San Diego County as does his wife, and travel will be a significant part of Abbott’s post-retirement activity. “We’ve got family scattered all over the U.S. that we’ll definitely be seeing as part of our travels,” he said.

The North County Fire Protection District conducts customer service surveys, and the community for the most part has a positive opinion about how the fire district is operating. “I’m certainly proud of how far we’ve come as an organization,” Abbott said.

“It’s been a long tenure,” Abbott said. “It’s been a great journey.”

World of Watercolor and Beyond now open at the Fallbrook Art Center

FALLBROOK – World of Watercolor & Beyond, the 12th annual Signature American Watermedia International Exhibition and Sale opened Saturday, Feb. 13, and runs through Sunday, April 11, at The Doris E. de Haan Fallbrook Art Center in The Janice Griffiths Gallery. The show presents 114 original works in all forms of watermedia in a wide range of subject matter, technique and style, from experimental to traditional.

This show was developed by the Fallbrook Art Center and is a one-of-a-kind show. It is open to artists who have achieved Signature Membership Status in one or more U.S. Watercolor or Watermedia societies that offer signature status.

Top show winners are: Best of Show – \$2,500 cash award: “Ode to Dirac-Between Ecstasy and Fear” by Stephanie Goldman of California; First place – \$2,000 cash award: “Father” by Xiaochang Zhang of California; Second place – \$1,500 cash award: “What Lies Beneath” by Christine Alfery of Wisconsin and Third Place - \$1,000 cash award: “Untitled” by Angela Chang of California.

In addition, show juror Katherine Chang Liu, NWS, selected 20 additional paintings to receive cash and merchandise awards. Included in the award amount of \$15,000 are artists from California, Wisconsin, Pennsylvania, Minnesota, Alabama, Florida, Illinois, Arizona, Washington, Wisconsin, Tennessee, Texas, Oregon and Virginia.

For a complete list of award winners, see the online show catalog at <http://www.fallbrookartcenter.org>.

All of the paintings in the show can also be viewed on the Art Center’s website <http://www.fallbrookartcenter.org>; click on the “2021 SAWE Show Catalog” button on the right. If interested in purchasing a painting, call executive director Mary Perhacs at 760-728-1414. Also showing in the Lehmann & Salon Galleries is “The Show Must Go On.” The latest and greatest original works from three top tier watermedia artists: Robin Erickson, Carol Mansfield and Chuck Rouse.

The art show is open daily Feb. 13 through April 11, Monday-Saturday, from 10 a.m. to 4 p.m. and Sundays from noon-3 p.m. Admission is \$6, free to all members, show sponsors, active military and under 18. Free parking is available. Join as a new member, and admission will be credited. The Fallbrook Art Center is located at 103 S. Main Ave. at Alvarado Street. For more information, call 760-728-1414.

Submitted by Fallbrook Art Center.



“Hooded Woman, Red” by artist Richard Glassman is honorable mention #1 and on display at the The Doris E. de Haan Fallbrook Art Center’s 12th Annual Signature American International Watermedia Exhibition.



Details of “A Tribute to Albert Anker” by artist Cheryl Fausel are seen close up while on display at the Fallbrook Art Center’s 12th Annual Signature American International Watermedia Exhibition.



“Thought Process” by artist Carol Mansfield can be seen at the Fallbrook Art Center’s 12th Annual Signature American International Watermedia Exhibition.



“Salmon Berry Special” by artist Cindy Brabec-King is hanging in The Janice Griffiths Gallery at The Doris E. de Haan Fallbrook Art Center.



“Walking on Pismo Beach” by artist Kathleen Giles glows with light at the Fallbrook Art Center’s 12th Annual Signature American International Watermedia Exhibition.



“Aerial Bridge, Duluth” by artist John Salminen on display at The Doris E. de Haan Fallbrook Art Center’s in The Janice Griffiths Gallery through April 11.

REGIONAL

Base construction projects mean better facilities for warfighters

Lance Cpl. Angela Wilcox
Marine Corps Base Camp Pendleton

CAMP PENDLETON – The past year has been one of operational and cosmetic upgrades for facilities on Marine Corps Base Camp Pendleton. Base patrons are no strangers to construction projects that often change the flow of traffic and road access during their commute. Some might wonder what the end goal of these projects are, and the answer to this lies in our mission to support the warfighter.

On Jan. 22, 2021, U.S. Marine Brig. Gen. Dan Conley, the commanding general of Marine Corps Installations West, Marine Corps Base Camp Pendleton, toured three major construction projects currently underway on base. The purpose of the walkthrough was to provide insight on the progress and execution of facilities that will ultimately benefit Marines, sailors and their

families. Included in Conley’s tour was the 13 Area Medical Clinic, the I Marine Expeditionary Force Consolidated Information Center (I MEF CIC) and the 26 Area Fire Station.

Upon arrival at each site, Conley’s team was briefed by the construction manager in charge of the project. Napoleon Arcala, a construction manager with Camp Pendleton Facilities Engineering Acquisition Division, Naval Facilities Engineering Systems Command, is assigned to oversee the 13 Area Medical Clinic. Arcala ensures the facility is being built to standard by reviewing contracts, safety precautions and weekly work schedules with the construction companies. The clinic, which services a large number of Marines and sailors on base, will see a significant upgrade in size and capability by May 2022.

“The purpose is to consolidate a lot of the services offered on

Mainside and to replace and enlarge the existing facility,” said Arcala. He explained that the facility will be just about doubled in size and will provide primary care, sports medicine, physical therapy, X-Ray capabilities as well as a drive through pharmacy window. After the new building is finished, the old clinic will be demolished in order to make room for the parking lot, which will also double in size. Overall, this means more service members getting the care they need quickly and efficiently in one location.

The next site visited by Conley was the I MEF CIC, a center that will integrate the base’s information and intelligence communities. The facility will include battalion level operations center spaces, a watch room with video-conference capability on raised access flooring, a secure storage and supply warehouse, administrative offices, academic instruction classrooms and

management and support spaces for deployable digital intelligence systems.

Lt j.g. Alex Acosta, a construction manager with Camp Pendleton Facilities Engineering Acquisition Division, Naval Facilities Engineering Systems Command, briefed the commanding general’s team on the future of this project. “This will be a state-of-the-art facility for all the different intelligence groups on base to have a place to perform secure intelligence operations as needed,” said Acosta. It is scheduled to be finished in January 2024.

The final stop of the tour was the 26 Area Fire Station, which Acosta also oversees. The new 15,285 square foot building will include administrative spaces, living quarters, changing areas, showers, laundry rooms, training facilities, storage spaces, a fitness room, kitchen facilities, a covered patio, maintenance areas, storage

areas, and more room for fire trucks. The project will overall improve the quality of life for the firefighters and the workflow at the station.

The upgraded structure will also decrease the response time to serve personnel in Camp Pendleton’s 26 Area, O’Neill Heights Housing, De Luz Housing, Lake O’Neill, and Area 27 – which could bring peace of mind to families in those areas after last year’s fire season. The 26 Area Fire Station will be up and running this summer, Acosta added.

Using funding to give back to service members and families on base is just one way Camp Pendleton seeks to keep Marines and sailors mission ready. By constantly looking for ways to improve training facilities, Navy Medicine and emergency services on the West Coast’s premier Fleet Marine Force training base allows Marines to accomplish the mission and better support the warfighter.

Pendleton Marine saves drowning couple

Lance Cpl. Angela Wilcox
Marine Corps Base Camp Pendleton

CAMP PENDLETON – A young Marine was recognized for actions taken on Feb. 15 when he saved the lives of two civilian kayakers at the 21 Area Boat Basin.

Cpl. Jordan Perez, a combat engineer with 7th Engineer Support Battalion, 1st Marine Logistics Group, was present when a married couple was calling for help from the water. The boat basin, surrounded by large, sharp boulders, produced unforgiving waves that day that flipped their kayak.

Through these waves, Perez estimated that he had to swim 250 meters to reach the kayakers and bring them to shore – a feat

that may have proven impossible for some. Luckily for the couple, Perez was physically and mentally prepared due to the consistent and rigorous training of the Marine Corps.

Perez received a challenge coin from U.S. Marine Brig. Gen. Dan Conley, the commanding general of Marine Corps Installations West, Marine Corps Base Camp Pendleton, on Feb. 19. Perez credits his military training with giving him the confidence to jump into action.

At around 1 p.m. on Feb. 15, Perez was working on a construction project at the 21 Area Boat Basin aboard Camp Pendleton, when another Marine witnessed a couple in the water that had been flipped from their

kayak by a strong wave. The kayakers were struggling in the water and began calling for help.

“That’s when I took action,” said Perez. “I took my boots off and just started swimming.”

Once Perez arrived at the scene, he immediately “...grabbed the woman’s hand and pulled her back on the kayak and began pushing the boat back to the rocks,” said Perez. He mentioned that the woman’s husband was able to swim, but halfway to the shore he began to panic. Upon noticing the husband’s struggle, Perez swam back to where the man was, placed a life vest on him, and continued pushing the woman to safety.

For his actions, Perez was paid a visit by Conley and received a challenge coin at the worksite

where the event occurred.

While Perez was not the only Marine to recognize the severity of the situation, he was particularly ready for this moment. Perez is currently training with a retired reconnaissance Marine in order to prepare for assessment and selection with the Marine Raiders. Achieving this goal includes swimming for about two hours every day.

Perez’s hard work paid off when it mattered most. “That [training] takes away any hesitation that comes with putting your own life at risk. Since I had been training, I was confident that I could get myself out there and get those people back.”

Conley had a conversation with Perez, commending him for his life

saving actions. “I’d like to believe a lot of people would do what you did, but I know they wouldn’t. So, to hear it actually happen is just amazing. That was really gutsy of you.” said Conley.

Although Perez does not fall under the MCIWEST chain of command, Conley wanted to personally thank him for his heroics. A challenge coin is presented to Marines that go above and beyond, and any further awards will be processed in due time by his chain of command.

Although the actions that Perez took were heroic, Perez contends that all Marines, given the opportunity, would do the same. “It’s what Marines are expected to do.” said Perez.



