



# ANNOUNCEMENTS

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

## Garden Club presents ‘California Dreamin’: Gardening in California’s Mediterranean Climate’



Nan Sterman is the guest speaker for the Fallbrook Garden Club's January meeting.

Village News/Courtesy photo

FALLBROOK – Thanks to California’s Mediterranean climate, local gardening is different than anywhere else in America. Nan Sterman, an award-winning garden writer, gardening expert and horticulturist, will talk about what it means to live and garden in a Mediterranean climate at the Tuesday, Jan. 31, general meeting of Fallbrook Garden Club.

Learn about soil, rainfall, plants and techniques for creating productive and beautiful gardens that thrive in the climate. She also will show examples of gorgeous gardens in many different styles,

all done with Mediterranean plant palette. Sterman regularly contributes to regional and national publications, including Sunset and Better Homes and Gardens magazines.

Fallbrook Garden Club meets at the Fallbrook Community Center, 341 Heald Lane, at 12:30 p.m. for social time; at 1 p.m. for the business meeting and 2 p.m. for the program. The public is welcome. For more information, visit <http://www.fallbrookgardenclub.org>.

Submitted Fallbrook Garden Club.

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OBITUARY PAGE	
The deadline for Obituaries is Monday, noon. Email to <a href="mailto:villageeditor@reedermedia.com">villageeditor@reedermedia.com</a> .	
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LEGAL NOTICES	
The deadline for Legal notices is Monday, noon. Email to <a href="mailto:legals@reedermedia.com">legals@reedermedia.com</a> .	

## Free tax preparation offered at senior center

FALLBROOK – Federal and California tax preparation is again being offered at the Fallbrook Senior Center starting about the second week of February. The exact date and times will be available by the end of January.

Volunteer AARP/IRS trained tax preparers will be available on Mondays, Tuesdays, and Wednesdays by appointment only. Those participating should plan to bring their photo ID, last year’s tax return, all W2’s and 1099’s and social security cards for all household members. If filing jointly, both taxpayers must appear and show photo ID’s.

All low-to-middle income taxpayers are welcome, with special emphasis on taxpayers age 60 and older.

Tax-aide volunteers are not trained to prepare tax forms that include farm or rental income, complex business or partnership income, uninsured casualty losses or alternative minimum tax. Other

restrictions apply. Eligibility is determined by the individual volunteer preparer.

They will begin taking appointments on Jan. 17. Call 760-728-4498 to schedule an appointment at the Fallbrook Senior Center, 399 Heald Lane.

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

Submitted by the Fallbrook Senior Center.

## Girls softball registration starts Jan. 14

FALLBROOK – Fallbrook Girls Softball will have a walk up registration this Saturday, Jan. 14, 11 a.m. to 12:30 p.m., for its upcoming spring season as well as registration opportunities at its assessments on Jan. 16 and 17. The walk up registration and the assessments will be held at Ingold Sports Park, 2551 Olive Hill Road.

Assessments will be done by age group: Monday, Jan. 16 – 8U at 6

p.m.; 12U at 7 p.m.; Tuesday, Jan. 17 – 10U at 6 p.m.; 14U at 7 p.m.

Age divisions include 6U, 8U, 10U, 12U and 14U for the communities of Fallbrook, Bonsall, De Luz, Rainbow, Pala, Horse Creek and Camp Pendleton.

The spring season runs from Jan. 30 through April 22 with the All Star season starting May 1. Games take place during the week and on Saturdays with one

to two practices per week. Most games will be local, but some regional games may take place in neighboring communities.

New players must bring a copy of their birth certificates. For more details visit [www.fallbrookgirlssoftball.com](http://www.fallbrookgirlssoftball.com) or email [fallbrooksoftbal@gmail.com](mailto:fallbrooksoftbal@gmail.com).

Submitted by Fallbrook Girls Softball.

# CALENDAR

**Jan. 15** – 2 p.m. – Fallbrook Music Society presents “Quarteto Nuevo” at the Mission Theater, 231 N. Main Ave. These master musicians merge western classical, eastern European folk, Latin and jazz with a wide-ranging musical journey from Heitor Villa-Lobos to Chick Corea as well as many original works. Admission is free. For more info, visit <https://fallbrookmusicsociety.org>

**Jan. 21** – 11:30 a.m. – The Friends of the Fallbrook Library’s 2023 annual Community Read event at Pala Mesa Resort, features New York Times bestselling author Caitlin Rother and her book, “Death on Ocean Boulevard: Inside the Coronado Mansion Case.” A light lunch will be served; the author will speak, answer questions, and sign her books which will be available for purchase. Tickets are \$35 (no service fee) and are available at <http://www.fallbrooklibraryfriends.org> or at the Bottom Shelf, 124 S. Mission Road.

**Jan. 25** – 12:30-2:30 p.m. – Wellness Wednesday Event with free health screenings and workshop on Sugar 101: Be A Sugar Detective at 1:30. All happening at the Fallbrook Regional Health District's Community Health & Wellness Center, 1636 E. Mission Road. For more info or to register, call 760-731-9187 or visit <https://www.fallbrookhealth.org/health-screenings>.

**Jan. 27** – 8 a.m. to 5 p.m. – Mental Health First Aid, a free 8-hour certification public education program, will be offered at the Fallbrook Regional Health District Center over the course of two evenings, at the District Administration Office, 135 S. Brandon St. Learn to recognize

risk factors, warning signs, and symptoms of mental illness and how you can make a difference. For more info or to register, call 760-731-9187 or visit [fallbrookhealth.org/mental-health-first-aid](http://fallbrookhealth.org/mental-health-first-aid).

**Jan. 31** – 11 a.m. to 4 p.m. – Blood Drive at Fallbrook Regional Health District’s Community Health & Wellness Center, 1636 E. Mission Road. Donate and save a life. Registration is preferred but walk-ins are also welcome. To register, go to <https://www.fallbrookhealth.org/blood-drive-dates>.

**Jan. 31** – 6:30-8 p.m. – The Fallbrook Beautification Alliance along with the International Dark Sky Association will offer a Fallbrook Dark Sky Community education event at Fallbrook Library. Telescopes will be available for viewing the night sky. This is a free event.

# SHERIFF'S LOG

Dec. 21	3400 blk Sunset Dr.	Residential burglary - Grand theft from building
Dec. 28	900 blk Avenida Campana	Medical Examiners case - Death
Jan. 31	200 blk Frolic Way	Subject stop - Contempt of court - Disobey court order
Jan. 1	3400 blk N. River Rd.	Sex crime against a child - Lewd or lascivious with child under 14 years old
Jan. 3	200 blk E. College St.	Mental health evaluation - 5150 - Mental disorder - 72 hr. observation
	200 blk W. Clemmens Ln.	Fraud - Get credit/etc./others i.d.
	700 blk W. Elder St.	Temporary restraining order - Violate domestic violence court order
	1400 blk S. Mission Rd.	Commercial burglary
	3000 blk Los Campos Dr.	Mental health evaluation - 5150 - Mental disorder - 72 hr. Observation
	700 blk Convertible Ln.	Domestic violence - Spousal/Cohabitant abuse w/minor injury
Jan. 4	S. Old Hwy 395/Tecalote	Suspicious person - Arrest - Possession of controlled substance
	300 blk N. Main Ave.	Assist other agency - Misc. incidents
	500 blk Shady Glen Dr.	Vehicle burglary

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# Village News



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148 Barhaven Ln, Fallbrook

Tucked away on a quiet street, this charming home has both modern upgrades and character combined for easy Fallbrook living! This 3BD, 2BA enjoys single story living with a spacious 1,752 sqft. on a 1/3 acre lot! A cozy living room fireplace sets the mood! The primary bathroom is recently expanded and remodeled, all the bedrooms are spacious and the living areas have cathedral style ceilings for extra volume. Outdoor patio area includes plenty of room to entertain and includes a gazebo area in addition to the patio cover. No HOA!

Sold for \$670,000

Ken's Corner

If you are buying or selling in our market area, we would like the opportunity to show you what we can do for you. Our buyers succeed in multiple offer situations, and our sellers receive on average 3.84% MORE MONEY on their homes. Let us show you all the new tools and marketing strategies we are implementing to assist our clients. Call or come by today!

AT YOUR SERVICE! – Ken



3120 Knottwood Way, Fallbrook

Welcome to this beautiful single-story home in the highly desired neighborhood of Sycamore Ranch! Offering stunning views of surrounding hills and avocado groves. Home to the Golf Club of CA. Recently remodeled kitchen w/walk-in pantry, Spacious center island, Quartz counters, Glass tile back splash, Light Gray Cabinets w/stainless appliances opens to Family room with cozy fireplace. Master Bedroom features retreat with built-ins and Plantation shutters. Private, serene backyard with Koi pond and water feature. New Roof, Fresh new exterior paint, Whole house water filtration system. Tesla Solar Electric net metering. Circular Drive w/RV Parking. Attached 3-stall garage, Plus 2 1/2-stall det. garage w/workshop. 1.05 acre usable lot permitted for ADU!

Sold for \$1,210,000



3993 Peony Dr, Fallbrook

Spectacular "Classic California" estate above lovely Fallbrook. Sunsets here are amazing as are the inspiring western-facing panoramic views. Completely private and gated with a jaw-dropping resort-style pool and spa, this property is surrounded by other high-end estates. Five acres of useable land with several building sites for possible guesthouse, pool house or ADU's. Income-producing blood orange, lime and avo trees. Built by custom builder Michael Pierce, beams & high ceilings throughout.

Sold for \$1,590,000

Sharon's Corner

We have added some amazing new team members to serve you in 2023, and we will be rolling out the red carpet on our listings with brand new marketing strategies that will help YOU win in this changing market!

If you want to succeed when buying, let us help you get the best outcome and start living in your new home in 2023! We are here to make it happen for you!

LET'S TALK! – Sharon



1907 Camino Alisos, Fallbrook  
Sold for \$1,911,000

Business Spotlight



Mission Theater

Join us for shows and private events. The Fallbrook Mission theater has a full-size movie screen, full-size state, 14-speaker sound with theatrical lights and 300 seats. Join our mailing list to receive notifications for all upcoming shows or follow us on Facebook!  
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Meet Our Team



**Darlene Osborn**  
Realtor® | DRE# 02093115  
darlene.osborn@compass.com  
760-521-4277

"Darlene is an absolute dream to work with!! As first time home buyers, she really went above and beyond to make sure we understood and were comfortable every step of the way. There were multiple offers on our home, but Darlene fought to make sure ours was the one that was accepted!"  
- Kristen and Gracie L.

**Suzie Hoover**  
Realtor® | DRE# 01882681  
suzie.hoover@compass.com  
760-505-0806

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

**Travis Tysor**  
Realtor® | DRE# 02189014  
travis.tysor@compass.com  
M: 760-468-4581

Travis Tysor is a licensed California Realtor® whose grit and determination have earned him a reputation as a go getter in his community. Armed with an extensive background in marketing, mortgages, negotiation, and photography, his mission is to make all of his client's real estate goals a reality.



6543 Indian Trail Way, Fallbrook  
Sold for \$1,643,000

Charity Spotlight

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OPINION

84% increase in excess mortality reported among millennials



Julie Reeder  
Publisher

The collapse of Buffalo Bills player Damar Hamlin during an NFL Monday Night Football game was a shocking and sad event with national attention. Medical professionals provided immediate support on the field, and prayers started.

Why are doctors and experts attributing Hamlin's heart problems and sudden collapse to everything but the COVID shot he and others were forced to take despite the number of young athlete deaths?

It's the new normal for the healthiest young people on the planet to drop dead and their deaths are blamed on anything but the COVID shots. It's unpopular to talk about the spike in strokes, blood clots and was the reason for coining a new term, "Sudden Adult Death Syndrome."

Data taken from multiple insurance reports and actuaries shows that the unexplained deaths started to spike in August, September and October of 2021 after President Biden signed an Executive Order forcing corporations, military and professional sports organizations to give their people the experimental shots.

Pfizer and Moderna didn't need any sales pitch for COVID shots, since the products were developed, ordered, purchased, promoted, defended, indemnified and even mandated by our own government. Then anyone who dissented or asked questions was censored and ridiculed.

Edward Dowd, author of "Cause Unknown" and a former BlackRock Managing Director, on a recent podcast said, "The number of people dying and disabled from the COVID shots are staggering. The wheels of justice are slowing

grinding. The message I'm trying to get out is to just stop taking the shot."

He continued, "There has been an astounding 84% increase in excess mortality among healthy millennials between the ages of 25 and 44 in the second half of 2021. The vaccination has proven far more dangerous to young people than COVID itself."

In Dowd's new book, "Cause Unknown: The Epidemic of Sudden Deaths in 2021 and 2022," he explores the rise in sudden fatalities among young, healthy people beginning in 2021. He also documents the hundreds of cardiac deaths in athletes since June 2021 and shows that what they all had in common was the mRNA COVID-19 shot which has a documented and proven adverse effect and known risk of myocarditis, especially in young men. The book has QR codes with a link to all the data and backup documents.

In 2021 and 2022, Dowd started seeing a shift from older people dying to younger healthy people. He said, "There's something new going on and it's undeniable and true. We rarely had a month with 29 deaths before August 2021 and now we have 100 or 150 a month. We catalog those stories that the health officials don't seem to care about. There's a new term now to describe unexplained deaths of people in the prime of their lives – Sudden Adult Death Syndrome."

He continues, "From February 2021 to March 2022, millennials experienced the equivalent of a Vietnam war, with more than 60,000 excess deaths. The Vietnam war took 12 years to kill the same number of healthy young people we've just seen die in 12 months."

Young people have a death rate from COVID-19 that is .00003% or statistically zero, making the vaccine unnecessary in the first place.

During 2020 we all portrayed tickers with the number of people who died from COVID-19. Then we started seeing that many of those people died "with" COVID-19, not always "from" COVID-19. But no one seems to care about the thousands of young people dying post August 2021 all over the world in vaccinated countries.

Matt Le Tissier, Global Star Footballer is quoted in "Cause Unknown," "Never seen anything like it. I played for 17 years. I don't think I saw one person in 17 years have to come off the football

pitch with breathing difficulties, clutching their heart, heart problems. But, in the last year, it's just been unbelievable how many people, not just footballers, sports people in general – tennis players, cricketers, basketball players, just how many are just keeling over. And at some point, surely you have to say, 'This isn't right, this needs to be investigated.'"

Dowd reports the shots were known to be deadly from the beginning from information found in a FOIA request. "During trials the all-cause mortality of the Pfizer product failed. There were 21 deaths in the vaccine cohort and 17 died in the non vaxxed cohort. But it was approved anyway. You don't push a product that fails the gold standard of testing with more people dying with the product."

Then people were forced to be vaccinated despite the fact that they didn't have informed consent and the ingredients weren't published as to what was in the shot.

Dowd also points out that the pharmaceutical companies including Pfizer have prior fraud convictions among other issues.

The San Diego Communications Office this month sent out a press release to remind everyone that, "If someone does drop from a cardiac issue, medical experts say every second counts once cardiac arrest has brought about the abrupt loss of heart function, breathing, and consciousness. Quick actions like CPR and defibrillation can improve outcomes while waiting for medical professionals to arrive."

In their press release they write, "CPR, or cardiopulmonary resuscitation, is used when the heart can't pump blood to the rest of the body. It uses chest compressions to mimic how the heart pumps. Many organizations like the American Heart Association and YMCA provide CPR certification courses.

"An AED can also help someone in cardiac arrest. They are located in many public places, and you can download and use the PulsePoint AED app to help build a regional registry of where the defibrillators are located. The app is the companion to the PulsePoint Respond app, which notifies nearby responders of a cardiac emergency, providing a map of the location and nearby approved AEDs."

Being ready in case of an emergency could save someone's life who is near or dear to you.

Writer reawakens after Rip Van Winkle sleep

Tim O'Leary  
Special to the Village News

Hello, again, dear reader. Until recently, I'd simply could not grasp the concept of being 'Born again.' Now I understand. A new day has dawned.

I finally have an inkling as to how Rip Van Winkle felt when he awoke from his deep sleep. I think I know how Lazarus felt when Christ summoned him from the tomb. I have a recollection of how I felt when I burst from my mother's womb.

I felt that reawakening during the recent fete in which the Pechanga tribe and the city of Temecula marked the 10th anniversary of Pechanga Pu'eska Mountain Day. I now understand the meaning of those two words: 'Born again.'

I will elaborate below. But first let me share a quote that was on a poster distributed at the event. They are words we all, especially women, should live by. The quote is attributed to Pechanga tribal leader April Bouchard and apparently extracted from the 1995: "Yaamay: An Anthology of Indigenous Women's Voices of Southern California."

"I AM like nothing they've seen and cannot be contained. I am untouchable here, not because I am fragile, but because I am FIERCE."

I should first tell you about Pechanga Pu'eska Mountain Day. It is always key to cement the context before dipping a toe into the quicksand of thought and words.

Pu'eska Mountain is one of many sites in a vast region that are sacred to the Pechanga tribe. But it is holier than most, as tribal members say it is the home of their creation story. It has been likened to Bethlehem's stable, Moses' burning bush and Islam's Holy of Holies.

Pu'eska Mountain is known to the Luiseno Indians – a grouping of sister Native American tribes that once claimed a huge empire – as "the Mountain that Weeps."

Pu'eska Mountain is also the former site of the proposed Liberty Quarry, which many credible sources have accurately described as "Riverside County's most contentious land use controversy." I can confirm that moniker, as I served as a humble and objective witness to the drama as it unfolded from start to finish.

Liberty Quarry pitted a massive mining and construction company against a rag-tag coalition of environmental, civic and government groups and agencies. The battle unfolded over many years and dozens of public hearings that often lasted eight hours or more.

I wrote about nearly every one of those meetings which were held in Riverside, Temecula and Fallbrook.

The 310-acre quarry site was perched high above Temecula, Fallbrook, Rainbow, De Luz and Bonsall. It looked down

upon the pristine, free-flowing Santa Margarita River, two state highways and one interstate highway.

The Pechanga tribe purchased the quarry site for \$20.35 million in the 11th hour of the controversy. The purchase unfolded just as the project opponents had feared a twist of fate had caused the government's wheels to grind them into dust.

The purchase of the site was announced at an impromptu gathering atop a parking garage located a stone's throw from the Pechanga casino. I was honored to have been invited to that historic and enthusiastic afternoon party.

Now, if I may indulge you, kind reader, may I shift to my far-more-mundane saga? We picked up my story as I marked my 42nd year in this crazy, beautiful business of journalism.

In this chapter of my life and career, I had just finished a decade of caring for my beautiful, whip-smart wife who had sadly been afflicted by, and suffered deeply from, dementia. We have since moved my beloved wife to the Boston area, where she will be close to her extended, loving family.

Next we fast forward a few weeks, which is when I suffered a total health collapse that landed me in an Oceanside ICU for eight days and its medical/surgical floor for another two.

Those adventures finally led me to the Nov. 15 Pu'eska Mountain Day Celebration. Now I have the liberty to say I felt reborn there because I had the joy of crossing paths with dozens of friends and former colleagues, sources, critics and treasured companions whom I accompanied on this quixotic yet epic journey.

They welcomed me back like Lazarus, the man risen from the dead, or a victorious Roman warrior parading through the Senate grounds after a hard-fought battle against the barbarians who had dared to storm the gates of that iconic city.

Some of this cadre of chums welcomed my return with open arms.

"I'm glad you're back," whispered Mary Ann Edwards, a Temecula schools and civic leader who stepped down after serving more terms as a council member and mayor than anyone since that sprawling, fast-growing community coalesced into a city in 1989.

A few other leaders accepted my abject apologies for my many years of being an arrogant newspaper reporter.

"It's all good, Tim," said a forgiving Mark Macarro, a longtime Pechanga tribal chairman and spokesman who shook off my screeching tendencies many times many years ago.

It's so good to be home, my dearest readers and friends. May we all live long and prosper. May we all revel in the spoken and written word.

An immigration mess

Supervisor Jim Desmond  
5th District

Last week, nearly 1,000 migrants were dropped off at transit stations across San Diego County. It was heartbreaking and shows the immigration mess we have on our hands.

Here's how it works. People from around the world come across our southern border and ask for asylum. If they're deemed qualified for a hearing, they're given a court date in the future (sometimes years). Federal law only allows Border Patrol agents to keep these asylum seekers for a limited time. When that time expires, they have to release them. So, last week, Border Patrol dropped hundreds of people a day at various public transit stations across San Diego County.

This is not humane. This is not compassionate. My heart breaks for these people who are trying to better their lives. The majority of the migrants don't speak English and don't have the resources to get to their final destination, but they're just dropped and left in our county.

Charities in our region, led

by Jewish Family Services and Catholic Charities, have stepped up to serve and help manage the migrants coming out of federal release, but they have limited capacity and resources. The County of San Diego has about 600 beds available, and the current influx exceeded capacity.

We already have a severe homeless problem in San Diego County and dropping 1,000 people onto our streets will only perpetuate the issue. Our hospitals, homeless shelters, law enforcement, public health department, and social services are already at and beyond capacity and should not be forced to chase the actions of the Feds to protect San Diegans.

The Federal Government should fund and operate temporary shelters or housing, on federal properties, and process people through to their final destinations, not release them on our streets and transit centers. They should not allow anyone else into our region until they are able to manage them.

Until the meantime, I'm going to continue to look for solutions to help those in our County and work to fix our broken immigration system. I will keep you updated.

DIABETES PREVENTION  
& MANAGEMENT

FREE BEGINNERS  
8-WEEK CLASS  
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Contact Rebecca Holder  
educator@fallbrookfoodpantry.org

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Re: ‘Educator questions test scores for Fallbrook High district’ [Village News, 1/5/23]

I really appreciated your article on Jan. 5, 2023, of an “educator” asking nine specific questions of Superintendent Ilsa Garza-Gonzalez concerning the failings of Fallbrook schools.

I suggest all parents and taxpayers read this article to get a good idea of what you aren’t getting for your money.

My very quick background: my mother was a high school teacher most of her life. I got my credentials for secondary English in 1973. After substituting before and after, I realized how quickly the schools were slipping into low standards and politics. I chose to only sub for 14 years in over 20

schools and three states. I’ve seen it all, good schools and bad, and why some worked and most didn’t.

Increasingly, more indoctrination and less education happened; there were numbered teachers who just wanted the pension and to get out. It’s the big secret no one talks about.

I also knew the whole tenor of schools’ education rolled from the superintendent on down to the principals and then reflected in the teachers.

I am sure Garza-Gonzalez is very educated in child psychology, behavior modification, administrative strategies, lots of degrees, and even the mandatory

three names with a 10% salary boost if it contains a hyphen.

Her responses were pure educational politics 101. Long sentences fraught with educational buzzwords and phrases with purposely nebulous meanings that draw no definitive conclusions. Just like a nervous politician giving a double speak stump speech.

So, Joe, give us an example. Okay, page A-5, #3 question: Why are 79.73% of students below grade level in math? Garza-Gonzalez’s answer: “Although the progress may not be apparent, we are proud of our progress in math as well as ELA.” See how a negative was skillfully turned into a positive? Percentages from 2018-19 to 2021-22 got worse!

You didn’t answer the question; under your reign, 78.73% couldn’t pass standards. Now you say you and your “team” (faculty) are making, wait, striving to make “progress.” How did it get this bad in the first place? You test regularly to pick up problems early, don’t you? How did it get to 79.73%?

I’ll tell you how, because you were too busy cramming CRT and commie-core down their throats every day. Too busy turning boys into girls and girls into boys. Too busy making normally confused and nervous adolescents more nervous and confused. Any boy acting like a boy is immediately sent to a psychologist and put on meds to, you know, make him more “normal.” Then, they wonder why there are so many school

shootings.

In Santa Cruz U.C., their philosophy in the “Education” Dept is “we’re not interested in the teacher in the class. We are only interested in education theory.” The ivory tower liberals planning how you think. Left!

Call, write, email Garza-Gonzalez and tell her you don’t want U.C. buzz words and phrases; you want apparent results or you’ll find someone more capable than Garza-Gonzales.

Stop buying out the contract of incompetent narcissists. Make them earn tenure, and if no results, six months severance, and see ya.

Joseph Schembri

Capitol schedule for 2023



Assemblymember Marie Waldron  
75th District

On Jan. 4, 80 Assemblymembers and 40 Senators returned to Sacramento for the 2023-2024 legislative session. Hundreds of bills will be introduced over the coming weeks. Most won’t be controversial, and many will probably never become law.

Most bills must be submitted to the Office of Legislative Counsel by Jan. 20, and Feb. 17 is the final bill introduction deadline. Bills will be referred to their respective committees for hearings in March or April, where many will be amended significantly. Legislative deadlines throughout the year must be met – bills that don’t meet these deadlines can be held over as two year bills.

Legislation with a fiscal impact greater than \$50,000 for Senate bills or \$150,000 for Assembly bills will be referred to the Senate or Assembly Appropriations Committees’ “Suspense Files,” where bills with significant fiscal impacts receive more scrutiny before a final floor vote.

All bills must pass through their assigned committees and house of origin by June 2; final passage by both houses is required by the time we adjourn on Sept. 14. This final floor vote is often the only time members not assigned to a bill’s specific committees actually see the bill. The Governor will then have until Oct. 14 to sign or veto legislation submitted to him by the Legislature.

This session we have 24 new Assemblymembers and 10 new Senators. Even though the partisan makeup in Sacramento is lopsided, with 62 Democrats and 18 Republicans in the Assembly, and 32 Democrats and 8 Republicans in the Senate, bipartisan legislation is common.

There is always potential for solid bipartisan work on important legislation. The major problems facing our state, including homelessness, public safety, wildfire prevention, inadequate water storage capacity, economic revitalization and many more, impact everyone, regardless of party.

Kicking It through the holidays

Elizabeth Youngman-Westphal  
Special to The Village News

Welcome to 2023. This past holiday season was one of our best. It started with a 5-night cruise to Cabo with the grandkids returning just in time for Santa’s silly Christmas stockings.

We both got a bar of perfumed soap, his is rose scented from Paris while my gardenia bar is from London. Santa brought a bottle of floral scented Poo-Pourri, a new shaving brush, hand lotion, and an elaborate Imperial Rose Jewelry Box in blue enamel with gold filigree, a DVD of “Mrs. Harris Goes to Paris,” and what would Christmas be without a pair of silly socks?

Tradition continued with the Christmas Day dinner. Adding to the merriment this year were Grand Champion Reserve Seabeck Earl’s parents, Mik and Linda, our besties Jaci and John, plus Mark, a college friend from VJ’s college days at U.C. Davis. Officially Christmas comes to a close prior to dessert. The table is cleared and it flips over to my hubby’s birthday fête with coffee and cake.

In between Christmas and New Year’s Eve, I binged on a TV series out of Nashville produced by Reese Witherspoon. It’s about two ladies that organize. They will clear out your closets, your home, your kitchen, your drawers, your life. Their entire show revolves around eliminating clutter.

The first show I caught featured an aging size-zero Barbie doll. I say “aging” because of a few things like her lineless-expressionless face, her extreme botoxed lips, her long blonde extension-infused hair, zero-dress size (I know, I do sound jealous, but mostly I’m miffed) and lastly, her blinding-snow-white smile. Apparently, cosmetic dentistry is still a Hollywood craze.

I think this frantic closet celebrity is one of those “Housewives of (fill-in-the-blank) city”.

Maybe I am bitter. But on behalf of real women everywhere, I recently watched Cindy Crawford on a celebrity fixer-upper show, and amazingly enough,

this international beauty is still exquisitely beautiful and appears to look like a real healthy woman. Which is the sign she has used professionals to maintain her appearance instead of hacks.

Enough of my ranting. Back to the organizational ladies and their TV show.

As it happens, Barbie’s room-sized-custom-closet was overflowing with haute couture outfits encased in clear dry-cleaning bags on wire hangers, which we are about to learn is equivalent to ‘original sin.’

The celebrity articulates her harried schedule filled in by the appropriate “ooh’s and aah’s” by the ladies just as Barbie clicks out of the room and out of view.

The next thing that happens is four ordinary looking working women in logo t-shirts barge forth like stormtroopers carrying overflowing bags filled with a variety of clear plastic containers, a ten-foot-bobtail truck stocked with more clear organizing units, and the entire city’s inventory of matching-felt-clothes hangers.

Fast forward one hour, the two hostesses recap how their business started and by the end of this 60-minute program, Barbie returns to an elaborately systematized custom showroom.

The show is addictive. I don’t recall what streaming site it’s on, but I binged on every last one of the shows ending with, oh, surprise, Reese Witherspoon’s new showcase for all of her movie costumes situated in the center of her mansion.

Admittedly, I was inspired. I even made a pact with myself to “Toss, Donate, or Keep.” Which sounds impressive.

But. Wait for it. Wait for it. You know there is a big but. Here it is. The Tennessee team of organizers has still not arrived with the truck. Now what am I to do with all of the unsorted floor-full of closet stuff?

For now, I’m gonna close the door and see if I can’t find that program.

Elizabeth can be reached at [eyoungman@reedermedia.com](mailto:eyoungman@reedermedia.com).

Arise Shine

“KINGDOM”

Where do we go from here?

“Therefore we do not lose heart. Even though our outward man is perishing, yet the inward *man* is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding *and* eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen *are* temporary, but the things which are not seen *are* eternal.”

– 2 Corinthians 4:16-18

“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”

– Jeremiah 29:11

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# Six newly elected county officials ceremonially sworn into office Jan. 9

**Tracy DeFore**  
County of San Diego  
Communications Office

Six county officials took their oaths of office during a ceremonial swearing-in ceremony at the County Administration Center on Monday, Jan. 9.. Four were incumbents and two are new to their offices.

Supervisor Nathan Fletcher was re-elected to a second four-year term. He represents the Fourth District, which includes the cities of Lemon Grove and La Mesa, parts of the City of San Diego, and unincorporated communities including Casa De Oro-Mount Helix, Rancho San Diego and Spring Valley. He was sworn in by Patrick Casao, Jr.