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NATIONAL

Suspected hypothermia deaths in homes mount in Texas

Jamie Stengle and Marion Renault
Associated Press

DALLAS (AP) – With the snow and ice clearing in Texas after days of unusually cold temperatures, bodies are being found of people who likely froze to death as they struggled to stay warm after electricity was cut to millions of homes

Of the around 70 deaths attributed to the snow, ice and frigid temperatures nationwide, more than a dozen were people who perished in homes that had lost their heat, and most of those were in Texas. They include an 11-year-old boy who died in his bed in Conroe, near Houston, and two older men found dead in their homes in the small West Texas town of Buffalo Gap in Taylor County.

Taylor County Sheriff Ricky Bishop said his office received many calls in recent days asking for checks on friends or family members who may be suffering due to the power outages.

“I can think of probably one point in one hour we probably got 10 of those calls,” said Bishop, adding that some of the county’s roads were covered in 4 foot (120 centimeter) deep snow drifts.

Hypothermia can set in if the body loses heat faster than it can produce it and if it falls below about 95 degrees Fahrenheit. Normal body temperature is around 98.6 degrees.

“After hours and hours, it leads to a very dangerous condition,” said Dr. Robert Glatter, an emergency physician at Lenox Hill Hospital in New York City.

Matt Zavadsky, a spokesman for Fort Worth area ambulance provider MedStar, said most of the hypothermia calls they received were from people in their own homes, where temperatures had dipped to 50 degrees or lower.

MedStar reached a peak on Wednesday with 77 hypothermia calls, Zavadsky said. Some people reported numb hands and feet, while others had more severe symptoms.

“You had people who had been so cold for so long that they were shivering uncontrollably, they may have had a decreased level of consciousness, which is not uncommon when you are in hypothermia for a prolonged period of time,” he said.

Some who were transported to hospitals had reached the point they were no longer shivering, “which is a very bad sign,” Zavadsky said.

At first, the body will try to generate heat by shivering and boosting its heart rate. But if internal temperatures keep dropping, “those things start to slow down,” said Dr. Jeff Pothof, an emergency room doctor at UW Health in Madison, Wisconsin. The body will restrict blood circulation to extremities to maintain blood in the core and keep internal organs warm.

Left untreated, hypothermia begins to affect the brain, making it hard to think clearly or move easily.

“You might not understand exactly what’s going on,” Potfhof said. “And that’s a vicious cycle because you can’t take the action you need to.”

Some of the older people who died in Texas were found outside their homes. It wasn’t immediately clear what prompted them to go outside.

Poor circulation eventually prevents the heart, brain, and other vital organs from functioning, leading to death. About 32 people die from the cold annually in the U.S., according to the National Weather Service.

Extended nighttime lows in the single digits – as experienced by Texans this week – can be especially dangerous, Glatter said, since body temperatures naturally dip overnight.

“It can creep up on you,” he said, especially if confusion has begun to set in. “Your ability to think clearly is not as good, so it’s likely people won’t pick up on those signs and symptoms.”

Babies, children and seniors are at the highest risk for hypothermia because of poor circulation and temperature regulation. Those with heart problems, asthma, emphysema, chronic lung disease, diabetes and tobacco use are also vulnerable.

Some strategies for staying warm can be more hazardous than helpful.

Bundling up too much under blankets or layers of clothing can be dangerous if it leads to excessive sweating, which can pull heat away from the body.

And during weather-related power outages, people might use propane heaters, run generators or burn charcoal or wood indoors – all of which can lead to dangerous fires or deadly carbon monoxide poisoning.

“These are all setups for disaster,” Glatter said.

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Debris falls from plane during emergency landing near Denver

Gillian Flaccus
Associated Press

Debris from a United Airlines plane fell onto Denver suburbs during an emergency landing Saturday, with one very large piece that appears to be part of the engine narrowly missing a home.

The plane landed safely and nobody aboard or on the ground was reported hurt, authorities said.

The Federal Aviation Administration said in a statement that the Boeing 777-200 returned to the Denver International Airport after experiencing a right-engine failure shortly after takeoff. Flight 328 was flying from Denver to Honolulu when the incident occurred, the agency said.

United said in a separate statement that there were 231 passengers and 10 crew on board. The airline released no further details.

The Broomfield Police Department posted photos on Twitter showing large, circular pieces of debris leaning against a house in the suburb about 25 miles (40 kilometers) north of Denver. Police are asking that anyone injured come forward.



In this photo provided by the Broomfield Police Department on Twitter, debris is scattered in the front yard of a house at near 13th and Elmwood, Saturday, Feb. 20, 2021, in Broomfield, Colo. A commercial airliner dropped debris in Colorado neighborhoods during an emergency landing Saturday.

Tyler Thal, who lives in the area, told The Associated Press that he was out for a walk with his family when he noticed a large commercial plane flying unusually low and took out his phone to film it.

“While I was looking at it, I saw an explosion and then the cloud of smoke and some debris falling from it. It was just like a speck in the sky and as I’m watching that, I’m telling my family what I just saw and then we heard the explosion,” he said in

a phone interview. “The plane just kind of continued on and we didn’t see it after that.”

Thal was relieved to learn later that the plane had made a safe landing.

Video posted on Twitter by a woman who said she was the daughter of people aboard the flight showed the engine fully engulfed in flames as the plane flew through the air.

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1st clone of US endangered species, a ferret, announced

Mead Gruver
Associated Press

CHEYENNE, Wyo. (AP) – Scientists have cloned the first U.S. endangered species, a black-footed ferret duplicated from the genes of an animal that died over 30 years ago.

The slinky predator named Elizabeth Ann, born Dec. 10 and announced Thursday, Feb. 18, is cute as a button. But watch out – unlike the domestic ferret foster mom who carried her into the world, she’s wild at heart.

“You might have been handling a black-footed ferret kit and then they try to take your finger off the next day,” U.S. Fish and Wildlife Service black-footed ferret recovery coordinator Pete Gober said Thursday. “She’s holding her own.”

Elizabeth Ann was born and is being raised at a Fish and Wildlife Service black-footed ferret breeding facility in Fort Collins, Colorado. She’s a genetic copy of a ferret named Willa who died in 1988 and whose remains were frozen in the early days of DNA technology.

Cloning eventually could bring back extinct species such as the passenger pigeon. For now, the technique holds promise for helping endangered species including a Mongolian wild horse that was cloned and last summer born at a Texas facility.

“Biotechnology and genomic data can really make a difference on the ground with conservation efforts,” said Ben Novak, lead scientist with Revive & Restore, a biotechnology-focused conservation nonprofit that coordinated the ferret and horse clonings.

Black-footed ferrets are a type of weasel easily recognized by dark eye markings resembling a robber’s mask. Charismatic and nocturnal, they feed exclusively on prairie dogs while living in the midst of the rodents’ sometimes vast burrow colonies.

Even before cloning, black-footed ferrets were a conservation success story. They were thought extinct – victims of habitat loss as ranchers shot and poisoned off prairie dog colonies that made rangelands less suitable for cattle – until a ranch dog named Shep brought a dead one home in Wyoming in 1981.

Scientists gathered the remaining population for a captive breeding program that has released thousands of ferrets at dozens of sites in the western U.S., Canada and Mexico since the 1990s.

Lack of genetic diversity presents an ongoing risk. All ferrets reintroduced so far are the descendants of just seven closely related animals – genetic similarity that makes today’s ferrets potentially susceptible to intestinal parasites and diseases such as sylvatic plague.

Willa could have passed along her genes the usual way, too, but a male born to her named Cody “didn’t do his job” and her lineage died out, said Gober.

When Willa died, the Wyoming Game and Fish Department sent her tissues to a “frozen zoo” run by San Diego Zoo Global that maintains cells from more than 1,100 species and subspecies worldwide. Eventually scientists may be able to modify those genes to help cloned animals survive.

“With these cloning techniques, you can basically freeze time and regenerate those cells,” Gober



In this photo provided by the U.S. Fish and Wildlife Service is Elizabeth Ann, the first cloned black-footed ferret and first-ever cloned U.S. endangered species, at 50-days old on Jan. 29, 2021.

said. “We’re far from it now as far as tinkering with the genome to confer any genetic resistance, but that’s a possibility in the future.”

Cloning makes a new plant or animal by copying the genes of an existing animal. Texas-based Viagen, a company that clones pet cats for \$35,000 and dogs for \$50,000, cloned a Przewalski’s horse, a wild horse species from Mongolia born last summer.

Similar to the black-footed ferret, the 2,000 or so surviving Przewalski’s horses are descendants of just a dozen animals.

Viagen also cloned Willa through coordination by Revive & Restore, a wildlife

conservation organization focused on biotechnology. Besides cloning, the nonprofit in Sausalito, California, promotes genetic research into imperiled life forms ranging from sea stars to jaguars.

“How can we actually apply some of those advances in science for conservation? Because conservation needs more tools in the toolbox. That’s our whole motivation. Cloning is just one of the tools,” said Revive & Restore Co-founder and Executive Director Ryan Phelan.

Elizabeth Ann was born to a tame domestic ferret, which avoided putting a rare black-footed ferret at risk. Two unrelated domestic ferrets also were born by cesarian section; a second clone didn’t survive.

Elizabeth Ann and future clones of Willa will form a new line of black-footed ferrets that will remain in Fort Collins for study. There currently are no plans to release them into the wild, said Gober.

Novak, the lead scientist at

Revive & Restore, calls himself the group’s “passenger pigeon guy” for his work to someday bring back the once common bird that has been extinct for over a century. Cloning birds is considered far more challenging than mammals because of their eggs, yet the group’s projects even include trying to bring back a woolly mammoth, a creature extinct for thousands of years.

The seven-year effort to clone a black-footed ferret was far less theoretical, he said, and shows how biotechnology can help conservation now. In December, Novak loaded up a camper and drove to Fort Collins with his family to see the results firsthand.

“I absolutely had to see our beautiful clone in person,” Novak said. “There’s just nothing more incredible than that.”

This story has been updated to correct that a lack of genetic diversity presents a risk to the animals’ long-term survival, not prevents a risk.