During his remarks, Supervisor Fletcher highlighted the many ways the County has moved forward in issues important to the County. He also quoted Dr. Martin Luther King.

“We cannot walk alone, and as we walk; we must make the pledge that we will march ahead. We cannot turn back,” said Supervisor Fletcher. “Our County government has turned in a stronger direction in the last four years and we cannot turn back. We have to continue those efforts moving forward on a path to a more perfect union and I’m honored to continue to serve.”

Supervisor Jim Desmond was also re-elected to a second four-year term. He represents the Fifth District which spans the North County from Oceanside, Vista and



Supervisors Nathan Fletcher, left, and Jim Desmond are sworn into office for their second terms.

Village News/Courtesy photo

San Marcos to Palomar Mountain, Borrego Springs and Ocotillo Wells. Rincon Band of Luiseño Indians Chairman Bo Mazzetti administered the oath of office.

Supervisor Desmond told the audience he looks forward to working with the board to get things done and solve any issues. He said he works by the same principles as he did during his career as a commercial airline pilot.

“Safety is number one, number two is proper management of the

available resources, and quality of life with common sense and practical solutions. That is what I am going to continue in the future,” said Supervisor Desmond. “I look forward to working with this board and solving many of the issues that we still face in San Diego County and make it a better place for all. It is an honor to serve.”

The first woman to be elected sheriff in San Diego County was ceremonially sworn into office. Sheriff Kelly A. Martinez takes

over for interim Sheriff Anthony Ray. He was appointed last March after Sheriff Bill Gore resigned. Sheriff Martinez was sworn in by San Diego Superior Court Judge Michael S. Groch.

County District Attorney Summer Stephan won a second term of office. She was sworn in by San Diego Superior Court Presiding Judge Michael T. Smyth.

Both Sheriff Martinez and D.A. Stephan will serve a six-year term. A new state law extended the four-year term to six for sheriffs and

district attorneys elected in 2022. The six-year term will put future law enforcement elections on track with presidential elections.

Jordan Marks was elected to his first term in office as Assessor/Recorder/County Clerk. The oath of office was administered by three-term former Assessor/Recorder/Clerk Ernest Dronenburg, Jr.

Treasurer-Tax Collector Dan McAllister was re-elected to his sixth term of office. He was sworn in by Deborah Szekely.

# Tips to drive safely, avoid flooding in rainy conditions

**Yvette Urrea Moe**  
County of San Diego  
Communications Office

The San Diego County’s Department of Public Works road division and the Office of Emergency Services remind residents to drive safely and be flood ready.

The National Weather Service is forecasting milder rain conditions in San Diego than the central and northern part of the state, but safety precautions always apply on wet roads.

The following 10 tips are important when driving in rainy conditions:

1. Slow down to avoid getting into an accident. Remember, it takes longer to stop when roads are wet. Allow yourself at least an extra 15 minutes or so to arrive at your destination to adjust for slower traffic.
2. Turn on your headlights to see better and make it easier for other drivers to see you. It’s the law.
3. Try to drive toward the middle lanes as water tends to gather in outside lanes.
4. Defog your windows for better visibility. Rain can cause windows to fog up. Along the same lines, check your windshield wipers preferably before it rains again and replace them as needed.
5. Avoid driving through deep water because it can affect your brakes. If you cannot avoid it, test your brakes afterward to make sure they’ve dried out and are working properly.
6. Give the cars in front of you extra distance. The spray from their vehicles – particularly from larger trucks and buses – can hamper your vision. And giving extra space to the guy in front of you also gives you more time to brake or adjust if you need to.
7. Keep calm, don’t oversteer or stomp on the breaks if you



Village News/Courtesy photo

start to hydroplane or skid when your tires lose traction on the wet road. The Department of Motor Vehicles says keep the steering wheel straight and take your foot off the accelerator so your vehicle can slow down slowly.

8. Turn around, don’t drown. In heavy rains, never drive through a flooded roadway if you cannot see the pavement. Even a few inches of water running at the right velocity can sweep a car, and even a truck, and its occupants off the roadway and downstream. The same tip applies to trying to walk

or swim across a flooded roadway.

9. Stay focused. Remember, it’s illegal, and dangerous, to try to text or use a hand-held cell phone when you’re driving.

10. Slow down for the cone zone if you see highway or road workers ahead or to your side. Watch out for DPW crews and equipment.

Bonus tip, if you have to travel to where you’ll have to drive in snow, keep up with the weather reports to see if tire chains are required. Be aware conditions on the ground can change rapidly.

Also keep some extra safety equipment in your car.

Chain controls, road condition updates, and other safety advisories are posted on DPW’s Facebook and Twitter sites.

Off the roads, while this storm system is not expected to be excessive, residents may want to prepare and learn more about flood risks since floods are the most common natural disaster. The San Diego County Office of Emergency Services has flood ready information to lessen your risk, <https://www.readysandiego.org/flooding/>.

<https://www.readysandiego.org/flooding/>.

DPW’s road division crews keep roads and motorists safe by removing road hazards, closing flooded roadways and plowing roads when bad weather strikes.

The Office of Emergency Services helps residents prepare for disasters and emergencies by encouraging people to create a personal disaster plan, register for emergency updates and download the free SDEmergency app, <https://www.readysandiego.org/content/oesready/en-us.html>.



**“ We were just looking through this week’s and last week’s publications with joy :) ... It is wonderful to have a community newspaper that supports education in our community the way the Village News does. Thank you to you and your entire staff for keeping all of the best of Bonsall USD in the news, we appreciate it. Thank you! ”**

Gina McInerney  
Executive Assistant to the Superintendent  
Bonsall Unified School District

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# Early morning fatal crash closes South Mission Road

**Village News staff**

There was a fatal accident with a solo driver of a 4-door sedan who was pronounced dead at the scene by first responders on Saturday, Jan. 7, according to NCFPD PIO Capt. John Choi. The accident was reported at 1:33 a.m. The driver

had very serious injuries resulting in death at the scene.

The car had crashed into a SDG&E power pole at a rate of speed fast enough to cut the car in half. The power pole had minor damage and the crash did not cause a power outage.

Half of the vehicle was blocking

both lanes of South Mission just south of Green Canyon and the other half of the car was in the creek next to the road, according to Choi. South Mission was closed for a short time for investigation, clean-up and the Coroner. The identity of the deceased has not been released.

TEAM  
from page A-1

the benefits of having one before disaster strikes. They also handed out disaster preparedness booklets with

evacuation tips compliments of the County Office of Emergency Services. Mitchell added that there was “a huge interest in community members wanting to join CERT.” To request a presentation, Mitchell can be contacted at 760-451-3124.

North County CERT has an office at 337 E Mission Road, Fallbrook, that is open Monday through Friday, 9 a.m. to 5 p.m.; visitors are welcome. For more information, visit <https://northcountycert.com/>.



Crime Prevention Specialist Heather Mitchell and Firefighter Max Paur spend some time checking on road conditions on a rainy day.



Bob Crane from North County CERT presents information on his group and its services at the Encore Club meeting.



Fire Captain Tom Harrington talks to the Encore Club about emergency preparedness, Jan. 3.

STUDENTS  
from page A-1

story of Elenie always wanting to be the number one student, in elementary and middle school. Ironically, the student who continually challenged her in that honor was another student (Skaja) also being recognized at the breakfast.

Elenie’s father, Israel, also shared about his daughter being “very diligent since when she was a little girl” and striving for success.

Garcia was nominated by Debbie Berg, a teacher and coach of the FHS field hockey and lacrosse teams. She said Garcia was the fastest person on the teams, a “fierce competitor” and a leader.

“I would call her feisty,” Berg said, sharing about the change from seeing the student argue with the referees as a freshman to now, when as captain, she told teammates to “calm down” when emotions were heated.

Garcia is committed to her work schedule on Fridays, Saturdays and Sundays, the coach said, but is able to work in the commitment to her sports, while maintaining a 4.27 GPA. She is also a volunteer coach on the middle school team. Garcia was first team all-league in field hockey this year.

Garza-Gonzalez translated for Erica’s mother, Maria Garcia. “She’s had a lot of challenges in life but has always reached her goals,” she said. “She loves her sports and always tells me, ‘Mom, I want to play.’”

“When she works, she always comes home and isn’t in the streets,” the mother added.

With her on the stage were her father, Jose Garcia, and

grandparents, Christiana and Michael Gonzalez. The grandmother complimented coach Berg on her ability to know when to push the athletes and when to hold them back.

“I don’t know why I am so motivated,” the student said. “I always pushed for A grades and thrived in the dual emersion program.”

Garcia said she has applied to many universities but hasn’t yet decided where she will attend. Her goal is something in the medical field – likely as a surgeon.

“I’ve always liked Gray’s Anatomy and decided that’s what I want to do,” she said. She also said that being team captain helped her mature. “I’ve grown as a person and leader.”

Skaja was also nominated by Milton, who said he took difficult classes while maintaining a 4.0-plus GPA.

“He always asks the best questions in class,” she noted, adding that he took all the school’s engineering and robotic classes in three years.

Skaja’s parents were out of town, but grandparents Terry and Colleen Magee shared about their grandson.

“As a grandparent, you love his focus on academics,” his grandfather said. “Ryan is just a great student and human being.”

The student said he wants to pursue a degree in mechanical engineering and a couple schools he is considering are Boise State and Baylor – but it’s too early to decide.

“Hopefully I’ll go on to do something to benefit the world,” Skaja added.

Indeed, these are four students who are on the right track to make a difference.

TEACHER  
from page A-1

The district official added that since it’s a personnel matter, he couldn’t comment about a Village News request for details.

The CPC heard testimony from Humphreys and her team, as well as the district’s position before issuing its 28-page decision last summer. Summarized, it said Humphreys should have been given a more precise warning about the consequences of not testing before being suspended.

Humphreys said she was not an

anti-vax advocate.

“Humphreys has admitted her poor decisions in choosing not to respond to three emails over a six-week period before the CDPH’s order took effect and for staying Miranda-warning-like silent at the Sept. 28, 2021, meeting precipitating her being directed on leave,” Vanderpool said in his brief. “She also professed sincere regret for not knowing what she didn’t know about the testing she could and should have undertaken, wherever and however she chose, prior to being served with immediate suspension.”

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**San Diego County Market Update**



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Median Sold Price  
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**SOLD**



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# Lady Warriors outshoot the Sundevils



Fallbrook's Janice Garcia battles to make a shot at the net during the varsity girls basketball game against Mt. Carmel, Jan. 4.



Lady Warrior Harley Benitez takes a 3-point shot against the Sundevils. Fallbrook won the game, 71-64.



Fallbrook's Brooke Quintana takes a jump shot against Mt. Carmel.



Lady Warrior Claire Nordeen defends for Fallbrook against the Mt. Carmel Sundevils.



Lady Warrior Lesly Bautista finds herself open and takes a shot attempt against the Sundevils.



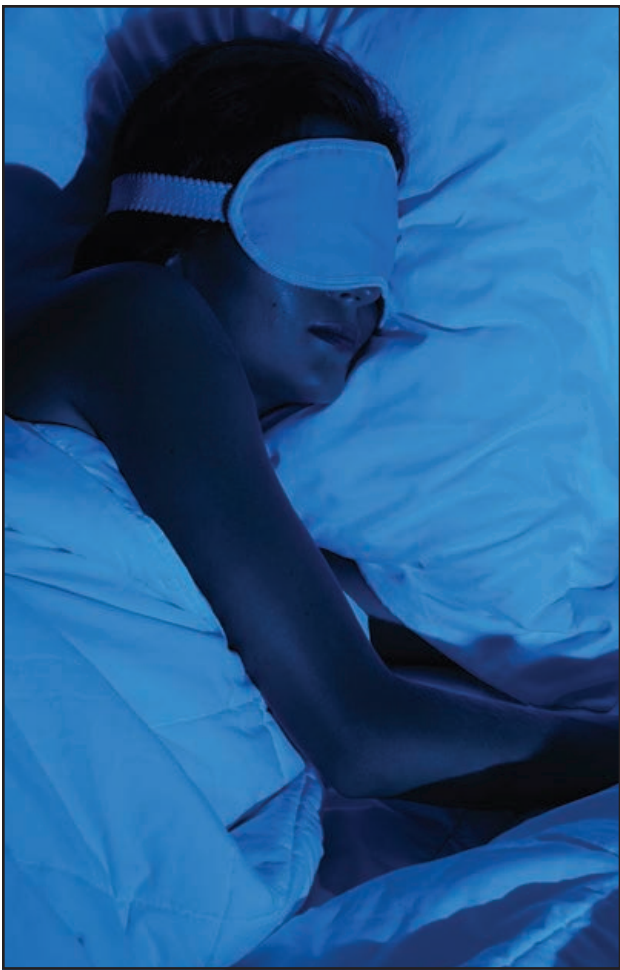
Lady Warrior Harley Benitez gets the ball in Fallbrook's court against Mt. Carmel.



Lady Warrior Brooke Quintana quickly dribbles the ball past Sundevil defenders.

HEALTH

77 things you can do to boost your immunity



**Mercura Wang and Dr. Yuhong Dong**  
*Epoch Times*

Every year in the United States, around 20% of the population gets the flu. The Centers for Disease Control and Prevention recommends the annual flu vaccine for everyone over the age of 6 months, unless the vaccination is deemed unsafe due to medical conditions, and generally about half of the people do.

The currently licensed flu vaccines in the U.S. are live-attenuated influenza vaccines (LAIV), recombinant hemagglutinin (HA) vaccines, and inactivated vaccines (including whole inactivated vaccines, split vaccines, and subunit vaccines). The last group, inactivated influenza vaccines, are the most commonly used. Every year, several months before the annual flu season starts, the Food and Drug Administration decides which four strains of the seasonal flu virus will be dominant and informs the vaccine manufacturers accordingly.

According to the CDC, since 2009, the effectiveness of the flu vaccines ranged between 19% and 60%, with it being under 50% in most years. This may be one reason many people opt for other ways to boost their immunity come flu season.

Here are 77 tips to boost your immunity

1. Eat the rainbow

Essential nutrients such as vitamins B, C, and D, play a critical role in maintaining and boosting our immunity, and the best way to obtain them is through food intake, so a healthy balanced diet is of paramount importance. The “eat the rainbow” principle, simply put, refers to the fact that the more colorful your vegetables and fruits variety is, the more nutrients you’ll get. Dark and leafy greens contain an abundance of antioxidants – natural molecules that help neutralize the damaging free radicals in the body. Immune-boosting foods also include eggs, fatty fish, milk (especially the dairy products fortified with vitamin D), cereal, fruits, vegetables, nuts, and seeds.

2. Get enough vitamin D

Studies have shown that vitamin D is a faithful defender of our immune system. The higher the level of vitamin D in our body, the lower the risk of us contracting a virus.

Theoretically speaking, the body can produce sufficient vitamin D, if it is exposed to enough sunlight. In addition to eating food with vitamin D, we should also bask in the sunshine, at least twice a week, for about 20 minutes each time.

After being exposed to the sun for 5 to 30 minutes, the blood concentration of serum 25-hydroxyvitamin D, also known as 25(OH)D, will rise to approximately 60 ng/mL and stay at this level.

If the sky is covered with clouds, the ultraviolet radiation (UVR) energy is reduced by 50%, and air pollution can also decrease UVR.

A sunscreen with a sun protection factor (SPF) greater than 8 can block at least 87% of UVB, thus preventing your skin from synthesizing vitamin D.

3. Eat warm oatmeal in the morning

Our stomachs upon waking from sleep in the morning gain nourishment better from warm foods than cold. Grains contain several nutrients, including immunomodulating nutrients, and can help set the tone for a healthy day.

Oat nutrients include dietary fiber (β-glucans), copper, iron, selenium, zinc, polyphenolics (e.g. ferulic acid and avenanthramides), and proteins (e.g. glutamine). Acting together, these excellent nutrients can modulate both of our innate and acquired immune systems to provide optimal immune responses. At the same time, they can alter our gut microbiome for the better, which also enhances our immunity.

4. Fast intermittently

Intermittent fasting, which has been practiced for thousands of years, can boost our immunity by enhancing certain host defense mechanisms and modulating the inflammatory response. During the COVID-19 pandemic,

intermittent fasting has been associated with greater survival rates.

5. Get enough vitamin C

Vitamin C is one of the largest immune system boosters of all time. In fact, lacking it can even make you prone to disease and infection.

It is an essential nutrient and it supports the function of many immune cells. For instance, it enhances the proliferation of B cells and T cells, which create antibodies and destroy infected or cancerous cells, respectively. In addition, vitamin C supports the epithelial cell barrier against pathogens.

Daily intake of vitamin C is essential for good health, because our body doesn’t produce or store it. However, the good news is that vitamin C is in many foods, so most people don’t need to take a vitamin C supplement unless advised by a doctor.

Foods rich in vitamin C include oranges, grapefruits, tangerines, strawberries, bell peppers, spinach, kale, and broccoli.

6. Eat nuts and seeds

Nuts and seeds contain an abundance of nutrients, including zinc, iron, selenium, copper, calcium, and Omega-3 polyunsaturated fatty acids. The fatty acids help our body properly absorb vitamin E, which is immunity-boosting. Therefore, nuts and seeds can effectively reduce inflammation and enhance our immune function.

The nuts and seeds that we should consume on a daily basis are walnuts, almonds, cashews, pistachios, hazelnuts, Brazil nuts, sunflower seeds, chia seeds, and flax seeds.

Note that peanuts are not true nuts, and they don’t count!

7. Quit smoking

Cigarettes and chewing tobacco both contain nicotine and other chemicals that can weaken or suppress our immune system. Smoking can also destroy the respiratory epithelial cells’ ability to produce interferons. Overall, smoking and vaping can increase the risk of immune system problems.

8. Sleep a little earlier

It has been proven that sleep loss can negatively affect different parts of our immune system, which in turn can result in various disorders and diseases. Cytokines, a type of protein of the immune system, are only produced during sleep. And a lack of sleep can also impede the production of antibodies in our body.

To get an adequate amount of sleep, you need to follow a regular bedtime schedule, stay active throughout the day, avoid caffeinated drinks and alcohol before bedtime, and relax and unwind before going to sleep.

9. Get enough vitamin A

Vitamin A is a group of unsaturated monohydric alcohols, which plays a critical role in boosting our body’s immune function. Besides playing promoting and regulatory roles in our innate and acquired immune systems, vitamin A can also help cure various infectious diseases.

Foods rich in vitamin A include broccoli, carrots, sweet potatoes, pumpkins, tomatoes, red bell peppers, cantaloupes, mangoes, fish oils, dairy products, and eggs.

10. Eat mushrooms

For thousands of years, certain medicinal mushrooms (e.g. almond mushroom, caterpillar fungus, and sheep’s head mushroom) have been used in Eastern medicine, especially traditional Chinese medicine, to enhance our immune system.

These medicinal mushrooms contain various nutrients, including beta-glucans, which are polysaccharides that can activate immune cells. They can also enhance macrophage and natural killer cell function.

In addition, mushrooms have antimicrobial, anti-inflammatory, and anticancer properties. Their antineoplastic properties can slow the growth of tumors, and increase malignant-cell phagocytosis. And mushrooms are potential immune modulators, affecting hematopoietic stem cells, lymphocytes, macrophages, T cells, and natural killer cells.

Most of these immunity-boosting mushrooms can be used in cooking or

consumed as powder.

11. Add some herbs and spices

Common spices and herbs possess antiviral, antimicrobial, antioxidant, and immunity enhancing properties, as they contain many essential nutrients including different vitamins. Therefore, they can play a role against viral infections. In fact, some researchers believe that the daily use of many spices in cooking had enhanced the immunity of the Indian population, and that its mortality from the COVID-19 pandemic turned out to be low.

Common herbs and spices include garlic, turmeric, cinnamon, oregano, and thyme.

12. Keep hydrated

Roughly 60% of our body is made of water. Having too much or too little water in our body can keep our immune system from working properly.

For instance, lymph, a fluid of our circulatory system responsible for transporting important immune cells throughout our body, is made up of mostly water. Therefore, if we become dehydrated, it will slow down the movement of lymph. In the worst case scenario, it may result in an impaired immune system.

In order to provide our immune system with adequate water, it is recommended that we should drink eight 8-ounce glasses of water per day, while avoiding sugary drinks.

13. Try some black tea

Dr. Yumi Ishihara, a well-known Japanese naturopath, used to be the physician of a former prime minister of Japan. He’s over 60 years old, but he still sees patients and writes daily, and gives over 100 lectures a year. Ishihara is used to fasting in the morning and replacing breakfast with a cup of black tea with molasses and ginger. According to him, drinking this kind of black tea in the morning can warm our body, activate our internal organs, and promote excretion. It’s his anti-aging immune booster.

To see the other 64 tips, read the whole article on [www.villagenews.com](http://www.villagenews.com).

# Ways pets can make New Year’s goals stick

LOS ANGELES – A new year means a time for new resolutions. The good news is that there is somebody nearby who might be able to help you reach those 2023 goals: your dog or cat. Furry friends can provide people with the necessary motivation to keep their goals for 2023 on the right track.

Best Friends Animal Society, a leading animal welfare organization working to end the killing of cats and dogs in America’s shelters by 2025, is highlighting some ways pets can help people reach and maintain some of the most popular New Year’s resolutions.

Work out with a furry fitness buddy.

**Have an active dog? Then they also have a personal trainer.**

Walking at a vigorous pace for just 30 minutes, five times a week can provide the moderately intensive cardiovascular exercise most physicians recommend.

Some cats like to go for walks on a leash and harness or in a stroller. If a pet owner is unsure how their kitty would feel about it, do some research online to find the safest ways to introduce walking or strolling into your routine.

**Decrease stress with a downward dog or cat.**

Spending quality time with your pets has been shown to lessen anxiety, lower blood pressure and boost the immune system, health benefits many people can use.

How can people make the most of the all-natural stress relief? Try a 15-minute meditation break

with a cat or dog. Sit with a pet in a quiet, comfortable place. Focus on being present, breathing deeply and petting the dog or cat. Another option is to break out a yoga mat and do some poses with a pet, which will not only ease stress, but also provide a gentle workout.

**Eat better.**

After enjoying the holidays many are looking to eat healthier. This year, swap out fatty, sweet or salty treats and start sharing some good-for-you snacks with a pet.

Dogs can eat raw sunflower or pumpkin seeds, as well as produce like watermelon, blackberries, cranberries, blueberries, bananas, apple slices and baby carrots. Steer clear of grapes and raisins, which can be toxic. Cats can get in on the fun, too. Felines can enjoy fish like salmon or mackerel, plain boiled chicken and even a bit of cheese or egg.

Just keep in mind that only 10% of a pet’s daily calories should come from treats. Check with a veterinarian on which foods are appropriate for a pet.

**Make new friends and keep the old, too.**

Get outside and meet new people with a pet. They are natural ice breakers. and people are sure to meet like-minded people who want to share stories about their own pets.

**Don’t have a pet?**

The new year can be a good time to adopt or foster a new best friend. National data trends show that 2022 has been a tough year



*In the new year, break out a yoga mat and do some poses with a pet, which will not only ease stress but also provide a gentle workout.*

Village News/Courtesy photo

for shelters. Across the country, shelters are struggling with higher intake, while adoptions, fosters and rescues are not keeping pace. It has led to a population imbalance, with more animals in shelters staying for longer periods,

causing increased strain on shelter staff and the current shelter crisis. With most U.S. shelters at or over capacity, pets are more at risk for being killed due to lack of space.

To get started, visit <http://bestfriends.org> and find a local

shelter or rescue where a pet is waiting.

*Submitted by Best Friends Animal Society.*

## County jail improvements made

### Update on new partnerships, initiatives

**San Diego County Sheriff’s Department**

Sheriff Kelly A. Martinez begins her term with a commitment to improving jail conditions. In 2022, under her leadership as the Undersheriff, several improvements were made.

Her focus is to continue making much needed improvements to county jails that will incorporate renovations to aging facilities, adding staff to support the current workforce and existing programs, as well as anticipated changes and opportunities that will improve healthcare and reduce recidivism.

Throughout 2022, the following improvements were made:

Accountability and partnerships

The Sheriff Department’s Critical Incident Review Board reviews all in-custody deaths. CIRB expanded its responsibilities to include reviews of natural deaths that happen in county jails.

Acting Sheriff Martinez and Director Paul Parker of the Citizen’s Law Enforcement Review Board signed a Memorandum of Understanding that for the first time allowed trained CLERB staff to respond to death scenes related to in-custody death incidents and deputy-involved shooting cases where death occurs or is likely.

The Sheriff’s Department created a Correctional Healthcare Workgroup. This marks an unprecedented partnership between the Sheriff’s Department and the County Health and Human Services Agency. The workgroup was formed to study best practices in Correctional Healthcare. This collaboration between Sheriff’s and HHS personnel and outside consultants will study best practices and provide recommendations for implementation to the Sheriff. Those recommendations will incorporate continuum of care models for individuals pre-custody, in-custody and post-custody, reducing community care impacts.

In early 2023, the Sheriff’s Department will partner with the Department of State Hospitals to implement the Early Access Stabilization Services Program. The State of California has created an EASS program where mental health providers will support county jails to treat individuals who have been deemed incompetent to stand trial and are awaiting placement in an inpatient psychiatric bed in a DSH facility or a Jail-Based Competency Treatment Program.

Staffing

It is a top priority of the Sheriff to fill vacant jail staff positions

and to retain current employees by offering new incentives, such as increased pay for working night shifts.

A Certified Nurse Assistant position has been added to the Sheriff’s workforce. These nursing assistants will support registered nurses and licensed vocational nurses and allow them to focus on other duties related to caring for people who are housed in Medical and Psychiatric Stabilization Units. The Sheriff’s Department will add the new job classification of mental health case management clinician to further support healthcare goals.

Medical and mental health care To further streamline and organize the Sheriff’s jail healthcare, a five-year initial term contract with Naphcare was initiated. This contract consolidated the contracts into one, with Naphcare providing medical and mental health service within our facilities. The contract provides additional staff and services on an as-needed basis and ensures individuals in our custody are evaluated and treated in a timely manner.

The contract expands our ability to offer in-house specialized services. Additionally, this partnership has helped standardize policy/practice review and implementation. The Sheriff’s Department has started revising policies and procedures with the intent of implementing them into jail operations in early 2023.

With the assistance and guidance of Naphcare, we anticipate beginning the National Commission on Correctional Health Care accreditation in January 2023 with estimated accreditation taking place in late fall 2023.

By contracting with Naphcare, we have increased our access to medical and mental health care. These changes allow jail medical staff to initiate or continue medications sooner by accessing StatCare, a telemedicine provider, when a provider is not on-site and a consultation is needed. This system is used to reduce wait times for medical and mental health requests when appropriate.

The partnership with Naphcare has allowed the Sheriff’s Department to share pharmacy records via Sure Script to minimize the amount of time patients go without their prescribed medications. These assessments help ensure proper identification of healthcare needs and the ability to provide follow-up care in a timely manner.

Mental health clinicians, psychologists, psychiatrists, and

psychiatric technicians now have access to Cerner Community Behavioral Health, an electronic records system that facilitates their review of patient records while assisting with community care coordination.

The implementation of a medication-based detoxification program for opioid and alcohol withdrawal was the beginning of a Medication-Assisted Treatment Program for in-custody individuals suffering from substance use disorder. Those participating in the detoxification program are offered counseling and behavioral health services on a broad scale.

The MAT Program will expand in January 2023, with a small, focused treatment program, complete with in-depth group counseling and behavioral health services. The goal is to continue the growth of this program with the introduction of CalAIM (California Advancing and Innovating Medi-Cal), which allows us to partner with community providers on continuing care for those intent on recovering from substance use disorder upon their release from custody.

Sheriff’s Medical Services has already started work on transitioning to a "primary care" nursing model. This model provides a patient-centered approach to treatment where nursing staff conduct medical appointments with patients within their respective jail housing units instead of a centralized clinic. This leads to better access to care and shortened wait times.

Due to the age of county jails and infrastructure that was not built for this care model, it will not be available at every detention facility. Renovations and other changes are needed before transitioning to the primary care nursing model across the entire county jail system.

To improve access to healthcare, the Sheriff’s Department has updated the medical request form for incarcerated persons and added 24-hour face-to-face assessments once a request has been received per NCCHC standards. A follow-up visit with a provider is scheduled upon receipt of two requests from an incarcerated individual regarding any condition. Voluntary urine drug screenings have also been implemented during the booking process, which allows for more immediate withdrawal protocols.

All medical refusals require counseling from jail medical staff to ensure the individual clearly understands the impact of their refusal, which is thoroughly

documented. The forms are then scanned into the electronic health care system.

Mental health refusals require intervention on the part of a mental health provider. If the appointment is with a mental health clinician, professional providers will visit the incarcerated person and have them not only sign the refusal in person, but ensure the patient is immediately rescheduled for a follow-up visit.

The form is also scanned and entered into the patient’s electronic health record. Subsequent refusals may require additional follow-up. If the refusal is for a psychiatric appointment, the rescheduling process is handled by Naphcare and may include in person or telepsychiatry appointments.

Improved intake processes New intake protocols have been introduced requesting urine samples from those arrested who show signs of substance abuse. This process is voluntary. The results help providers to start prescribing these individuals with medications to help improve care and safely manage withdrawal symptoms.

We have implemented in-depth mental health care screening for every individual during the booking process. This includes utilizing Qualified Mental Health Professionals and tools like the Columbia Suicide Severity Rating Scale to better evaluate suicide risk and refer people to the appropriate mental health resources sooner. This is documented in our electronic healthcare record keeping system for referral and tracking.

We have also incorporated scoring based on the Clinical Institute Withdrawal Assessment Alcohol Scale and Clinical Opiate Withdrawal Scale. This scoring allows for better treatment and management of withdrawal symptoms.