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Custom built to feature the owner’s unique collection of architectural elements throughout this 2,179 square foot residence that has been meticulously maintained. This elegant property offers 3 bedrooms, 2.5 bathrooms, 3 car garage on 4.96 fenced acres with lighted entry gate. This home offers a grand open floor plan accented with a 16’ floor to ceiling river rock gas start fireplace, with a granite hearth and birch wood mantle. A wet bar with refrigerator and wine rack. The master suite features a second fireplace, walk-in closet, jet garden tub with exterior glass doors to private patio. Additional features throughout this magnificent home includes exquisite birch wood cabinetry, granite countertops, solid golden oak wood floors and ceiling fans in every room. Slightly tinted oversized Pella double pane windows with metal framed canvas awnings, 10’ ceiling and an oak double door entry. The kitchen is made for a chief with all stainless-steel appliances, double door refrigerator, built-in microwave, double electric oven. Island gas stove top with griddle and BBQ grill with an electric downdraft, a trash compactor, spice draws and more. Front porch and 3 back patios with ceiling fans. The walls of this house were constructed with 2x6 framing and “additional” exterior insulation. This property also includes a 60x40 barn with a 32.5x16.5 loft and a 40x17.5 attached workshop, 8x28 garden shed, 7’ deep Koi pond with filtration system and a gazebo. Apple and pear tree orchard.



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SPORTS

Lynas takes first in high school debut

Joe Naiman
Village News Reporter

Avery Lynas began her high school athletic career by finishing first in the cross-country dual meet Friday, Feb. 12, at Fallbrook High School.

Lynas had a time of 14 minutes 3.8 seconds on the 2-mile course to win the individual portion of the race.

“It was great. It was a really fun race. It was nice to have a race because it’s been so long,” Lynas said.

The coronavirus outbreak postponed the start of the 2020-2021 cross-country season, which normally begins in late August. Lynas was on the Sullivan Middle School cross-country team in 2019, and her last scholastic race was in October 2019 when she won the eighth-grade girls race at the North County Middle School Cross Country League championship meet.

“It’s been a while,” Lynas said.

Lynas ran for Sullivan’s team for three years, and when she was in sixth grade she joined the Time Machine club based in Temecula. Her most recent meet with Time Machine was in December 2019. Lynas competed in a November 2020 race in Las Vegas as an independent.

Bobby Williams is the head coach for the Time Machine club.

“He’s a really great guy,” Lynas said.

Williams assisted Lynas mentally as well as physically, she said.

“I’m really thankful for my club coach,” Lynas said.

From 2013 to 2019, the North County Conference had league cluster meets in which all schools in the league participated. Due to the coronavirus precautions, the North County Conference has returned to dual meets which reduce participant numbers. The Feb. 12 meet was the first dual meet for Lynas.

“It’s interesting,” she said.

Having two teams instead of six – or more than that in the middle school meets – reduces the number of runners at the starting line.

“It’s nice that there’s not a lot of people,” Lynas said.

Eleven Fallbrook and Valley Center high school girls were at the starting line for the Feb. 12 meet. Fallbrook only had three of those harriers, so the Jaguars won the meet by default. A minimum of five runners are necessary for a team score. The Warriors have six girls on their cross-country team, although one missed the Feb. 12 meet due to an injury, one was playing travel soccer and one was working.

“It was weird not having a big team anymore,” Lynas said.

The 2019 middle school



Fallbrook High School freshman Avery Lynas leads fellow frosh Abby Petersen in the girls' cross-country meet against Valley Center High School, Friday, Feb. 12.



Fallbrook High School junior Madeline Gaul keeps up with a trio of Valley Center High School runners, finishing the race in seventh place.

championship meet included seven Sullivan students in the eighth-grade girls race and 11 Wildcats in the race for sixth-grade and seventh-grade girls.

Another Fallbrook freshman, Abby Petersen, took second place with a time of 14:22.0.

“I love running with her. She always pushes me,” Lynas said.

Lynas and Petersen were both on the Sullivan Middle School cross country team for three years.

The 14-year-old Lynas is a lifelong De Luz resident. She had attended Frazier Elementary School in Fallbrook before third grade, but when her mother obtained a teaching position at Bonsall Elementary School, Lynas transferred to that school and attended Sullivan after her three years at Bonsall Elementary.

In addition to living in the Fallbrook Union High School District, her father T.J. Lynas played in Fallbrook High School athletics as a baseball player before graduating in 1982. Lynas’ mother, Gabrielle, attended Golden Sierra High School in the Northern

California town of Garden Valley and ran the 200-meter dash, the 400-meter race, and the 4x400 relay for the Grizzlies’ track and field team.

Lynas’ brother Holden ran cross country and track for Fallbrook High School before graduating in 2020, and Lynas’ brother Quinn is a Fallbrook High School senior and on the Warriors’ golf team.

“It’s a new school for me,” Avery Lynas said. “It’s an introduction.”

Cross-country practice began Feb. 1.

“It was like a campus tour with a run in there,” she said.

During the summer, Lynas said she averaged between 15 and 20 miles a week. A hip injury in November, which she believed to be from surfing rather than from running, kept her from running from the end of November to the beginning of January.

The Warriors had nine practices before their season-opening meet.

“You feel like you’re a part of a team,” Lynas said.

“I’m really thankful to my teammates,” Lynas said. “My team



Freshman Abby Petersen runs toward a second place finish.



Fallbrook High School's three runners who competed in the first cross-country meet of the season are, from left, Avery Lynas, Abby Petersen and Madeline Gaul.

is really helpful.”

The coaches at each meet determine what distance is most suitable for the two schools’ athletes. Fallbrook girls coach Vickie Knox, Fallbrook boys coach Marco Arias, and Valley Center coach Mike Cummings agreed upon the 2.0-mile course.

“The course was interesting. There was a hill at the beginning,” Lynas said.

The course started and ended on the Fallbrook High School track. A gradual downhill segment was followed by a gradual uphill segment.

The last cross-country race for the Valley Center runners was at the 2019 CIF state meet. The Jaguars placed 13th among the 25 Division IV girls teams.

“I didn’t know about the other team,” Lynas said.

Lynas took the lead at the start of the race.

“My plan was just to go hard and try to keep the pace the whole time,” she said. “I got a pretty good lead the first 400 meters.”

Not having a full team eliminated

the normal strategy of pack running.

“Typically, you try to stay in a little pack,” Lynas said.

Lynas didn’t look back to find out who was behind her or how far behind they were.

“The beginning, maybe the first half mile, I could hear footsteps,” she said.

As she built up her lead, she lost the sound of the footsteps and eventually won the race by an 18.2-second margin. Lynas said that she was happy with her time.

“It was a great feeling,” Lynas said of winning the race.

Valley Center junior Abigail Cotton was the third overall finisher with a time of 15:00.8. The third Fallbrook runner, junior Maddy Gaul, finished seventh and completed the course in 17:32.8.

“I’m just really thankful to my teammates, especially how much they stick with me, how much they trust me,” Lynas said.

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

Boys win first cross-country meet



Fallbrook High School's cross-country runners pose with Coach Marco Arias after their Friday, Feb. 12, meet against Valley Center High School, from left, Jacob Crain, Thomas LiBrizzi III, Daniel Contreras, Dawson Fluck, Fisher Phillips and Arias. The team won by default as Valley Center did not have enough runners for a team score.



Fallbrook High School's cross-country runners, who are wearing red, run part of their first race of the season on the track, from left, Daniel Contreras, Dawson Fluck and a runner from Valley Center High School. Contreras took first place, Fluck second as Fallbrook swept the top three spots.



Seen at the beginning of the cross-country race are Fallbrook High School runners, from left, Jacob Crain, Gavin Weber and Fisher Phillips, on the west side of the track.



Freshman Fisher Phillips runs back toward Warrior stadium on his way to taking third place in the meet against Valley Center High School.

HOME & GARDEN AND REAL ESTATE

Get rid of pests in the garden

Andrea Verdin
Special to Village News

Spring is just around the corner. Plants and flowers are budding, and gardens will begin to bear fruits and vegetables for the family to enjoy. Gardeners aren’t alone in their plans to feast on the outcome of their hard work, however. Pests, such as aphids, ants, squirrels and snails are as commonplace as weeds in a garden and can destroy the plans a gardener may have to enjoy the fruits of their hard labor.

For agriculturists who want to fight their gardens’ saboteurs, it is best to know their enemy, identify what they can do to protect their crops, and what is needed to eradicate them.

Dave Paulino, Fallbrook store manager for Grangetto’s Farm and Garden supply, offered several methods and treatments available to eradicate various pests in the garden and lawned

“There are both organic and conventional methods to get rid of pests,” Paulino said. “However, it is very important for gardeners to be cautious with what they buy, as many pesticides are label-specific.”

If a gardener is uncertain which pest is attacking their garden, Paulino recommended bringing in a sample or piece of the affected plant into a local nursery for professional help.

“If we can’t identify the culprit, we will send the sample to our entomologist for research,” Paulino said. “We will do all we can at a garden store level to help you with your garden pests.”

Insect sprays and the bugs they destroy

Aphids, mealybugs, whitefly and mites are frequent pests found on both edible and ornamental plants. For effective removal of these particular garden assailants, Paulino recommended organic products Dr. Earth Home & Garden Insect Spray or Dr. Earth Fruit & Vegetable Spray for treatment.

“This spray is available in both concentrate and ready-to-use formulas,” Paulino said.

The blend of garlic extract,



Ground squirrels dig holes in lawns, creating burrows that can sink and leave lawns looking unsightly.

Village News/Courtesy photo



Ants can weaken plants’ internal structures, making them more susceptible to damage from other pests and the elements.

fast-growing numbers and resistance to pesticides. These critters infect a huge range of hosts including bedding plants, strawberries, tomatoes and poinsettias. Hiding on the underside of leaves where they multiply rapidly, whitefly feed on plant juices and can consume a considerable amount of nutrients, causing plants to pale in color. Like aphids, they also excrete honeydew, attracting black sooty, moldy fungus and ants.

If you notice leaves that appear to shrink and curl up, you may have thrips, tiny little pests that scrape tissue from flowers and leaves and then drink the plant juices. Thrips infestations keep flowers and leaves from opening normally, and they’ll look twisted or stuck together. You’ll also notice small black fecal pellets that thrips deposit when they feed.

The “new” conventional pesticides and the insects they destroy

Many gardeners are wary of using conventional insecticidal products, as they have the stigma of being harmful. However, new products are being developed by insecticidal companies that are more environmentally friendly.

“Pesticide companies have changed the form pesticides are made, allowing them to be a safer form of their original product,” Paulino said. “These are friendlier pesticides, but they are still very label-specific. Check the product’s label and see where it can be used.”