Narcotics detection and interdiction

We have expanded the use of narcotic detection dogs in county jails, including the ability for every dog to detect the presence of Fentanyl.

Naloxone has been placed inside all detention facilities, including on individual staff members and availability to individuals who are in custody. This harm reduction measure has saved lives and reversed the effects of overdoses in the jails. Since becoming available, people in-custody have used Naloxone eight different times to administer the life-saving medication to other individuals.

We have also centralized the

mail delivery process which is not only more efficient but creates more thorough screening for drugs and other contraband. The Sheriff’s Department is purchasing more body scanners, which will further support drug interdiction efforts.

We have acquired more TruNarc devices, which allow for on-site narcotics testing in all detention facilities. The ability to detect and identify narcotics plays an important role in medical treatment, as well as ensuring the safety of those in our custody and jail staff.

Improvements in technology and infrastructure

In 2022, the Sheriff’s Department finalized plans and funding necessary for renovations and improvements at our seven detention facilities. This includes much needed repairs, infrastructure improvements for technology and enhanced safety for everyone at our county jails.

Body-worn cameras were deployed for the first time in the jails. This deployment began at the Las Colinas Detention Facility and will be expanded further as renovations and infrastructure improvements are made.

An electronic monitoring device is being tested to detect when an individual may be under medical distress. This pilot program has been disappointing mostly due to infrastructure restrictions; however, we continue to explore technology that will assist with health monitoring.

Wellness checks

Wellness checks and recurring visits with our higher risk and more vulnerable members of the jail population were initiated as a weekly routine. The participants in this program benefit from more frequent interaction with service providers.

The visits bring a multidisciplinary team of sworn, medical, mental health and reentry services staff to the incarcerated individual. Service providers can meet with these patients in their actual living environment. This helps staff members determine the collaborative care needed to treat their patients. The wellness checks also allow deputies to conduct hygiene inspections while maintenance staff can address any mechanical concerns found in the housing units.

Sheriff Martinez is committed to improving San Diego County jails. She is committed to transparency and accountability and communication with the public. This update and media information is in furtherance of those goals.

# Healthy Habits for Bonsall & Fallbrook Folks: Scars – memory marks on the body

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

Marks left on people’s bodies can tell a story of their life experiences; times when something happened that will remain on their skin and won’t go away easily. Technically, a tattoo is a permanent scar on the body, but what about the types that are seen after a cut or injury? Why do people get scars? How can they make scars go away? In fact, there are several types of scars people can have.

Scars can have many shapes and sizes and often no two scars look the same. Scars vary due to cause, whether it was a burn, an injury, acne or a surgery. Where the scar is located on the body also comes into play in how it looks. The wound affects how it appears, depending on how deep or shallow it was. How the scar was treated is also to be considered.

A flat scar is called a cicatrix, and most scars fit this type. It flattens on the skin and changes color over time, until they almost look the same color as the rest of the skin.

A raised scar is called a hypertrophic scar, and it can be seen raised above the skin. Some can itch or be painful.

A depressed scar is called an atrophic scar. They sit below the surface of the skin and make the area look like a pit or that it’s sunken in. They can become more noticeable with age. A lot of acne and chicken pox scars can be this type.

A keloid scar sits above the surface of the skin like a raised scar, but the keloid is larger than the injury or wound. It grows over time and can even restrict

movement if it grows over a joint like the elbow or shoulder.

Stretch marks are scars as well. They are considered scars because they are breaks in the connective tissue. The skin stretches and shrinks quickly, which occurs after something like pregnancy or rapid growth. Stretch marks are often purple, red or dark brown at first, and over time they can lighten.

A contracture scar is an area of tight skin where the scar forms. They tend to be tighter and thicker than the surrounding skin. They are usually caused by burns.

Scarring is a normal part of the healing process. The body creates a barrier on the skin so that germs and bacteria can’t get to the wound or injury. The body is creating new collagen to heal the damaged skin. The new tissue of the scar forms and protects that area.

Treatments are available for scars if desired. Dermabrasion can help remove the top layer of the skin. The sort of “sanding” manner can help improve the scar’s appearance. Several types of laser treatments can make scars less noticeable. Pressure therapy can help reduce the size of the scar. There are creams and ointments. Injections can reduce keloid the size of keloid scars. Skin grafts may be also possible.

Scars are like memories left on the body. Some remind people of good things, while others might stir up what would rather be forgotten. Regardless, scars remain a part of their life’s story.

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



Scars are marks on the body that may lighten over time, but remain with people for their whole lives. Village News/Courtesy photo



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**[villagenews.com](http://villagenews.com)**

## Ballroom dancing can benefit people with Parkinson's

FALLBROOK – The Fallbrook Parkinson’s Support Group is resuming its monthly meetings Friday, Jan. 27, 10 a.m. to noon, at the Fallbrook Regional Health and Wellness Center, 1636 E. Mission Road.

The guest speaker will be Erin Angelo, executive director of RX Ballroom, who will talk about “Dance Benefits for Parkinson's.” As a professional ballroom dancer and education professional, (she is a graduate from UCLA with a master’s degree in education), she specializes in teaching populations with special needs. This unique combination gives her the skills to adapt instruction to best benefit Rx Ballroom Dance’s participant population with neurological conditions.

Rx Ballroom Dance’s mission is to use ballroom dance to preserve and enhance the quality of life in people who are confronting neurological conditions. The program consists of weekly ballroom dance classes specifically designed to engage both the body and mind to alleviate symptoms of diseases such as Parkinson’s and Alzheimer’s.

Studies have shown that ballroom dance is one of the most effective ways to promote healthy neurological function. The RX Ballroom Dance program consists of weekly ballroom dance classes led by a professional ballroom dancer.

During the weekly lessons, participants learn basic routines for two of the ballroom dances, first on their own and then with a partner. They use the rhythmic movement of the various ballroom dances, i.e., Swing, Foxtrot, or Cha Cha, to stimulate the brain and create new neural pathways. Using choreography to learn these dances also helps to stimulate brain activity and improve memory recall.

For all participants, ballroom dance helps with physical coordination, balance, mental stimulation, memory recall, social and emotional growth. With the rising cost of medications and therapy, classes are always free to all participants and their caregivers. RX Ballroom Dance is proud to be a 501 (c) nonprofit dedicated to serving the community with the power of ballroom dance.

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

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

For more information, call Irene, 760-731-0171 or email [IMiller4jc@gmail.com](mailto:IMiller4jc@gmail.com).

Submitted by the Fallbrook Parkinson's Support Group.



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ENTERTAINMENT

Fallbrook Music Society welcomes in the New Year with Quarteto Nuevo

FALLBROOK – For its first concert of the New Year, Fallbrook Music Society will present Quarteto Nuevo – a one-of-a-kind musical ensemble. The four innovative musicians which make up the group hail from the Los Angeles music scene and return to Fallbrook for an encore performance Sunday, Jan. 15, at 2 p.m.

“This quartet is a prime example of genre-bending: they artfully merge Western classical, Eastern European folk, Latin and jazz into their performances,” Bob Freaney, president of Fallbrook Music Society said. “These musical virtuosos skillfully meld the music of ancient worlds and faraway places with a contemporary flair that enchants audiences of all ages.”

Winners of the Beverly Hills National Auditions, Quarteto’s four master musicians create a wide range of musical experiences and exhilarating compositions with something for everyone to enjoy. Their unique instrumentation of Damon Zick on soprano saxophone, Jacob Szekely on cello, Kenton Youngstrom on acoustic guitar and Felipe Fraga on percussion richly colors their wide-ranging repertoire.

The Fallbrook musical experience will provide a program with selections that encompass the musicians’ roots in the classical



Fallbrook Music Society presents Quarteto Nuevo in concert at the Mission Theater Sunday, Jan. 15, at 2 p.m. This concert is free admission. Village News/Courtesy photo

tradition, and their passion for musical discovery with such works as Astor Piazzolla’s “Histoire du Tango – III. Night Club 1960” and Chick Corea’s “Children’s Song No. 6” to some of their original works “Dizer O Que,” “Hector, Desmond and Titus” and “Arches.”

The Quarteto Nuevo concert will take place in Fallbrook’s Mission Theater, 231 N. Main Avenue. Doors open at 1:30 p.m.; seating is general admission. The performance is free admission and no tickets are required.

Donations are welcome, however, to support the society’s tradition of delivering excellence in live music to Fallbrook and its surrounding communities.

Fallbrook Music Society is a 501(c)(3) not-for-profit organization. For more information, visit <http://fallbrookmusicsociety.org>, or call 760-451-8644.

Submitted by Fallbrook Music Society.

Theatre Talk: From ‘Frozen’ to ‘The Outsiders’



The cast of “Blues in the Night” includes, from left, Karole Foreman, Elijah Rock, Ciarra Stroud and Anise Ritchie. Village News/Aaron Rumley photo

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

ows are coming this new year. Grab a calendar and check out the inventive seasons at our local theatres.

Broadway San Diego is gearing up for “Disney’s Frozen” rolling in to town on the 18th and moving out 11 days later on the 29th. Followed by, for two days only. “Bluey’s Big Play,” Feb. 24 and 25. For tickets, call 619-564-3000 or visit <https://www.broadwaysd.com>.

A new dramatic work is opening at The Cygnet Theatre in Old Town, Jan. 25 – Feb. 19. “El Huracán” is written by the celebrated author of “Disney’s Encanto,” Charise Castro Smith. The theatre is at 4040 Twigg’s St. For tickets, call 619-337-1525 or visit <https://www.cygnettheatre.com>.

Diversionsary Theatre is still running with their Cabaret nights this month, LGBTQ+. Check it out at 4545 Park Blvd., 619-220-0097 or <https://www.diversionary.org>.

The Old Globe Theater in Balboa Park is reviving an important work by Tony Award winning playwright Mary Zimmerman. “The Notebooks of Leonardo Da Vinci” will be performed at the Prebys Theatre from Jan. 21 to Feb. 26. For more information, call 619-234-5623 or visit <https://www.theoldglobe.org>. Make it easy on yourself and buy parking. It’s worth it.

New Village Arts in Carlsbad will introduce the West coast opening of “The Ferryman” Jan. 27 to March 5. It’s at 2787 State St. Carlsbad, 760-433-3245 and <https://newvillagearts.org>.

Scripps Ranch Theatre will open on the 27th of this month with “Lucky Stiff,” a new musical.

Looks like fun when a shoe maker wins a trip to Monte Carlo. For tickets, call 858-395-0573 or visit <https://scrippsranctheatre.org>.

San Diego Musical Theatre is bringing back Cole Porter’s “Anything Goes” from Feb. 10 to March 12. There will be lots of toe tapping for certain, at 4650 Mercury St. with free Parking. For tickets, call 858-560-5740 or visit [www.sdmt.org](http://www.sdmt.org).

“Blues in the Night” opened Jan. 11 at North Coast Repertory. It’s a musical review of all things about the blues. Filled with heart rendering torch songs, this is bound to be a winner. Watch for my review next week. The theatre is at 987 Lomas Santa Fe Dr. Suite D, Solana Beach. For tickets, call 858-481-1055 or visit <https://northcoastrep.org/>.

Coming next month to La Jolla Playhouse is the world premiere of “The Outsiders” based on the novel by S.E. Hinton, the book by Adam Rapp, and Coppola’s film. This new musical will have its out-of-town opening just down the road. Preview starts Feb. 19; the Press opening isn’t until March 4. I wanted you to know because preview tickets cost less. To get yours, visit <https://lajollaplayhouse.org/> or call 858-550-1010.

Elizabeth can be reached at [eyoungman@reedermedia.com](mailto:eyoungman@reedermedia.com).



“The Notebooks of Leonardo Da Vinci” will be performed at the Prebys Theatre from Jan. 21 to Feb. 26. Village News/Liz Lauren photo



“The Outsiders” cast is getting ready for its world premiere at La Jolla Playhouse, Feb. 19. Village News/La Jolla Playhouse photo

Pala Casino Spa Resort to present Leann Rimes Jan. 27



Singer Leann Rimes will perform at the Events Center at Pala Casino Spa Resort Friday, Jan. 27. Village News/Courtesy photo

PALA – Pala Casino Spa Resort will present international multi-platinum selling acclaimed singer and ASCAP award-winning songwriter LeAnn Rimes Friday, Jan. 27, performing live indoors at the Events Center.

LeAnn Rimes has sold more than 48 million units globally, won two Grammy Awards; 12 Billboard Music Awards; two World Music Awards; three Academy of Country Music

Awards; two Country Music Association Awards and one Dove Award. At 14, Rimes won “Best New Artist” making her the youngest solo artist to take home a Grammy Award, and at 15, she became the first country artist to win “Artist of the Year” at the Billboard Music Awards.

Out of the 42 singles she has released throughout her expansive career, LeAnn’s ballad “How Do I Live” holds the record as Billboard’s Hot 100 all-time No. 1 hit by a female artist and continues to rank No. 4 on Billboard’s “Greatest of All Time: Hot 100 Song.” Fifteen of her multi-genre singles are top-10 hits, including “Can’t Fight the Moonlight,” which went No. 1 in 11 countries.

In 2017, the world-renowned singer released her 16th studio RCA UK/Thirty Tigers album, “Remnants,” which debuted at No. 4 on Billboard’s Independent Album Chart, peaked at No. 3 on iTunes overall charts in its first week, garnered two No. 1 Billboard Dance hits with “Long Live Love” and “LovE is LovE is LovE,” and one Top 5 hit

with “Love Line.” In fall 2018, Rimes revealed a new EP for her fans titled “Re-Imagined” that featured five new versions of some of her record-breaking hits, including an epic duet with the music icon Stevie Nicks. The Grammy-winning superstar also unveiled her first-ever live recording as an exclusive vinyl release in honor of the 2019 Record Store Day titled “Rimes: Live at Gruene Hall” where Rimes celebrated music of all genres. She released her latest studio album, “god’s work” in September 2022.

The show will start at 8 p.m. and is one of a lineup of headliner and tribute concerts that will be held at the Events Center and Starlight Theater. Find a list of concerts at <https://www.palacasino.com/entertainment/events-center>. For more information, visit <http://www.palacasino.com>, <http://www.facebook.com/palacasino> or <http://www.twitter.com/palacasino>.

Submitted by Pala Casino Spa Resort.

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Wed-Thurs	4:15pm	7:15pm	
PLANE R			
Fri-Tues	1:30pm	4:30pm	7:30pm
Wed-Thurs	4:30pm	7:30pm	
M3GAN PG13			
Fri, Sat, Mon, Tues	12:45pm	4:20pm	7:45pm
Sun	1:45pm	4:20pm	8:00pm
Wed-Thurs	4:20pm	8:00pm	
PUSS IN BOOTS THE LAST WISH PG			
Fri-Tues	1:35pm	4:25pm	7:05pm
Wed-Thurs	4:25pm	7:05pm	
AVATAR THE WAY OF WATER 3-D PG13			
Fri-Tues	1:00pm	5:30pm	
Wed-Thurs	5:30pm		
AVATAR THE WAY OF WATER PG13			
Fri, Sat, Mon, Tues	12:15pm	3:45pm	7:00pm
Sun	12:00pm	4:00pm	7:00pm
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SPORTS

Sehnert named to all-CIF first team



Fallbrook High School's Mallory Sehnert makes a pass to a teammate in a game against Rancho Bernardo High School, Aug. 30, 2022.