The following pests are prime candidates for these pesticide treatments:

Earwigs love to eat flower petals and tender garden veggies. Crops like lettuce, corn, celery, tender young seedlings, flower blossoms and ripening fruits are all at risk. While one earwig may not cause much damage, a large amount of them can cause severe damage to your garden. They are sneaky, and hide under garden tools and lawn ornaments during the day, reeking their havoc at night.

Grasshoppers are the bane of gardeners’ lives across the country. Eating grass, plants and any green they find, grasshoppers can wipe out an entire garden within a matter of a week. Initial signs of feeding by young grasshoppers are jagged and tattered holes chewed in leaves. If you’re invaded by grasshoppers, you may want to consider netting your plants.

Slugs and snails are some of the most frustrating garden pests, as they always return, regardless to how many times you remove them. Leaving holes in leaves, the slithering creatures are active at night and on rainy days. You may also opt to simply grab snails by hand and get rid of them.

Ants can be troublesome in any garden. They can weaken plants’ internal structures, making them more susceptible to damage from other pests and the elements. Many varieties of ants can damage plant life, destroy seeds and flower buds. According to Paulino, ants are typically a secondary problem for plants.

“They are usually attracted to the sweet residue left by aphids or whitefly,” he said. “If you take care of the original problem, you’ll get rid of the ants.”

Lawn trouble
For individuals who opt to have lawns, the stress of trying to get rid of ground squirrels and gophers can be an unending war. These pests dig holes in lawns, creating burrows that can sink and leave lawns looking unsightly. According to Mike Knox, who owns Concepts in Landscaping and has been working on lawn and gardens for 21 years, it can be very difficult to get rid of these pests.

Traps and bait boxes can be effective, but they can be a hassle for individuals who don’t want to deal with the animals’ bodies after they have perished.

“When doing maintenance, we have had to treat for both gophers and squirrels,” Knox, who is licensed to do pest control, said. “When using a fumigant, it is important to make sure the exterminator is licensed to use the poison. Also, remember that these animals, once poisoned, will crawl out of their holes to die, so it may be easy for a pet to eat the animal and get sick.”

Regardless of which type of pest you’re trying to get rid of, it is always best to consult with a professional who can tell you exactly what is needed to keep your garden and lawn looking pristine and picturesque.

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Aphids may be winged and come in a large range of colors, including green, pink, red and black.



Leaving holes in leaves, slugs are active at night and on rainy days.

rosemary, cinnamon and clove, coconut, mineral, wintergreen and safflower oils, molasses and water is certified organic. An insecticidal spray such as the Dr. Earth product would wash off the following pests and insects, as well as remove their protective waxy covering, allowing them to be killed easily. The following bugs are dramatically affected by insecticidal sprays.

If the rose bushes in your garden have twisted, distorted or moldy leaves, it is a telltale sign of aphids. These creatures have soft, oval-shaped bodies, enjoy destroying the buds of rose bushes, and leave a sweet residue that attracts other pests. Aphids may be winged and come in a large range of colors, including green, pink, red and black. Beware, though, as these pesky critters tend to curl leaves around themselves and take cover in protected parts of the plant.

If your plants have yellowed, dark or dirty patches, the garden may have mealybugs. A cluster of these insects looks like a clump of lint and can be found on the underside of a leaf or twigs. These insects destroy plants by sucking plant juices and damaging plant tissues. Citrus, apple and peach trees are favorites of the mealybug, along with grapes and potatoes.

If little dots or clusters of yellow show up on otherwise green plants, then they may have mites, which look like little tiny specks of color – yellow, red or green. They are related to the spider, having eight legs. Mites are attracted to dusty leaves, so keep leaves clean. They also prefer plants affected by drought conditions.

Whitefly – small, fly-like insects with white colored wings – are some of the most difficult garden pests to control because of their

Planning group supports additional Campus Park homes

Seeks off-site park funding, larger lots

Joe Naiman
Village News Reporter

Passerelle LLC, which owns the land where the Campus Park development is planned, will be undergoing the process to convert some land designated as office professional into residential lots. The Fallbrook Community Planning Group provided guidance to Chris Brown, representative of Passerelle, during the Feb. 15 planning group meeting.

Because Brown sought guidance and the final project is still to be developed, the planning group did not take a vote on the Passerelle plans but rather provided the individual members' desires to Brown.

The planning group was supportive of converting the office professional land into residential parcels, although the consensus was that larger lot sizes would be preferred. The planning group also generally supported payment of in lieu park fees to fund park improvements elsewhere in Fallbrook rather than an additional donation of park land within the Campus Park boundaries.

"I was encouraged by the comments of the planning group. I thought they were insightful," Brown said.

The San Diego County Board of Supervisors approved the 416-acre Campus Park project in May 2011. The approval includes 751 residential units consisting of 521 single-family and 230 multi-family dwellings. Passerelle subsequently sold the residential component to D.R. Horton, and that development is now called Horse Creek Ridge.

The county's Park Land Dedication Ordinance provides for fees from developers to fund park improvements in the community of the development. Developers can also provide park land instead of paying PLDO fees.

The Horse Creek Ridge development includes an 8.4-acre public sports park and a 1.8-acre staging area, and in August 2019, the county board of supervisors accepted the donation of that land to the county. The map also includes six neighborhood parks and a community center, which were not transferred to the county.

The two parcels involved total 10 acres. The Campus Park specific plan currently designates 157,000 square feet of office professional space. The preliminary concept would convert that to 138 residences, although Passerelle has not yet finalized the footprints of the houses.

The land is adjacent to a planned park, so payment of in lieu fees could be an alternative to expanding the park.

"We're open to kind of any idea," Brown said.

The change in use will require a specific plan amendment, which

will first be brought to the planning group for a recommendation which can include conditions and will then be heard by the county's Planning Commission for a recommendation. The board of supervisors must approve any specific plan amendment. A new site plan will also be required and reviewed.

"This is a long process. We're trying to get through it as quickly as we can," Brown said.

The new usage will also require an amendment to the project's environmental impact report. The revised EIR will include new traffic and noise studies. The estimated average daily traffic volume for the office professional usage is 2,669 average daily trips. The anticipated average daily volume for 138 residential units would be 1,380 trips. The elimination of 1,289 daily trips equates to a reduction of approximately 48%.

"I like the idea that the traffic drops," Eileen Delaney, planning group member, said.

The location of specific houses will be developed before undertaking the noise study.

"This is going to be right on the 15," Steve Brown, planning group member, said. "They would be the closest buildings to the freeway."

The proximity to the freeway will include mitigation for the residents.

"There would be some sound walls," Chris Brown said.

Steve Brown also expressed concern about the lot sizes.

"It's not compatible with the

rest of the residences," he said. "I think slightly larger lots provide a better community, a better living environment."

The preliminary plan calls for average lot sizes of 2,000 square feet.

"I think that's just incredibly small," Jacqueline Kaiser, planning group member, said.

"I'm very concerned about the small lots," Roy Moosa, planning group member, said.

"I would like some bigger lots," Victoria Stover, planning group member, said.

"It just seems like a lot of houses on a small piece of land," Jeniene Domercq, planning group member, said.

Planning group member Kim Murphy noted that smaller lot sizes allow for more affordable homes.

"Cluster homes which these appear to look like are really a way to solve the housing crisis that we have," she said.

"I would say that they're considered entry level," Chris Brown said.

Maintenance as well as affordability can lead to the desire for smaller lots.

"Not everyone wants a really large lot," Anna Strahan, planning group member, said.

"We're trying to do our small part," Chris Brown said of the housing crisis.

Once the site plan is developed, the refined proposal will be brought before the planning group's Land Use Committee and Design Review Committee before

being heard by the full planning group.

"I would rather have this than a big giant parking lot with tall three-story buildings," Delaney said.

"Commercial is shrinking," Murphy said.

Stover favored in lieu fees.

"That lovely park over on Fallbrook Street could use a lot of help," she said.

The county acquired the land for a park on the south side of Fallbrook Street between Morro Road and Golden Road last year. The county is seeking grant funding for the capital needs of the park, and if that is obtained, the in lieu fees from Passerelle may be used for another park in the Fallbrook park planning area. Planning group member

Stephani Baxter addressed design desires.

"I would like to see more landscaping integrated and maybe some more walking paths," she said.

The Campus Park map also designates a town center with 61,200 square feet of retail commercial area. Chris Brown told the planning group that no retail space would be converted. He noted that retail opportunities rely on nearby residents, so the additional homes may provide that incentive for the retail area to be built.

"That may help get some of this commercial moving," he said.

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

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A salute to Black pioneers



Rebecca Marshall Farnbach
Special to Village News

There were four pioneers whose remarkable stories should not be forgotten: James Hamilton, Albert and Margaret Robinson, and Nate Harrison. They settled in Anza, Julian, and on Palomar Mountain.

James Hamilton was born in Ohio. In the late 1840s, he and a brother came west with a Mormon group heading to Utah Territory. Hamilton arrived in San Bernardino in 1850 and then moved to San Diego where he operated a hotel for a while.

James went to Rancho San Felipe, near Warner Springs, where he married a Native woman. He was evicted from land he had settled near San Felipe and came to a valley between Aguanga and Temecula where he grew melons and other produce. He is listed on the 1870 Temecula census as black, widowed, father of three sons and one daughter.

Hamilton was evicted again

from the land he farmed near Temecula, which was part of the Pauba Rancho, land owned by others. Hamilton’s former ranchland has been under the water of Vail Lake since the Vail Dam was constructed in 1949. The Hamiltons moved to Anza Valley to an area now known as Hamilton Plain. The Hamilton offspring became well known as talented horsemen in the Anza area and hired out as cowboys. Hamilton came as a free man looking for opportunities which he grasped, first as a businessman owning a hotel and then as a rancher. He died in 1897. Hamilton Creek and Hamilton School have been named to honor him.

In Julian, the hotel run by Albert and Margaret Robinson was the most successful hotel in town and is still doing thriving business today. Little is known about the Robinsons’ early history. The 1880 census noted Albert was born in Missouri and that he was a laborer. Albert arrived in SD County around 1870. In 1881 he owned land near Julian. He and Margaret married in 1886 and started a restaurant and rented out rooms. The restaurant earned a good reputation, and the business grew. Hotel Robinson is still in business today.