Village News/Shane Gibson photo

Joe Naiman  
Village News Reporter

On the field, Fallbrook High School senior Mallory Sehnert concluded her field hockey career Saturday, Nov. 12, in the CIF Division I championship game. The panel of coaches and media members who selected the all-CIF field hockey teams concluded Sehnert's high school career by placing her on the all-CIF first team.

"When I saw my name, I was very excited," Sehnert said.

"The fact that she was accepted to that all-CIF team speaks volumes about her skills and the impression she left on coaches," Fallbrook coach Debbie Berg said.

Canyon Hills High School defeated Torrey Pines High School in the Open Division final. Poway and Scripps Ranch high schools reached that division's semifinal round. San Marcos, Bishop's, Mission Vista and La Jolla high schools were also in the Open Division playoffs. Nine of the 11 all-CIF first team players were on one of the Open Division teams. Valley Center High School, which defeated Fallbrook in the Division I final, had no players on either

the first team or the second team.

"All-CIF players generally come from the Open Division," Berg said.

Fallbrook and Mission Vista both had 8-2 Palomar League records to share the league championship. Mission Vista's only all-CIF player was on the second team, however, so Sehnert was the only Palomar League player on the all-CIF first team.

"I felt very shocked at first," Sehnert said.

During the 2022 season, Sehnert scored 25 goals, including three from shootouts and added four assists.

"Mallory Sehnert has made a huge impact not only on our team but our program as a whole. She lives and breathes field hockey," Berg said.

"I don't think that stats really come into play," Sehnert said. "I think it's really just like your impact during the game."

Goals are more often scored by a forward than by someone playing defense. Sehnert played all positions other than goalkeeper for the Warriors.

"When we are playing a powerhouse team, Mallory plays center-back defense. She is the wall. She stops the oncoming

attack and quickly begins the counterattack. Mallory also played center forward and high center midfielder for us when our defensive line was strong enough without her. This is where her skills really shined. She can maneuver through most defensive lines and take a shot on goal," Berg said. "She has mastered the aerial pass, 3-D dribbling, reverse chip and strokes."

What Sehnert did when she didn't have the ball or was seeking to prevent an opponent from advancing the ball also impresses Berg.

"Mallory bridges the gap between player and coach and is able to bring the instruction to the players in a way that is understandable. She is very knowledgeable about the game of field hockey as a whole, studies film of the college games and implements what she sees into practice," Berg said.

Sehnert is the youngest of three children, all girls. Taryn Sehnert, who is now Taryn King, graduated from Fallbrook High in 2016. Delana Sehnert graduated from Fallbrook High in 2020. Both of Mallory Sehnert's older sisters also played field hockey for the Warriors.

"They're the ones who introduced me to it," Sehnert said.

Sehnert began playing field hockey in sixth grade.

"When I first started it I just hung on with it," she said.

Berg was Fallbrook's coach for all four of Sehnert's high school years. Sehnert made the varsity as a freshman and also started for the 2019 Warriors, who won the CIF Division II championship. Sehnert played primarily defense in 2019. She was primarily a midfielder as a sophomore before becoming primarily a forward for her junior and senior seasons. Sehnert first earned all-league honors as a junior; she was named to the Palomar League second team. The 2022 Palomar League coaches placed Sehnert on the first team.

"This year I definitely had the mindset," Sehnert said. "I was consistently pushing myself."

Sehnert was also a participant in a team goal.

"At the beginning of the year we set a goal to win league," she said. "To see us get that was a huge honor."

Two playoff victories advanced the Warriors to the CIF final.

"Being able to achieve that was so special," Sehnert said.

The semifinal win was against

Cathedral Catholic, and Sehnert considers that to be the highlight of her senior season.

"We lost to them earlier in the season 1-0 and we were not going to go down without a fight that game," she said.

Cathedral's 1-0 victory was Sept. 9. Fallbrook was on the preferred end of the 1-0 score Nov. 10.

"Pushing them to the very end and to beat them, I'll never forget that," Sehnert said.

The CIF final – and the post-season awards – concluded Sehnert's high school field hockey career.

"It's a bittersweet feeling," she said. "It's now over, but I'm excited for what the future brings."

Sehnert is also active in Fallbrook's chapter of the National FFA Organization. FFA has an alumni year provision which allows FFA members to pursue their American FFA degree, and Sehnert will pursue that accomplishment. She will thus stay local and attend either Palomar College or Mira Costa College.

"I will be putting my athletic career on hold," she said.



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# Warriors 2-4 to start girls soccer season

**Joe Naiman**  
*Village News Reporter*

Fallbrook High School’s girls soccer team concluded December with a 2-4 record for the 2022-2023 season.

“It could have been better,” Fallbrook coach Nico Guerra said. “I had some girls out of town.”

Family commitments caused those starters to miss some of the Warriors’ first six matches. This year’s team has 20 players. The 2021-2022 Warriors included five seniors, one of whom was the backup goalkeeper. Due to injuries to 2021-2022 seniors, the 2022-2023 team can be said to have 10 returning starters.

Two of those starters, current senior Panther Espinoza and current junior Rori Gartner, were

selected by the 2021-2022 Valley League coaches for all-league recognition. A 4-4-2 record in Valley League play last year was worth fourth place in the league standings. Fallbrook’s overall mark of 7-8-3 also included a loss in the first round of the CIF Division III playoffs.

“My expectation for this year, it was really high,” Guerra said.

Fallbrook is once again in Division III. The power rankings which are the primary factor in playoff selection and seeding reflect strength of schedule as well as win-loss record.

“We’ve played some teams that won CIF,” Guerra said. “The team is holding themselves really, really well.”

Fallbrook’s first game of the season was Monday, Dec. 5, at Temecula Valley High School,

whose final 2021-2022 game was a victory in the Southern California Regional playoffs. Soccer has separate Southern California and Northern California regional playoffs. The 2022-2023 Golden Bears scored a goal in each half, Dec. 5, for a 2-0 win over Fallbrook. The second Temecula Valley goal was scored just before time expired.

La Jolla Country Day lost in the first round of last year’s Division III playoffs. Fallbrook traveled to the Torreys’ field Thursday, Dec. 8, and returned home with a 4-0 victory. The Fallbrook goals were scored by Gartner, junior Karen Ruiz, senior Jade Boltinghouse and freshman Anahi Briones. Sophomore goalkeeper Alliyah Arce recorded the shutout with defender assistance from Espinoza, sophomore Kaylie

Diaz, junior Abby Petersen and junior Jasmine Uresti.

The Warriors’ first home game of 2022-2023 was played Monday, Dec. 12, and was a 3-1 victory over Vista High School, which is also in Division III. All four goals were scored in the second half. The Warriors took a 2-0 lead on goals by junior Alexa Van Eik and Gartner. The Panthers narrowed the margin to 2-1 before Ruiz scored the game’s final goal.

Murrieta Mesa High School reached the second round of last year’s CIF Southern Section Division III playoffs. The Rams had a Wednesday, Dec. 14, contest in Fallbrook and scored the game’s only goal with approximately seven minutes left.

“They’re a really good team,” Guerra said.

Guerra said he was pleased

that Fallbrook could hold the Rams scoreless for more than 70 minutes.

“The girls played really well,” he said.

El Camino High School is in Division II. The Wildcats scored twice in the first half Friday, Dec. 16, at Fallbrook for a 2-0 victory.

Mission Vista High School is also in Division II. Fallbrook played on the Timberwolves’ field Wednesday, Dec. 21. Each team scored once in the first half. Ashley Fawcett, who attended Sullivan Middle School and is now a Mission Vista junior, scored the winning goal of the 2-1 game in the second half.

“The girls have been playing awesome,” Guerra said. “I’m very happy with this team.”

# Both Vikings teams second at Cottonwood Flag Football Tournament

**Joe Naiman**  
*Village News Reporter*

Vallecitos Elementary School participated in the Cottonwood Flag Football Tournament which took place Thursday, Dec. 1, at Hamilton High School in Anza, and both the Vallecitos boys and the Vikings girls placed second.

“They did well,” Vallecitos coach Ray Hanbeck said.

The Cottonwood Flag Football Tournament was hosted by Cottonwood Elementary School of Aguana but played at Hamilton High School since Cottonwood doesn’t have its own field. During the games girls players for each team are on the field. Last year Vallecitos did not have enough girls for a girls team so five Vikings girls played on a co-ed team in the boys competition.

“We had both boys and girls this year,” Hanbeck said.

The flag football games had a running clock for the 20-minute contests. The field length was 40 yards, and a team could obtain a first down by gaining 20 yards on three plays. A touchdown

was worth six points, and teams had the option of a one-point conversion attempt from the five-yard-line which would be passing only or a two-point attempt from the 12-yard-line which could be either a run or a pass. An interception was worth two points as well as the change of possession.

Six of the seven small K-8 elementary schools and middle schools in northern San Diego County and southern Riverside County which participate in athletic tournaments with a different school hosting a different sport each month fielded at least one team at the Cottonwood Flag Football Tournament. Borrego Springs Middle School did not make the trip to Anza. Cottonwood and Warner Middle School in Warner Springs had boys teams only.

The four girls teams played a round-robin competition. The six boys teams were divided into two pools of three teams apiece with the pool winners playing for the championship and the second-place pool teams facing each other

for third place. Vallecitos was in the pool with Julian Junior High School and Pauma Elementary School while Cottonwood, Hamilton and Warner were in the other boys pool.

Hamilton won the boys championship with a win over Vallecitos in the game between first-place pool teams. The Bobcats won the girls championship with a 3-0 record in round-robin play.

“They actually had high school coaches, so they had an advantage,” Hanbeck said of the Hamilton teams.

The Hamilton girls began play with an 18-8 victory over Vallecitos. The Vallecitos touchdown was scored by Isabel Chavez.

Vallecitos then defeated Julian in a 16-0 game.

“A lot of those were on interceptions,” Hanbeck said.

The one Vallecitos touchdown against the Timberwolves was scored by Noelia Romero on a reverse from Melissa Maciel. Maciel and Romero also had one interception apiece, Chavez intercepted a pass, and Adela

Alfaro and Kathy Rojas also gave the Vikings interception points.

“We were fortunate. Julian kept throwing it up in the air,” Hanbeck said. “We kept on intercepting it.”

Vallecitos concluded girls play with a 24-0 win against Pauma. Chavez, Romero and Alfaro scored the Vikings’ touchdowns.

The 2-1 record in the pool games was worth second place, which satisfied Hanbeck.

“There was only one returning girl,” he said. “The rest of the girls had never played football before. I think we did very well. A lot of them didn’t even know the rules or the positions; what they had to do. A learning experience for all of them. I’m really happy with how they did.”

Hanbeck coached both the boys and the girls during the weeks they practiced for the tournament. He oversaw the girls at the tournament itself while seventh-grade teacher Ian Liebenberg handled substitutions for the Vikings boys who called their own plays.

The first Vallecitos boys game was a 12-0 triumph over Pauma.

Alonso Duran scored both touchdowns.

“I think the reverses were working really well,” Hanbeck said.

Vallecitos obtained a 20-6 win against Julian. Duran, Sylvestre Fernandez and Irvin Velazquez scored touchdowns. Gerardo Moreno intercepted a Timberwolves pass.

The championship game had a 26-2 score.

“Hamilton was just way too dominating,” Hanbeck said. “They pretty much dominated everybody.”

Fernandez had the interception in the final.

“I’m really happy with the way the boys and the girls did,” Hanbeck said.

The next tournament will be the Borrego Springs Basketball Tournament Thursday, Jan 26. Borrego Springs Middle School does not have its own gymnasium but is located next to Borrego Springs High School, so the tournament will take place in the high school gymnasium.

# Petersen finishes 146th at cross-country state meet

**Joe Naiman**  
*Village News Reporter*

Fallbrook High School junior Abby Petersen placed 146th among Division II girls at the CIF state cross-country meet Saturday, Nov. 26, at Woodward Park in Fresno.

Petersen posted a time of 20 minutes, 50 seconds, 9 tenths on the 5,000-meter, or 3.1-mile, course. The Division II girls race had 202 runners.

“I thought it was a great experience,” Petersen said.

“Abby did incredible for the entire season, and we were really proud of how she performed that last race,” Fallbrook co-coach Ciera Holland said.

“She did a great job,” Fallbrook co-coach Ana Nabor said. “She did phenomenal. She gave it her all and her best.”

The three Division II schools with the highest team scores at the CIF San Diego Section meet Saturday, Nov. 12, at Morley Field in San Diego qualified for the state meet as a team, and the five fastest individual runners not affiliated with a school which qualified as a team also qualified for the state meet. Fallbrook placed sixth as a team. Petersen was seventh among the 109 individual runners and was the third individual qualifier.

The individual champion at the state meet, Ventura High School sophomore Sadie Engelhardt, had a time of 16:57.9. The first San Diego section finisher, Vista High School senior Melissa Estrada, finished in 19:05.7 and was 41st

overall. Los Altos was the team champion. The highest-finishing San Diego Section team, Scripps Ranch, placed 18th among the 24 team qualifiers.

Scripps Ranch senior Michaela Martin was the second San Diego section finisher, and her time of 19:31.6 placed 68th overall. In the San Diego Section race, Estrada finished second behind Mount Carmel senior Breea Selbrede, whose state meet time of 18:48.0 gave her 87th place overall and third among San Diego Section runners. Scripps Ranch sophomore Ally Van Duren finished immediately ahead of Petersen in the section race; at the state meet her time of 19:52.0 made her the fourth San Diego section finisher and the 94th overall finisher.

“It was definitely like one of my hardest races against really fast girls, but it was a great race,” Petersen said.

“She was going against so many other great athletes around the state,” Nabor said of Petersen.

“The competition was unlike anything we experienced down here in San Diego,” Holland said. “It was a really tough competition level.”

Petersen was the 13th San Diego Section finisher. Martin finished tenth at the section meet, Scripps Ranch senior Chloe Ellermeyer was 20th in the section race and fifth among section runners at the state meet and San Dieguito junior Sage Ligotti placed 54th at the section meet and ninth among section runners in the state race.

The 2022 state meet was the first which was two weeks rather than one week after the San Diego Section meet. Training between the section and state races is one variable which could cause a difference in performance positions.

“She was very confident, well prepared. Even though we were at the Thanksgiving break she never stopped practicing,” Nabor said.

That effort was balanced with trying to keep Petersen fresh and injury-free for the state meet.

“We didn’t want her to be sore for the race,” Holland said.

The ability of an individual qualifier to train with teammates may be impaired if some of the school’s other runners have moved on to winter sports. Southwest High School in El Centro senior Julia Monreal, who was the fifth individual qualifier and the 11th overall finisher at the section meet, had a state meet time of 21:52.5 for 175th place.

San Diego Section schools such as Ramona, Julian and Mountain Empire whose practice courses have significant hills often excel on uphill portions of the Morley Field course. That advantage can be lost on relatively flatter courses such as Woodland Park.

“It was mainly just the rolling hills,” Petersen said of the state meet course. “It was a good course. It was still pretty hard. It was definitely a tough course.”

“It was a fast course and hard,” Nabor said. “It was a very fast-paced race.”

With 202 starters the possibility

of being stuck behind another runner is also a factor. A runner in front of Petersen fell. Passing with so many runners is also difficult for those in the back.

“I feel like I was pretty stuck in the middle the majority of the beginning,” Petersen said. “It still worked out.”

Petersen did not start the race with a specific strategy.

“My strategy was to just kind of run my race and just keep up with the girls in front of me,” she said.

“Her first mile was at six (minutes),” Nabor said. “That was good.”

“It wasn’t the best race she ever had,” Holland said. “She just went into it with a really good mindset.”

Petersen was two-tenths of a second slower behind 145th-place finisher Elizabeth Corrigan, who is an Eagle Rock High School junior. The 147th-place runner, El Toro

senior Janice Cho, had a time of 20:57.7.

“The competition was tough,” Holland said. “She handled it well. Her performance was really consistent with what she was doing down here.”

“I’m not disappointed,” Petersen said of 146th place. “It was my first time. I didn’t know what to expect, but I felt like I can do better when I go next year.”

Petersen also qualified for the 2021 state meet but was unable to participate.

“I hope to be back next year,” Petersen said. “It was a good experience overall.”

“It was a process of having her go to the state championship,” Holland said.

“Going to state, she’s already a winner,” Nabor said. “We are just very honored to take her this far.”

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# New art exhibits feature monochromatic pieces and animal sculptures

FALLBROOK – Question: What is black and white and contemporary all over? Answer: The new fine art exhibition at the Fallbrook Library, January 17-March 3. Hosted by the Friends of the Fallbrook Library, the wall art in this show focuses on the absence of color. "Only Black and White" is a monochromatic display that is visually strong, honest and arresting.

On the Reading Patio, "Anthropomorphic Congregations" is an amusing sculpture collection by Helen Schafer Garcia. Art in the Community Room was created by award winning artists Linda Doll, Penny Fedorchak, Lori Mitchell, Kathleen Morgan, Gillian Moss, Hajime Ohno, and Ken Seals covers drawing, pen and ink, photography, print, painting, textile art and more.

Though most paintings rely on and draw us in with color, these works offer stark contrasts of lights and darks and surprise viewers with successful simplicity. The use of only black and white demonstrates the creativity each artist brings to their work.

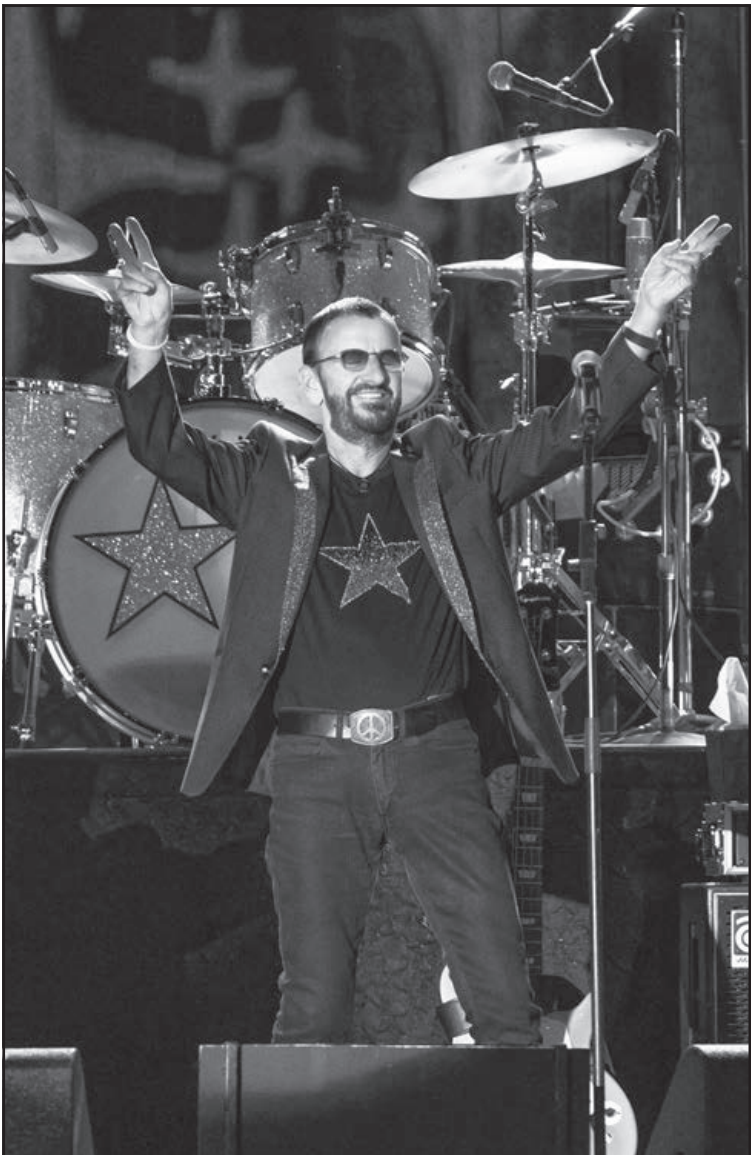
Doll creates detailed zentangles in ink; Moss pieces printed fabric together into quilt form; Seals shoots black and white photographic images; Morgan paints abstracts; Mitchell tells stories with her drawings; Ohno photographs and draws animals and Fedorchak paints in watercolor.

Unifying all of this artwork is the use of only black and white. Ceramic creatures by Helen Shafer Garcia march across the reading patio in a separate display. Each tells a story. "Anthropomorphic

Congregations" is a departure because colored ceramic glazes are used on these thoughtful imaginary creatures.

Join us at a special reception

and meet the artists on Friday, January 20 from 6-8pm. Everyone is welcome at this free event. The library is located at 124 S. Mission Road.

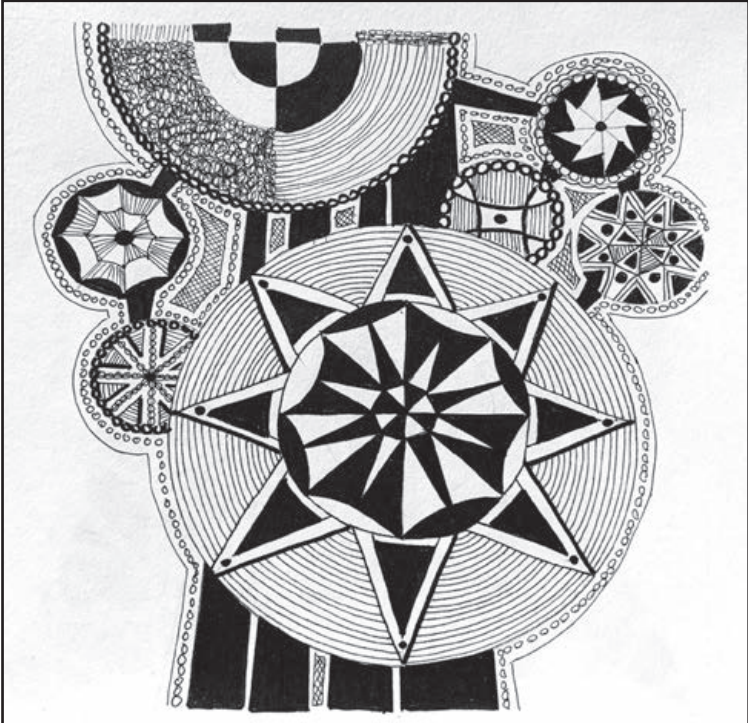


"Ringo Starr at Pala Casino" by Ken Seals

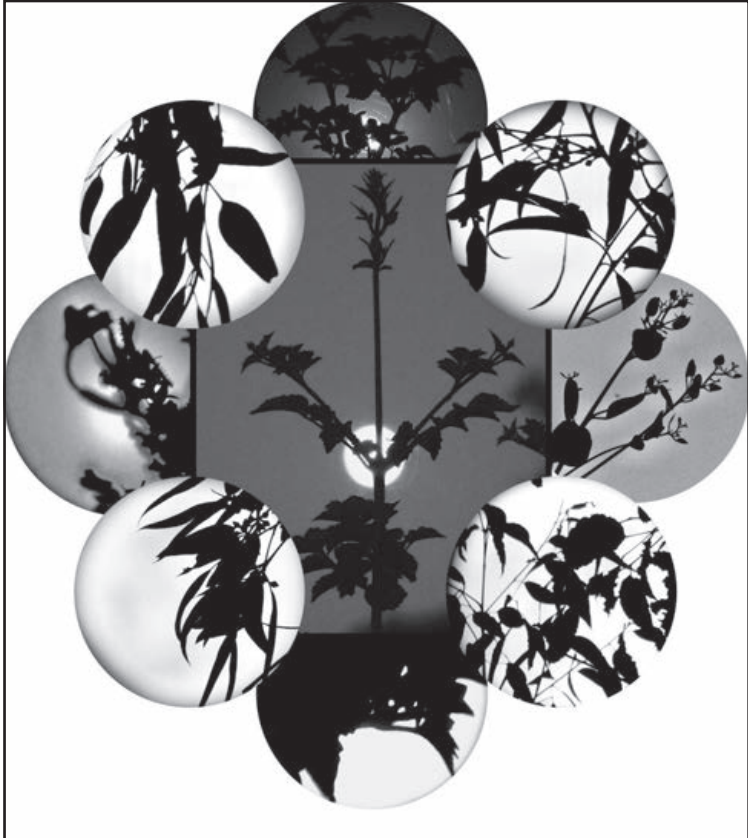
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"One or Done" by Kathleen Morgan



"Wheel of Fortune" by Linda Doll



"3 Full-Moon-Silhouettes" by Hajime Ohno



"Polkadot Dress" by Lori Mitchell



"The Gardener" by Helen Shafer Garcia

# REAL ESTATE & HOME and GARDEN

## through my garden gate



Roger's pick –  
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**Roger Boddaert**  
Horticulturist/Arborist

Do you have a slope or hillside on your property where rainwater is causing erosion or do you have a landscape drainage problem?

With the heavy rains and downpours of the past few weeks, erosion of soil and slopes, as well as property damage, has come to the attention of homeowners in a significant way.

Understanding the terrain and lay of the land, soils, and topography, and how it can affect you and your neighbor's property, is essential.

Water management is an art and science that must be handled appropriately. Each property is unique and has its own personality regarding how rainfall can be beneficial or create an erosion problem.

Consider rain harvesting and install rain barrels to catch the water runoff from your roof. It has been estimated that 22 trillion gallons of rainwater will fall to the earth with these current storms. Catchment basins can be carved on your property to capture the rain runoff and store it, if you have space. And make sure you turn off your automatic watering system.

The following are some erosion techniques to consider.

- Sandbags: This is commonly employed around the home and

- can be a quick fix, but if large amounts of mud start sliding from above, goodbye sandbags.
- Silt baffle fencing: The plastic sheeting is about 3 feet wide and staked at the toe of the slope to retain some amounts of mud and debris.
  - Matt-jute netting is a landscape fabric pinned down to the soil with metal pins. This netting can be cut open in various spots to install plants with erosion control root systems.
  - Straw tubing or wattles: It comes in rolls and looks like a curl of sausage filled with biodegradable straw. This must be staked down to hold it in place on slopes.
  - Plastic sheeting: This technique can be a short and quick fix in certain situations. Use a minimum of 6 mil plastic which should be held in place with sandbags along the margins to keep the winds from lifting it up.
  - Hydro-seeding: This can be a longer-range fix and should be employed before the rain arrives. A mixture of seed and organic slurry is sprayed onto barren soils, and when the seeds germinate, the seedlings send down their roots and aid in holding the ground in place to some degree. Various seed mixtures are available for this process.
  - Drainage pipe/culverts/catch basins: These are various catchment methods that can be installed to catch and divert the water under multiple conditions. It is more expensive but a long-range way to capture and disperse the runoff rainwater.
  - Plant selection for erosion control: One must have the proper knowledge and understanding of how plants can aid in erosion control, but it is only one method, along with some of the other above techniques.

*Roger Boddaert, landscape designer and horticultural consultant, can be reached at 760-728-4297.*

Village News/Roger Boddaert photos



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Yaneth acts as both a buyer's and seller's agent and helps clients to navigate the San Diego and Riverside county market by providing knowledge of the local areas. Yaneth guides clients through the entire transaction process, assisting with contracts and negotiating with third parties to complete transactions. Yaneth says, "Being able to help buyers and sellers through the process is my passion and such an honor." She also speaks Spanish fluently.

**Yaneth Escobedo can be reached at 760-473-2501  
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## Review of all things Real Estate: Proposition 19 and how it can save you (and your family) a lot of taxes



**Bob Hillery**  
*CR Properties*

As our real estate market is in a quiet phase due to this time of year, I have been looking around for interesting subject matter to report in my weekly article and I came upon Proposition 19. Even though the real estate market isn't a fast-moving train right now, a friend of mine is utilizing Prop 19 after the passing of her mother so regardless of market activity, it is a salient subject.

I'll hit the wavetops to create interest, but I am by no means an expert; my recommendation is to speak with the local assessor's office and your trusted CPA if this article piques your interest.

Passed by the California voters, it took effect after Feb. 15, 2021, and dramatically changes the property tax rules exempting the following: Primary residence transactions for individuals over age 55, severely disabled homeowners, or victims of wildfires or other natural disasters.

The rules for these categories are generally favorable and should result in tax savings for qualifying homeowners by allowing the assessed value of their principal residence to be transferred to a replacement residence in any California county. Unlike the previous rules, this law provides significant benefit even if the replacement residence is more expensive than the principal residence that is being transferred (a significant change from the previous rule).

Prop 19 also revised the Parent-to-Child exemption to limit (1) the types of transfers between parents and children that can be exempted from reassessment, and (2) the property tax benefit available.

First, only the transfer of the parent's principal residence to the child where the property continues as the principal residence requirement qualifies. Second, provided the transfer meets the primary residence requirement, the child's assessed value is then determined based on whether the property's value at the time of transfer is greater than \$1 million.

If the value of the property at the time of the transfer exceeds the parent's assessed value by less than \$1 million, then the child takes

the parent's assessed value and tax base. If the value of the property at the time of transfer exceeds the parent's assessed value by \$1 million or more, the child's assessed value is the current value of the property less \$1 million. Given California's real estate values, it is easy to understand how current real estate values could easily exceed the \$1 million threshold above Mom and Dad's purchase price from years/decades ago.

As for the effects on homeowners' property tax (age 55+, severely disabled homeowners, or victims of wildfires or other natural disasters), before Prop 19, homeowners aged 55+ had a one-time benefit to retain their existing assessed property tax base if they sold their home and purchased a home of equal or lesser value within the same county or in one of the nine counties that participated in Props 60/90.

Effective April 1, 2021, homeowners aged 55+, severely disabled homeowners, or victims of wildfires or other natural disasters may receive a property tax benefit when purchasing a more expensive home anywhere in California – and do so up to three times. This is a significant expansion of the benefits of the previous rule.