Mt. Palomar’s Nathan Harrison was born into slavery in Kentucky. There are conflicting stories of his early history because people were so fascinated by him and he loved to tell stories. His stories were



Nate Harrison's cabin on Mt. Palomar, circa 1940. His cabin has been razed and bed & breakfast hostelry invites guests to reminisce at that location now.

ValleyNews/Bill Stubblefield photo

embellished as they were retold. It is believed that “Nate” came with his master to the California Gold Rush. Afterward, Nate was either freed by his master or he became free when his master died.

Nate homesteaded on Mt. Palomar and loved entertaining guests who hiked up to visit with him. He died in 1920 at over 100 years old, but no one is certain of his year of birth.

A road called the Nate Harrison Grade is named in honor of this charismatic pioneer. San Diego State University recently completed an archeological excavation of his cabin site to learn how Harrison lived and there is currently an exhibit on his remarkable life at the San Diego Historical Society in Balboa Park in San Diego. The lead archeologist of the excavation, Seth Mallios, recently published a book “Born a Slave, Died a Pioneer.”

For more information about this article, you can contact Rebecca Farnbach at RFarnbach@gmail.com.

Rebecca is an author and coauthor of several history books about the Temecula area. The books are available for purchase at the Little Temecula History Center or online from booksellers and at www.temeculahistoricalsociety.org.

Visit Rebecca's Amazon author page: <http://www.amazon.com/-/e/B01JQZVO5E>.

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3268 Sumac, Fallbrook **\$850,000**



PENDING

352 Charles Swisher Ct, Fallbrook **\$750,000**

RECENTLY SOLD



30926 Villa Toscana, Bonsall **\$1,568,000**



30345 Via Maria Elena, Bonsall **\$1,450,000**



2224 Dos Lomas, Fallbrook **\$1,395,000**



3255 Brooke Hallow Rd, Fallbrook **\$1,395,000**



1947 Bluebell Ln, Fallbrook **\$1,385,000**



3945 Pala Mesa Dr, Fallbrook **\$1,350,000**



3999 Burma Court, Fallbrook **\$1,150,000**



5237 Circa De Loma, Fallbrook **\$1,120,000**



3730 Wildflower Lane, Fallbrook **\$1,100,000**



317 Highland Oaks Ln, Fallbrook **\$999,900**



2168 Summerbloom Ln, Fallbrook **\$990,000**



1605 Via Chapparel, Fallbrook **\$962,500**



215 Del Valle, Fallbrook **\$950,000**



2915 Lakemont, Fallbrook **\$930,000**



3360 Sol Vista, Fallbrook **\$860,000**



266 Rancho Camino, Fallbrook **\$850,000**



3846 Foxglove Ln, Fallbrook **\$842,500**



1053 Charlyn Ln, Fallbrook **\$820,000**



1258 Palomares, Fallbrook **\$775,000**



5299 Olive Hill, Fallbrook **\$771,940**



370 Spanish Spur, Fallbrook **\$725,000**



3573 Northcliff, Fallbrook **\$715,000**



35671 Garrano Lane, Fallbrook **\$686,500**



903 Vanita, Fallbrook **\$515,000**

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of a RE/MAX agentSM

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

Pending

Fallbrook

\$475,000 1104 Sierra Bonita

Ready to build! Water meter installed in addition to a well. Live out your dream in your own piece of paradise, close to downtown yet feels like you are out in the wilderness. Seasonal stream. Lot may be subdivided. Graded lot & plans for a 3800 sf home approved by county but withdraw, can be purchased.

Virginia Gissing

949-292-2850

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Want to sell your house QUICKLY?
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I can help you get your house ready for sale. I have extensive knowledge about staging homes to appeal to buyers so that we can get **your house listed and more importantly SOLD!**

Inherited, deferred maintenance or tired of being a landlord?
I'm a cash buyer for the perfect solution!

Multi-family OK! Hablo Español!

Virginia Gissing

949-292-2850

Pending

We Beat 14 Other Offers - 1 All Cash

Temecula

\$475,000 43400 Corte Benavente

We beat out 14 other offers and one of them was all cash. How? Experience! An experienced agent can help you find opportunities and overcome obstacles while leading you to home ownership, in any market. I look forward to your call!

Heather L. Pack

951-538-0757

2.5 Acres

Fallbrook

\$369,000 Willow Creek Lot

Located in the River Ridge nbhd of north Fallbrook, this 2.5 ac lot offers panoramic views out over the Santa Margarita River Valley & beyond to DeLuz and Rock Mtn. Area of estate homes. Seller has invested approx \$125K for a complete set of engineered plans to build a 3,765 sf house + attached 2,316 sf 4 car & RV grg. There is plenty of room on the pad for a future "infinity" edged pool & entertaining patio. All utilities in the street. County approved 5BD septic layout. 3/4" water meter.

Pete Hagen

760-717-8163

Pending

Multiple Offers - All Cash & Over List Price

Fallbrook

\$1,589,000 2590 Dos Lomas

Never before offered!! Magnificent estate home. Amazing forever views over infinity pool. Quality abounds. 4BR and office, fantastic home theatre, spacious 3-car garage situated on a lovely knoll in highly desired gated area!

Lynn Stadille-James & Lisa Stadille

760-845-3059

New Listing

Fallbrook

\$724,500 949 Peppertree Lane

Perfect country home! Single level, w/sparkling pool, gazebo, .66 ac private lot w/VIEW!! Workshop, fruit trees, garden areas & large shade trees! Upgraded kitchen, formal LR w/wood beam ceilings, brick fireplace, FR w/wood ceilings & lots of shutters, skylights, French doors. Main bedroom suite w/dual bath/lavs & mirror closets. 2 addl. guest BR's, gst BA w/tub/shower, gas heat/ac. Partially fenced, room for RV and horse OK!

Lynn Stadille-James & Lisa Stadille

760-845-3059

New Listing

Fallbrook

\$575,000 705 Hamilton Lane

3BD/2BA charming Midcentury modern on .72 of an acre. Lots of charm with refinished wood floors, huge picture window taking in outstanding views and cozy brick fireplace. Lots of flat land to plant your orchard or veggie garden. Circular drive and 2 car carport.

Team Gallegos Rudy & Sandy

760-985-9600

In Escrow

In Escrow after 2 Days on the Market

Fallbrook

\$929,000 2486 Via del Aquacate

3214 sq.ft., 4BD, 3BA custom beauty on 1.48 acres located in a highly sought out neighborhood! Newly remodeled kitchen featuring gorgeous quartzite counters, ss farm sink, ss oven and subzero frig. Enjoy the lovely views from the outdoor entertainment area and hot tub. 3 car garage, solar and circular driveway.

Team Gallegos Rudy & Sandy

760-985-9600

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Support local business by going to OpenDoorMall.com and purchasing products or Gift Certificates from local businesses.

BUSINESS

4-week paid training program helps 19 San Diegans launch meaningful careers

SAN DIEGO – Twenty San Diegans impacted by the COVID-19 health and economic crisis donned hard hats and picked up construction tools to embark on a paid, four-week hands-on training program preparing them for high-paying and rewarding careers in the region’s growing energy, construction and utilities sector.

To date, 19 of the 20 graduates have received full-time job offers.

The program, designed to build a diverse and qualified talent pipeline, aims to meet San Diego employers’ needs while also giving residents from underserved communities access to quality jobs on an accelerated timeline.

The program is the first of its kind at the Workforce Partnership and was made possible with a \$136,000 grant from San Diego Gas & Electric.

“The San Diego Workforce Partnership is dedicated to providing San Diegans with

tools, resources and pathways to fulfilling careers, an aspiration SDG&E shares with us, making them the ideal partner for us in launching this program,” Andy Hall, chief impact officer of San Diego Workforce Partnership, said. “It’s essential to level the playing field and give folks the opportunity to embark on a new career that will not only change their trajectory and quality of life, but also bring diversity, inclusion and representation to San Diego’s growing energy, construction and utilities sectors.”

As many San Diegans struggle with job security amid COVID-19, the Workforce Partnership is looking to partner with local businesses and organizations to continue to grow Construction Career Jumpstart – which proved successful at hitting diversity, graduation and placement metrics – across other employers and industries.

SDG&E has committed to

fund a portion of the program. Recruitment for the next cohort of the Construction Career Jumpstart Program is happening now with details on how to get started at <http://workforce.org/ccj>.

“While the genesis of Construction Career Jumpstart was to address impacts of the pandemic and those from underserved communities who have been especially hard hit with job loss or reduced income, we view it as a career launchpad,” Nancy Smith-Taylor, SDG&E’s director of diversity and workforce management, said. Programs like this are more important than ever to offer a path to earning a living wage and more secure jobs while building a pipeline of skilled workers that have a direct link to the economic recovery and continued growth of our region.”

Each participant received a \$1,000 stipend for completing the training. Career pathways include welders, linemen/line women,

electricians and several other skilled positions paying \$60,000 plus a year within three to five years with entry-level jobs starting at a minimum of \$19 an hour.

“My favorite part of the program definitely has to be the teamwork,” Jorge Badilla, graduate of Construction Career Jumpstart, said. “Even though it’s a four-week program, there are definitely moments where every single individual had to work together as a team. To me, it represented the real world, the real work. Now as a construction wireman, I can see that teamwork is the basic necessity in completing a job.”

Construction Career Jumpstart trains participants using an industry-informed curriculum, connects them to job opportunities and offers further support through mentorship as they progress along a career pathway.

Participants received instruction on safety, trenching,

jackhammering, power tool usage and other essential skills in the field. Graduates were then connected with SDG&E and other employers, including City of San Diego Public Utilities Water & Wastewater, General Dynamics Nassco, R.E. Staite Engineering, San Diego County’s Building Trades Unions and Tesla.

The training took place on-site at the San Diego Electrical Training Institute following all COVID-19 recommended safety precautions, and the cohort encompassed various demographics: 22% of participants are female, 78% are Black, Indigenous or person of color and 57% have two- or four-year college degrees.

For more information on Construction Career Jumpstart, local companies are encouraged to contact business@workforce.org.

Submitted by the San Diego Workforce Partnership.

Make the best of the extra time retirement brings

SAN FRANCISCO – Singer Jim Croce longed to put time in a bottle. Retirees aren’t always certain what it is they long to do with time, but one day they stop working and find they have a barrelful of it.

“People often are so focused on making sure they are financially ready to retire that they forget to plan for what they want to do in retirement,” Patti Hart, co-author with her husband, Milledge, of “The Resolutionist: Welcome to the Anti-Retirement Movement,” said. “And they may have more time to fill than they realize. Life expectancy has grown, and retirements that last 20 years, 30 years or longer aren’t that unusual. So you have to start thinking, what will you do with your time? How do you envision your days playing out?”

For the Harts, the answers to those questions involve the “anti-retirement movement,” where retirement is more than a rocking chair on a front porch or endless

hours of golf.

“We did leave our careers, but we would never call ourselves retired,” Milledge Hart said. “We are busier now than we’ve ever been. The difference is that we are busy doing what brings us joy rather than what advances our careers.”

But the transition isn’t always easy, which is why the Harts recommended finding efficient ways to manage that extra time the post-career years bring.

Patti Hart cautioned that time management does not have to mean blocking out every minute.

“For most people, it is just setting goals and priorities, then making sure you plan for how you are going to accomplish them,” she said. “It is being productive with your time.”

To do that, the Harts suggested putting yourself into the mindset you had in your working years.

Use a calendar

People in a corporate setting rely on calendars to manage their

obligations and retirees can as well.

“Too often people just think they will remember that they have yoga on Tuesday and Thursday, and volunteer at the animal shelter on Wednesday,” Patti Hart said. “But then they add a lunch here or a board meeting there and pretty soon find themselves scurrying from activity to activity.”

Checking a calendar each day also let’s people know they may need to pull back if they are overcommitted, or they may need to find activities to add if too many empty hours are going to waste.

Make a to-do list

A to-do list helps ensure nothing gets forgotten. Just be flexible, Milledge Hart said, because the list is a tool to keep you on track, not a ball and chain to imprison you.

“If you’d rather do something else today, feel free to move items to another time or just skip them altogether,” he said. “It’s your list

so it’s your call.”

Treat everything like a business appointment

The calendar and the to-do list can be filled with things that would never have made a business person’s schedule – but may now be high priority for you.

“You can pencil in 30 minutes for meditation or an hour to begin reading a James Patterson novel,” Patti Hart said. “Maybe you want to block out Friday afternoon to experiment with a new recipe. These are your preferred ‘appointments’ now and are equal in importance to board meetings or conference calls.”

Adapt your system as your needs change

Some people begin retirement doing all the things they had been putting off, such as traveling or fishing more.

“But that first burst of activity usually begins to wear, and you realize you want more from this stage of life,” Milledge Hart said. “At that point it makes sense to

reevaluate your resources and goals. Be aware of how you feel about certain activities and be ready to drop some and pick up others as your time and interests change.”

“In the same way that making good financial investments provides you with additional capital, investing your time wisely provides you with more time to do things you really want to do,” Patti Hart said. “And that will make your life so much better.”

Patti and Milledge Hart, co-authors of “The Resolutionist: Welcome to the Anti-Retirement Movement,” spent more than 30 years as executive leaders in numerous technology and investment banking businesses. Today, in what they refer to as the “Resolutionist” – rather than retirement – phase of their lives, they are applying their resources and skills in new ways to advance philanthropic and corporate activities around the globe.

What to do if you receive a tax form for unemployment benefits you never applied for

Newsroom Newswire

Now that it’s tax season and tax forms are arriving in the mail, many people are beginning to find a surprise in their mailbox: an IRS form 1099-G reporting unemployment benefit income that they did not actually apply for or receive.

If you receive a form 1099-G but did not file for unemployment, someone may have stolen your identity to commit

unemployment fraud.

Los Angeles attorney David Fleck, who has experience in fraud cases, said it is one of the easiest frauds to perpetrate and has become common during the pandemic. As unemployment numbers swelled, unemployment departments across the country became overwhelmed with applications and made thorough background checks of applicants fall by the wayside.

“I’ve seen so many different

scams in my career, and frankly there is nothing new under the sun,” he said. “Because these are unusual times, con artists are just using this moment as a way to take advantage of the system.”

Learning that your identity has been used to perpetrate a fraud can be a stressful experience, Fleck said, but there are steps you can protect yourself and mitigate the damage.

Report the fraud to the California employment development

department, <https://www.edd.ca.gov/>. California Employment Development Department has a form on their website to use for reporting identity theft and unemployment fraud or call the EDD fraud hotline at 1-800-229-6297.

File your taxes as normal and do not report the fraudulent income. If you’ve reported the fraud to EDD, that’s all you need to do. You don’t need to also report it to the IRS, Fleck said.

If you suspect you may be a victim of a broader identify theft, you may want to check the website of The Identity Theft Resource Center, a nonprofit in San Diego. Visit <http://idtheftcenter.org> or call 888-400-5530.

“Fraudsters never let a crisis go to waste,” Fleck said. “But hopefully, now that state officials know this fraud is going on in such large numbers, innocent victims won’t be on the hook.”

Community groups help select new county director of the county Office of Equity and Racial Justice



Andrew Strong is the new director of the San Diego County Office of Equity and Racial Justice.

Tracy DeFore
San Diego County Communications Office

A new director of the Office of Equity and Racial Justice has been named after a thorough national recruitment and selection process.

Andrew Strong will head the office and brings 15 years of experience in local government leadership and community engagement.

“Andrew is a respected member of the community in San Diego County. Hiring Andrew to be leader of our new Office of Equity

and Racial Justice was a decision made after a thorough process that involved the community in the final decision,” Nathan Fletcher, chair of the San Diego County Board of Supervisors, said. “I fully support the decision of our community and look forward to working with Andrew to make San Diego County an equitable, inclusive and just place for all San Diegans.”

The Office of Equity and Racial Justice was established by the board in June to identify systemic bias within the county organization. More than 20 community groups were invited to participate in the director’s selection process, and 12 ultimately chose to be involved, including representatives from the API Initiative, Community Advocates for Just and Moral Governance and Universidad Popular.

“It has been a pleasure to join other community leaders and be a part of supporting the county of San Diego in this rigorous and innovative interview process,” Steven Jones said. “As CEO of JONES, a diversity and leadership development consulting firm, we were honored to lend our 30 years of experience helping organizations locally, nationally

and globally further diversity, equity, anti-racism, inclusion and belonging to assist this process.”

The initial review panel was made up of three community members who narrowed the pool of almost 200 applicants to the 10 most qualified candidates. Seven candidates were invited to interview with the three community panel members and two local subject matter experts in the areas of equity, diversity, inclusion and social justice.

This group recommended three finalists. Those finalists met with a cross-representational panel of community stakeholders as well as county executives to determine the final selection.

“This is an exciting moment for the county of San Diego to appoint the first Director of the Office of Equity and Racial Justice. It is our sincere hope that barriers will be broken, and gaps filled with programs, staff and a budget to move forward in historically underserved and underrepresented communities across the entire county. I am honored to have served on a diverse interview selection panel that included community stakeholders to ensure representation and awareness of the community’s interest to ensure

the success of this office,” JoAnn Fields, government and public relations director of the Asian Pacific Islander Initiative, said.

Strong brings a diverse background to the position. He spent nine years in the U.S. Navy as a hospital corpsman before settling in San Diego. He joined the county in the human resources department and earned promotions into key leadership positions, including the chief of staff of the chief administrative office, which implements the policy directives of the board of supervisors and manages the day-to-day operations of the county.

In this role, he’s worked with the community and county leaders to develop and implement strategies to address inequities, disparities and disproportionality in most underserved communities. He’s worked to build and strengthen relationships between the county and community partners.

Strong also supports the county’s Human Relations Commission and has a passion for making government leadership reflective of all people we serve.

“I’m honored to be selected for this position and humbled by the process by which my selection was made. Time for

talk has long passed, and time for action is now. It’s time to work with our community to reimagine and change county government through the lens of equity and justice in all we do,” Strong said. “I’m excited to have an opportunity to dedicate my time and energy to build greater trust with the community and work with them to create enduring systemic change, root out systemic racism and create equity in all we do.”

Members of the public can help shape the mission statement, roles and responsibilities of the Office of Equity and Racial Justice. They are currently being developed in coordination with community members, the Othering & Belonging Institute at University of California Berkley, UPD Consulting and the San Diego County Leon L. Williams Human Relations Commission, which was revived by the board of supervisors in 2020 to promote respect and integrity for all individuals.

Two meetings have already taken place, and four additional focus group gatherings will be scheduled. The county will also soon begin recruiting for two additional positions to support the Office of Equity and Racial Justice.

LEGALS

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9002148
Name of Business
U.S. BOAT AND RV SUPPLY
4065 Oceanside Blvd., Suite Q, Oceanside CA 92056
County: San Diego
This business is registered by the following: Daddybug, Inc., 4065 Oceanside Blvd., Suite Q, Oceanside CA 92056
This business is conducted by a Corporation
This Corporation is registered in the state of California
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 5, 2021
LEGAL: 5388
PUBLISHED: February 25, March 4, 11, 18, 2021

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9002495
Name of Business
ACTION RECRUITING
1678 Camino de Nog, Fallbrook, CA 92028
County: San Diego
This business is registered by the following: JG ACTION Enterprises, 1678 Camino de Nog, Fallbrook, CA 92028
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first commenced to transact business under the above name as of 12/28/10
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 5, 2021
LEGAL: 5389
PUBLISHED: February 25, March 4, 11, 18, 2021

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9001104
Name of Business
CHAMPELLE COLLECTIVE
16387 Bernardo Center Dr., San Diego, CA 92128
County: San Diego
This business is registered by the following: a. Gerald Christopher Layug, 593 Iona Ct., Escondido, CA 92027
b. Mark G. Lopez, 8023 Alava Circle, San Diego, CA 92126
This business is conducted by a General Partnership
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 27, 2021
LEGAL: 5390
PUBLISHED: February 25, March 4, 11, 18, 2021

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9002136
Name of Business
a. LOS ANGELES COUNTY REGIONAL TRAINING CENTER
b. LACRTC
c. LA REGIONAL TRAINING CENTER
d. THE REGIONAL TRAINING CENTER
e. THE RTC
705 Porter Street, Fallbrook, CA 92028
County: San Diego
This business is registered by the following: California Multi-Agency Support Services, 705 Porter Street, Fallbrook, CA 92028
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first commenced to transact business under the above name as of 12/28/10
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 05, 2021
LEGAL: 5391
PUBLISHED: February 25, March 4, 11, 18, 2021

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9002301
Name of Business
FALLBROOK MOTORS INC
549 E. Alvarado Street, Fallbrook, CA 92028
County: San Diego
This business is registered by the following: Fallbrook Motors Inc, S Corp # 2623082, 549 E. Alvarado Street, Fallbrook, CA 92028
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first commenced to transact business under the above name as of 01/27/04
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 09, 2021
LEGAL: 5392
PUBLISHED: February 25, March 4, 11, 18, 2021

Public Notice

PUBLIC NOTICE OF AVAILABILITY
FINDING OF NO SIGNIFICANT IMPACT FOR CONSTRUCTION, OPERATION, AND DECOMMISSIONING OF PHOTOVOLTAIC AND NATURAL GAS ENERGY GENERATION FACILITIES AT MARINE CORPS BASE CAMP PENDLETON, SAN DIEGO COUNTY, CALIFORNIA

In accordance with the National Environmental Policy Act of 1969, 42 United States Code §§ 4321-4370h, as implemented by the Council on Environmental Quality regulations, 40 Code of Federal Regulations Parts 1500-1508, and Marine Corps Order P5090.2A, Change 3, Chapter 12, dated 26 August 2013, Environmental Compliance and Protection Manual, a Supplemental Environmental Assessment (SEA) and Finding of No Significant Impact (FONSI) have been prepared for Construction, Operation, and Decommissioning of Photovoltaic and Natural Gas Energy Generation Facilities at Marine Corps Base (MCB) Camp Pendleton, and an Environmental Impact Statement is not required.

The proposed action would improve facilities at the previously approved photovoltaic system site that will be constructed south of Stuart Mesa, improvements include the addition of battery energy storage systems, a new power line, and a new or upgraded San Diego Gas and Electric Stuart Mesa Substation. In addition, the proposed action will include the construction, operation and demolition of an up to 49.9-megawatt natural gas power plant that will connect to existing facilities in the 24 Area. The two energy generating facilities would increase energy resiliency and security requirements at MCB Camp Pendleton. Based on the SEA analysis, the preferred alternative will have negligible direct, indirect, or cumulative impacts on the quality of the environment and will comply with all regulatory requirements; no significant impacts will occur.

An online copy of the Final SEA and FONSI can be found at: <https://www.pendleton.marines.mil/Staff-Agencies/Environmental-Security/Document-Library/Environmental-Planning-Documents/> Questions or comments on the SEA should be submitted to:

Point-of-Contact: MCIWEST-MCB Camp Pendleton
Environmental Security Office
Box 555200, Bldg. 22165
Camp Pendleton, CA 92025
Email: PNDL_ENV-NEPA@usmc.mil

Published February 25, March 4, 11, 2021

APN: 222-102-23-00 OTHER: 5942448 TS-200803 NOTICE OF TRUSTEE'S SALE UNDER DEED OF TRUST YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 2/01/2019 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE is hereby given that C.N.A. FORECLOSURE SERVICES, INC. A CALIFORNIA CORPORATION, as trustee, or successor trustee, or substituted trustee pursuant to the Deed of Trust executed by Aaron Ward, a single man Recorded on 2/25/2019 as Instrument No. 2019-0066186, of Official records in the office of the County Recorder of San Diego County, California, and pursuant to the Notice of Default and Election to Sell thereunder recorded 11/16/2020 as Instrument No. 2020-0714955 of said Official Records, WILL SELL on 3/17/2021 At the entrance to the East County Regional Center by the statue, 250 E. Main St., El Cajon, CA 92020 at 10:00 a.m. AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at the time of sale in lawful money of the United States), all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State hereinafter described. The property address and other common designation, if any, of the real property described above is purposed to be: 560 Seeforever Dr., San Marcos, CA The undersigned Trustee disclaims any liability for any incorrectness of the property address and other common designation, if any, shown herein. The total amount of unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$41,777.35 (estimated). In addition to cash, the Trustee will accept a cashier's check drawn by a state or federal credit union or a check drawn by state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. In the event tender other than cash is accepted the Trustee may withhold the issuance of the Trustee's Deed until funds become available to the payee or endorsee as a matter of right. Said sale will be made, but without covenant or warranty, express or implied regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed, advances thereunder, with interest as provided therein, and the unpaid principal balance of the Note secured by said Deed with interest thereon as provided in said Note, fees, charges and expenses of the trustee and the trusts created by said Deed of Trust. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 800-990-7678 or visit this internet website www.nationwideposting.com, using the file number assigned to this case 200803 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 800-990-7678, or visit this internet website www.nationwideposting.com, using the file number assigned to this case 200803 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 potential right to purchase." FOR SALES INFORMATION CALL : 800-990-7678 C/O C.N.A. FORECLOSURE SERVICES, INC., A CALIFORNIA CORPORATION as said Trustee. 2020 CAMINO DEL RIO N. #230 SAN DIEGO, CALIFORNIA 92108 (619) 297-6740 DATE: 2/16/2021 KIMBERLY CURRAN TRUSTEE SALE OFFICER NPP0373105 To: VILLAGE NEWS INC 02/25/2021, 03/04/2021, 03/11/2021

BUSINESS DIRECTORY

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

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LEGALS

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9001274
Name of Business
NORTH SAN DIEGO COUNTY REALTORS
906 Sycamore Ave, Vista, CA 92081
County: San Diego
This business is registered by the following:
North San Diego County Association of REALTORS, 906 Sycamore Ave, CA 92081
This business is conducted by a Corporation
This Corporation is registered in the state of California
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 28, 2021
LEGAL: 5373
PUBLISHED: February 4, 11, 18, 25, 2021

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9000461
Name of Business
CAFE DES ARTISTES
103 S. Main Ave, Fallbrook, CA 92028
Mailing Address: 964 Cookie Lane, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
LSI Holdings, LLC, 964 Cookie Lane, Fallbrook, CA 92028
This business is conducted by a Limited Liability Company
This LLC is registered in the state of California
The registrant first began to transact business under the above name on 6/26/2020
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 15, 2021
LEGAL: 5374
PUBLISHED: February 4, 11, 18, 25, 2021

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9001164
Name of Business
TWIN CREEKS FARM
495 Beaver creek Lane, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
a. Karen Lynn Fieri, 495 Beavercreek Lane, Fallbrook, CA 92028
b. Anthony Charles Fieri, 495 Beavercreek Lane, Fallbrook, CA 92028
This business is conducted by a Married Couple
Registrant first commenced to transact business under the above name as of 11/20/20
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 28, 2021
LEGAL: 5376
PUBLISHED: February 11, 18, 25, March 4, 2021

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9001059
Name of Business
CHANNEL Z MEDIA
2310 Trails End, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Michael Andrew Zinniger, 2310 Trails End, Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 27, 2021
LEGAL: 5377
PUBLISHED: February 11, 18, 25, March 4, 2021

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9001457
Name of Business
3N1 MOLDING CONCEPTS, LLC
5244 Dixon Road, Oceanside, CA 92056
County: San Diego
This business is registered by the following:
3N1 Molding Concepts, LLC, 5244 Dixon Road, Oceanside, CA 92056
This business is conducted by an Limited Liability Company
This LLC is registered in the state of California
Registrant first commenced to transact business under the above name as of 9/21/15
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 1, 2021
LEGAL: 5380
PUBLISHED: February 11, 18, 25, March 4, 2021

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9002097
Name of Business
SUNNY AND 75 CREATIVE
2406 Arabian Trail, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Sara Marie Stanley, 2406 Arabian Trail, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 01/01/21
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 5, 2021
LEGAL: 5381
PUBLISHED: February 18, 25, March 4, 11, 2021

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9000669
Name of Business
a. FRENCHIE SWEET LIFE
b. DOGS SWEET LIFE
4444 Montiel Truck Trail, Jamul, CA 91935
Mailing address: P.O. Box 710766, Santee, CA 92072
County: San Diego
This business is registered by the following:
a. Jennifer Ann Pasto, 4444 Montiel Truck Trail, Jamul, CA 91935
b. John Edward Pasto, 4444 Montiel Truck Trail, Jamul, CA 91935
This business is conducted by a Married Couple
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 22, 2021
LEGAL: 5382
PUBLISHED: February 18, 25, March 4, 11, 2021

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9001203
Name of Business
SWEET COAST FRENCHIES
4444 Montiel Truck Trail, Jamul, CA 91935
Mailing address: PO Box 710766, Santee, Ca 91935
County: San Diego
This business is registered by the following:
a. John Edward Pasto, 4444 Montiel Truck Trail, Jamul, CA 91935
b. Jennifer Ann Pasto, 4444 Montiel Truck Trail, Jamul, CA 91935
This business is conducted by a Married Couple
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 28, 2021
LEGAL: 5383
PUBLISHED: February 18, 25, March 4, 11, 2021

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2021-00002820-CU-PT-CTL
TO ALL INTERESTED PERSONS
Petitioner:
JORDAN PANAYOTTI ROSENFELD
Present Name:
JORDAN PANAYOTTI ROSENFELD
Proposed Name:
JORDAN ROSENFELD
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.*

NOTICE OF HEARING
Date: 3/6/2021 Time: 8:30 am Dept: C-61
The address of the court is 330 W Broadway, San Diego, 92101, Hall of Justice
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

*Due to the COVID-19 pandemic, which poses a substantial risk to the health and welfare of court personnel and the public, rendering presence in, or access to, the court's facilities unsafe, and pursuant to the emergency orders of the Chief Justice of the State of California and General Orders of the Presiding Department of the San Diego Superior court, the following Order is made:
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.
Any Petition for the name change of a minor that is signed by only one parent must have this Attachment served along with the Petition and Order to Show Cause, on the other non-signing parent, and proof of service must be filed with the court.

Date: JAN 22 2021 Signed: Lorna Alksne, Judge of the Superior Court.
LEGAL: 5375
PUBLISHED: February 4, 11, 18, 25, 2021

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2021-00005221-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
NGAN KHANH LE
Present Name:
NGAN KHANH LE
Proposed Name:
ABRI KHANH LE

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

NOTICE OF HEARING
Date: 3/23/2021 Time: 8:30 am Dept: 25
The address of the court is 325 South Melrose Dr., Vista, CA 92081, North County Division
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

*Due to the COVID-19 pandemic, which poses a substantial risk to the health and welfare of court personnel and the public, rendering presence in, or access to, the court's facilities unsafe, and pursuant to the emergency orders of the Chief Justice of the State of California and General Orders of the Presiding Department of the San Diego Superior court, the following Order is made:
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.
Any Petition for the name change of a minor that is signed by only one parent must have this Attachment served along with the Petition and Order to Show Cause, on the other non-signing parent, and proof of service must be filed with the court.

Date: Feb 04, 2021 Signed: Pamela M. Parker, Judge of the Superior Court.
LEGAL: 5393
PUBLISHED: February 25, March 4, 11, 18, 2021

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: 37-2021-00003733-CU-PT-NC
TO ALL INTERESTED PERSONS
Petitioner:
CRYSTAL FELICITY MURILLO
Present Name:
CRYSTAL FELICITY MURRILO
Proposed Name:
FELICITY DOMINQUEZ HOWELL
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.*

NOTICE OF HEARING
Date: 3/16/2021 Time: 8:30 am Dept: 25
The address of the court is 325 South Melrose, Vista, Ca 92081, North County Regional Center
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

*Due to the COVID-19 pandemic, which poses a substantial risk to the health and welfare of court personnel and the public, rendering presence in, or access to, the court's facilities unsafe, and pursuant to the emergency orders of the Chief Justice of the State of California and General Orders of the Presiding Department of the San Diego Superior court, the following Order is made:
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.
Any Petition for the name change of a minor that is signed by only one parent must have this Attachment served along with the Petition and Order to Show Cause, on the other non-signing parent, and proof of service must be filed with the court.

Date: JAN 27 2021 Signed: Pamela M. Parker, Judge of the Superior Court.
LEGAL: 5378
PUBLISHED: February 11, 18, 25, March 4, 2021

Summons
SUMMONS
FILED 01/27/2021
CASE NUMBER: 19FL014405N
NOTICE TO RESPONDENT:
REGINA ANN RICE SMOOT
YOU ARE BEING SUED BY PETITIONER:
JEFFREY SMOOT

NOTICE! You have been sued. Read the information below.

You have 30 CALENDAR DAYS after this *Summons* and *Petition* are served on you to file a *Response* (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call or court appearance will not protect you. If you do not file your *Response* on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services website (www.lawhelpca.org), or by contacting your local county bar association.
NOTICE-RESTRAINING ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouses or domestic partners until the petition is dismissed, a judgement is entered, or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them.
SEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party.

The name and address of the court:
SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO NORTH COUNTY
325 South Melrose, Vista CA 92081

The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is:

JEFFREY SMOOT (in Propria Persona)
4435 Palomar Dr., Fallbrook, CA 92028 678 570-0590
DATE: 01/27/2021
JUDICIAL OFFICER: HARRY L. POWAZEK
LEGAL #: 5379
Published: February 11, 18, 25 March 4, 2021

Notice of Lien

NOTICE OF LIEN SALE
Notice is given that pursuant to Sections 21700-21713 of the Business and Professions Code, Section 2328 of the Commercial Code, Section 535 of the Penal Code that Citrus Plaza Self Storage LLC, at 202 West College Street, Fallbrook, CA 92028 will sell by competitive bidding, on or after March 10, 2021 at 1:30pm, property belonging to those listed below. Auction to be held at the above address. Property to be sold as follows: Household, office & business goods, furniture, appliances, personal items, clothing, electronics, sports, duffle bags/suit cases, electronics, tooling and exercise equipment, miscellaneous boxes, containers & bags with unknown contents belonging to the following:
Jones, Charles
Fitch, Joshua
Robins, Andy
Cervantes, Camila

Published: February 18 and 25, 2021

APN: 265-451-26-00 OTHER: 5942701 TS-201102 NOTICE OF TRUSTEE'S SALE UNDER DEED OF TRUST YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 11/02/2018 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. NOTICE is hereby given that C.N.A. FORECLOSURE SERVICES, INC. A CALIFORNIA CORPORATION, as trustee, or successor trustee, or substituted trustee pursuant to the Deed of Trust executed by David Chelf and Bridgette Chelf, Husband and Wife as Community Property Recorded on 11/02/2018 as Instrument No. 2018-0461136, of Official records in the office of the County Recorder of San Diego County, California, and pursuant to the Notice of Default and Election to Sell thereunder recorded 11/09/2020 as Instrument No. 2020-0699193 of said Official Records, WILL SELL on 3/17/2021 At the entrance to the East County Regional Center by the statue, 250 E. Main St., El Cajon, CA 92020at 10:00 a.m. AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at the time of sale in lawful money of the United States), all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State hereinafter described. The property address and other common designation, if any, of the real property described above is purported to be: 7929 Camino De La Dora, Rancho Santa Fe, CA The undersigned Trustee disclaims any liability for any incorrectness of the property address and other common designation, if any, shown herein. The total amount of unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$1,731,183.75 (estimated). In addition to cash, the Trustee will accept a cashier's check drawn by a state or federal credit union or a check drawn by state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. In the event tender other than cash is accepted the Trustee may withhold the issuance of the Trustee's Deed until funds become available to the payee or endorsee as a matter of right. Said sale will be made, but without covenant or warranty, express or implied regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed, advances thereunder, with interest as provided therein, and the unpaid principal balance of the Note secured by said Deed with interest thereon as provided in said Note, fees, charges and expenses of the trustee and the trusts created by said Deed of Trust. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 800-990-7678 or visit this internet website www.nationwideposting.com, using the file number assigned to this case 201102 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 800-990-7678, or visit this internet website www.natiowideposting.com, using the file number assigned to this case 201102 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 potential right to purchase." FOR SALES INFORMATION CALL : 800-990-7678 C/O C.N.A. FORECLOSURE SERVICES, INC., A CALIFORNIA CORPORATION as said Trustee. 2020 CAMINO DEL RIO N. #230 SAN DIEGO, CALIFORNIA 92108 (619) 297-6740 DATE: 2/10/2021 KIMBERLY CURRAN TRUSTEE SALE OFFICER NPP0373060 To: VILLAGE NEWS INC 02/25/2021, 03/04/2021, 03/11/2021

T.S. No. 19-21291-SP-CA Title No. 191240972-CA-VOI A.P.N. 232-500-04-00 NOTICE OF TRUSTEE'S SALE. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 04/13/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, (cashier's check(s) must be made payable to National Default Servicing Corporation), drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the 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 in an "as is" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by 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: Kevin P. Carey a single man and Debra Toner, a single woman Duly Appointed Trustee: National Default Servicing Corporation Recorded 04/20/2007 as Instrument No. 2007-0268965 (or Book, Page) of the Official Records of San Diego County, CA. Date of Sale: 03/12/2021 at 10:00 AM Place of Sale: At the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA 92020 Estimated amount of unpaid balance and other charges: \$784,300.36 Street Address or other common designation of real property: 3139 Mount Whitney Road Escondido, CA 92029 A.P.N.: 232-500-04-00 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. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The requirements of California Civil Code Section 2923.5(b)(2923.55(c)) were fulfilled when the Notice of Default was recorded. 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 or visit this Internet Web site www.ndscorp.com/sales, using the file number assigned to this case 19-21291-SP-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 02/02/2021 National Default Servicing Corporation c/o Tiffany & Bosco, P.A., its agent, 1455 Frazee Road, Suite 820 San Diego, CA 92108 Toll Free Phone: 888-264-4010 Sales Line 855-219-8501; Sales Website: www.ndscorp.com By: Rachael Hamilton, Trustee Sales Representative 02/18/2021, 02/25/2021, 03/04/2021 CPP350903

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9002101
Name of Business
a. WHITLOCK INK
b. WHITLOCK SURF EXPERIENCE
609 Mission Avenue, Oceanside, CA 92054
County: San Diego
This business is registered by the following:
a. Whitlock Industries, Inc., 609 Mission Avenue, Oceanside, CA 92054
b. Whitlock Industries, Inc., 609 Mission Avenue, Oceanside, CA 92054
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first commenced to transact business under the above name as of 01/01/21
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 5, 2021.
LEGAL: 5385
PUBLISHED: February 18, 25, March 4, 11, 2021

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9002102
Name of Business
WHITLOCK SURF FACTORY
3044 Industry Street Ste #108, Oceanside, CA 92054
County: San Diego
This business is registered by the following:
Whitlock Industries, Inc., 609 Mission Avenue, Oceanside, CA 92054
This business is conducted by a Corporation
This Corporation is registered in the state of California
Registrant first commenced to transact business under the above name as of 01/01/21
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 5, 2021
LEGAL: 5386
PUBLISHED: February 18, 25, March 4, 11, 2021

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9001459
Name of Business
AZALEA POOL AND SPA SERVICE
1222 Rainbow Valley Blvd, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
a. Cesar Nunez Vega, 1222 Rainbow Valley Blvd, Fallbrook, CA 92028
b. Elva Vega 1222 Rainbow Valley Blvd, Fallbrook, CA 92028
This business is conducted by a Married Couple
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 1, 2021
LEGAL: 5384
PUBLISHED: February 18, 25, March 4, 11, 2021

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2021-9001479
Name of Business
WINGS OF CHANGE
610 W Fig St, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Go to Crew, LLC, 610 W. Fig St, Fallbrook, CA 92028
This business is conducted by a Limited Liability Corporation
This LLC is registered in the state of California
Registrant first commenced to transact business under the above name as of 11/11/20
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 1, 2021
LEGAL: 5387
PUBLISHED: February 18, 25, March 4, 11, 2021



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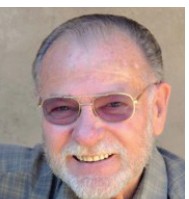
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DRE# 01003649



JANE FELTON
DRE# 01942026



50 Cabernet, Rancho Mirage \$829,000



1831 Tecalote, Fallbrook \$1,050,000



4747 Oak Crest Rd. #1, Fallbrook \$299,900



3838 Luneta Lane, Fallbrook \$750,000



731 Oak Glade, Fallbrook \$826,000-\$836,000



1180 N. Crescent Ridge, Fallbrook \$525,000

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