What then are the big takeaways with Prop 19? Previously there was a one-time tax base transfer possibility in select counties and the new replacement property value had to be equal to or less than the value of the home that was sold. Now all counties in California participate and the replacement property can have a value greater than the former primary residence but keep the lower tax rate.

Previously, transfers between parents and children were capped at \$1 million or else there was the penalty of having to pay current market values for property taxation assessment (since property taxes are a function of purchase price/change of ownership value assessment).

The net effect of that was parents who purchased years in the past were essentially held captive to their large homes that they didn't need any more but, if they sold and downsized the property, taxes of current home values and the tax assessment would be prohibitive. Now, they can utilize tax-based transfers and/or transfers to children to use the home as their primary residence and keep the parents' original low tax basis.

Okay, that's a lot of technical "stuff," but hopefully the value of Prop 19 has resonated a bit which is important because property taxes in California are real in terms of real dollars, despite our 1% tax rate. Want to learn more? Do your own research on the internet then it's time to talk with the tax assessor's office and/ or your trusted CPA.

# America 250 looks back at Jan. 1, 1776



Luiseño Chapter members enjoy the Patriot Christmas Tree created by America250 Village News/Courtesy photo committee member Pam Martin.

TEMECULA – Two hundred-forty-seven years ago, the first of January was a day to rejoice. Just as Americans today look toward a new year with new resolutions, new dreams, and new desires, on Jan. 1, 1776, General George Washington hoisted the Continental Union Flag. (<https://www.onthisday.com/>)

In Washington's General Order of Jan. 1, 1776, he wrote, "I hope that the Importance of the great Cause we are engaged in, will be deeply impressed upon every Man's mind, and wishes it to be considered, that an Army without Order, Regularity & Discipline, is no better than a Commission'd Mob; Let us therefore, when every thing dear and valuable to Freeman is at stake; when our unnatural Parent is threat'ning of us with destruction from every quarter, endeavour by all the Skill and Discipline in our power, to acquire that knowledge, and conduct, which is necessary in War – Our men are brave and good; Men who with pleasure it is observed, are addicted to fewer Vices than are commonly found in Armies; but it is Subordination & Discipline (the Life and Soul of an Army) which next under providence, is to make us formidable to our enemies, honorable in ourselves, and respected in the world; and herein is to be shewn the Goodness

of the Officer." ("General Orders, 1 January 1776," Founders Online, National Archives, <https://founders.archives.gov/documents/Washington/03-03-02-0001>.)

In the same month, the political pamphlet "Common Sense" was published by author Thomas Paine who "convincingly argued for American independence and sold more than 500,000 copies in a few months." Within months, citizens' support for independence swept the colonies, and the Continental Congress called for states to form their own governments, and a five-man committee was assigned to draft a declaration. (<https://www.history.com/>)

This is American history! As the U.S. approaches the 250th year since these events took place, the Daughters of the American Revolution America250 committee encourages Americans to draw closer to their roots, and to realize the impact that the knowledge of those historic actions can have on Americans today.

One of "our men ... brave and good" is Patriot George Daugherty. He served as a sergeant in the 5th Pennsylvania Battalion which was led by Captain Henry Miller and Colonel Robert Magau. During his time with the 5th, he was taken prisoner and transported by the British to Elizabeth Town, Pennsylvania. A prisoner exchange

followed which gave Daugherty his freedom. He knew that "every thing dear and valuable to Freeman [was] at stake," so he re-enlisted in 1777. At the conclusion of the Revolutionary War, he received 200 acres in Carpenters Run, Pennsylvania, for his service.

George was born in April of 1750 in Virginia, and remained a bachelor throughout the war. He married Julia Holshopel in 1786 in Greenbrier County, Virginia, and they had one child, Mary. George died in June 1831 in Greenbrier County, not knowing that 192 years later he would be celebrated for his heroism.

The National Society Daughters of the American Revolution is grateful for his contribution to freedom. NSDAR Luiseño Chapter's America250 Committee will honor another Patriot with the publication of his/her story in February.

For more information about the Luiseño Chapter of the Daughters of the American Revolution, visit their public Facebook page "Luiseño Chapter DAR – Temecula Valley, CA." Luiseño Chapter has 104 members living in Riverside and San Diego counties.

*Submitted by the Luiseño Chapter of the Daughters of the American Revolution.*

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## RTFH calls for more point in time count volunteers More San Diego County residents needed for annual regional count

SAN DIEGO – The Regional Task Force on Homelessness called for more volunteers to participate in the upcoming 2023 #WeAllCount Point in Time Count Thursday, Jan. 26. The federally required activity is a crucial source of information and funding for homelessness across the county.

"A robust volunteer basis is vital to the success of the 2023 Point in Time Count," Tamera Kohler, CEO of RTFH, said. "While we're excited about the enthusiasm so far, we need more people across our region to take part in the count."

The purpose of #WeAllCount is to collect data on the needs of people experiencing homelessness in our community. The count also provides an excellent opportunity to increase awareness of homelessness and to spark action. A successful count with

full coverage of the county is an essential component to informing our regional response and to ultimately making homelessness rare, brief and one-time in San Diego County. With one of the largest counties in the country, hundreds of volunteers are needed for the point in time count.

The early morning count includes interviewing those experiencing homelessness to broaden our understanding of those living on the streets across our region. Last year's point in time count had over 1,400 volunteers spread out across San Diego.

"So many San Diegans are wondering what they can do to help make progress around homelessness," Kohler said. "By participating in the 2023 Point in Time Count, you're doing your part by providing valuable information about those

experiencing homelessness while ensuring that our region gets the federal funding it deserves."

For more information about the point in time count, visit <https://www.rtfhsd.org/about-coc/weallcount-pitc/>. To register to volunteer, visit <https://sandiego.pointintime.info/>.

The Regional Task Force on Homelessness has evolved from an initial mayor's task force nearly 40 years ago to the robust organization that it is today with an integrated array of stakeholders committed to preventing and alleviating homelessness in San Diego. It provides essential data and insights on the issue of homelessness, informing policy and driving system design, performance and solutions.

*Submitted by Regional Task Force on Homelessness.*

# Volunteers are key components of FLC’s outreach into North San Diego County



Fallbrook Land Conservancy Trails Committee volunteers put in steps at Gird Valley Preserve. Village News/Courtesy photo

FALLBROOK – Every month the Fallbrook Land Conservancy posts on its homepage, <https://www.fallbrooklandconservancy.org/>, volunteer opportunities designed to enhance the quality of life in the community.

Susan Liebes, board chair for the local conservation organization, explained that the five active parts of the FLC volunteer effort are Native Plant Restoration Team, Save Our Forest, Wildlife Sculpture Garden Committee, Trails Committee and Old Highway 395 Cleanup Group. All these groups draw on residents that range in age from very young elementary school students up through those in their retirement years.

The group with the “longest roots into the community is Save Our Forest,” she said.

Dedicated Save Our Forest volunteers plant and maintain trees along Mission Road, Main Street and other roads throughout Fallbrook. According to Liebes, arborists and trained volunteers also counsel residents on proper tree maintenance, and, when requested, they suggest ways to eliminate non-native species and those with a high-fire potential from the community.

Supported by a grant from San Diego Gas & Electric, Save Our Forest also hosts FLC’s Environmental Education program. Several local elementary schools along with children from the Boys & Girls Club of North San Diego County participate in a broad effort to foster a relationship between young children and the local environment.

In the year-long effort, children, under the guidance of other volunteers, help restore habitat along FLC’s publicly accessible trails, including those at the Monserate Mountain and Los Jilgueros preserves. Throughout the year students assist in planting gallon-sized native plants in FLC’s preserves.

Closely related to the Save Our Forest effort is the Native Plant Restoration Team, which participates with Save Our Forest in the Environmental Education effort.

The Native Plant Restoration Team focuses on removing non-native plants on preserves owned by FLC. Their charter is to replace undesirable plants with those that meet several strict requirements. During the year, they also removed several trees that competed with

native species in Los Jilgueros Preserve to allow better water access by the sycamores, oaks, cottonwoods and willows native to Fallbrook.

Another notable project in 2022 was to remove the water-intensive Bermuda grass at FLC’s Palomares House and replace it with native, drought tolerant plantings. Funding to support the project came from San Diego County’s Watersmart Rebate Program and SoCalWater\$mart. Liebes added that volunteer Marines from Marine Corps Base Camp Pendleton and Boy Scouts from Troop 731 provided much of the “grunt-work” for the removal. The Rotary Club of Bonsall and FLC’s Native Plant Restoration Team assisted in planting native perennials and ground cover.

While Save Our Forest and the Native Plant Restoration Team are high-profile efforts, FLC also has an active Trails Committee. One visible project brought into being is the trail system at the newly opened 40-acre Gird Valley Preserve. In 2023, this group will also continue to enhance other public access trail systems maintained by FLC.

Closely related to the work of those three committees is development and expansion of the Wildlife Sculpture Garden at the Palomares House. This acre-plot of land adjacent to the venerable and iconic headquarters for FLC is home to several sculptures that artistically recreate some of the prominent wildlife species that make the Fallbrook area their home. Members of the Wildlife Sculpture Garden Committee maintain the garden’s walkway, plant drought-tolerant species throughout the garden and prune several towering trees that provide shade during the hot summer months.

Liebes said the group also has an ongoing effort to clean up litter along Old Highway 395. Volunteers work along the four-mile strip of road from East Mission Road south to Route 76, picking up trash for appropriate disposal and keeping it out of local waterways and the ocean.

All of these efforts by FLC are designed to enhance the charm of the community, protect open space and reduce in part our carbon footprint, Liebes said. FLC volunteer events are open to the public, and all ages are welcome.

*Submitted by Fallbrook Land Conservancy.*

# Strawberry acres rise to a new high as demand grows



Ching Lee Ag Alert

If current projections hold, California acreage devoted to strawberries will break a new record in 2023.

Farmers are planting more strawberries this year “to meet record consumer demand,” according to the California Strawberry Commission. Despite inflationary pressures, Americans continue to put strawberries in their shopping carts, with 71% of U.S. households buying strawberries in 2021, the commission reported. Sales volume at the retail level has reached more than 1.2 billion pounds annually, more than all other berries combined.

“The industry has had great support from the consumer, and it’s responded to that,” said Tom Am Rhein, who grows strawberries in the Watsonville area.

But growing demand for strawberries has not come without growing pains, as farmers face increasing production challenges – from the drought and other weather issues to the prevalence of soil-borne diseases that can decimate fields. Finding available workers to pick the delicate fruit also remains a struggle. Farmers say working through these problems has led to ever-rising costs to grow the berries, shrinking their profit margins even as sales have climbed.

To satisfy the “record levels needed to supply higher consumption and demand,” California growers are expected to plant 41,570 acres of strawberries this year, up from 40,714 acres a year ago, according to an annual acreage survey the commission released last month. The new data represent the first time strawberry acreage is expected to exceed 41,000. Prior to 2022, the last time California strawberry acreage reached similar levels was in 2013, when growers planted 40,816 acres.

Of the 2023 total, 31,852 acres are already in the ground. The fall plantings produce fruit during the winter, spring and summer months. Another 9,718 acres – all in the Oxnard and Santa Maria districts – are expected to be planted later this summer, producing berries for the fall season, according to the survey.

Positive consumer response to strawberries has not necessarily translated to higher returns to farmers.

Santa Barbara County grower Greg France described the 2022 growing season as “a difficult year overall.” Last spring, a hepatitis A scare linked to organic strawberries

imported from Baja California hurt sales of all strawberries, he noted.

“Our demand went down considerably for six to eight weeks, so our pricing during that time period was poor,” France said.

In September, an unusual rain event followed by heat reduced yields significantly, he said. It took plants about two months to recover, he said, adding, “some would say they never did recover.”

With the cost of labor, supplies and other production materials “going through the roof,” France said the decline in volume created “a double whammy” and a year that “wasn’t very good” on the profit side.

Traumatic weather events such as the September heat spell aren’t the only problems plaguing yields. With the ongoing drought, France noted that growers’ water quality has degraded, causing more stress on the salt-sensitive strawberry plants and making them more susceptible to diseases.

The commission reported that between 2015 to 2018, growers shifted to newer strawberry cultivars that improved their yields, allowing them to produce more volume on fewer acres. But strawberry varieties tend to decline in yield through the years, said Jeff Cardinale, spokesman for the commission.

The Monterey variety, which has been in production for nearly 10 years, remains the most widely planted day-neutral strawberry. But it does not produce the same yield per acre as when it was first introduced, he pointed out. As a result, growers have had to increase strawberry acreage to meet higher consumer demand.

Aside from weather – the biggest factor affecting production – soil-borne diseases and pests such as lygus have been the main culprits for lowering yields. For this reason, releasing higher-yielding varieties with disease resistance has been a top priority of strawberry breeding programs, Cardinale said.

“New varieties are being introduced and are scaling up, but that takes time,” he said.

Grower Am Rhein said soil diseases are “a huge concern,” as there are now more of them showing up in fields. With the loss of methyl bromide and restrictions on other fumigants, growers have fewer effective tools to fight these diseases, he said.

Though improved strawberry varieties gave growers “a little bump” in recent years, he said, “even those varieties are becoming overwhelmed.” Growers will need “some tremendous genetic

breakthroughs...to get significant soil disease tolerance into the bulk of our varieties,” he added.

“That’s going to take us a number of years and millions and millions and millions of dollars to do that,” Am Rhein said. He noted growers have made “very large investments” in not just plant breeding and genetics but in best practices to optimize water efficiency, increase plant nutrition, and control insects and soil diseases.

For some of his production, France has turned to using a controlled environment agriculture, or CEA, system in which strawberries are grown hydroponically with the use of a nonsoil substrate under a hoop house, or so-called plastic tunnel. Such projects, he said, are meant to “reduce some of the risk and variables involved in farming,” with the goal of also reducing the farm’s use of water, fertilizer and pesticides. But he described the effort as “very expensive.”

“We still have an awful lot to learn,” he said. “We’re way behind what Europe is doing.”

Because strawberries grow only in very specific microclimates with adequate water resources, one way growers have been increasing production is by shifting more of it to summer plantings.

The commission’s annual survey shows acreage has been trending more to summer plantings for years, hitting a record high last year with 10,215 acres versus 30,499 fall-planted acres. That’s compared to 2,718 summer-planted acres and 35,915 fall-planted acres in 2009. The trend is driven by consumer demand and “retailer expectation” that berries be on the shelf every day of the year, Am Rhein said.

“The California industry is continually trying to extend that season – extend it longer into the winter and earlier in the spring, and that summer-plant acreage is one way to do that,” he said.

Though challenges remain, Am Rhein said it’s also “an exciting time” to be in the strawberry business, noting the innovations and concepts that are coming online and the “intellectual power” at the University of California and Cal Poly working to solve growers’ problems.

“There’s so much happening in terms of our research and breeding efforts that it bodes well for the industry,” he said.

Ching Lee is an assistant editor of Ag Alert. She may be contacted at [cllee@cjbfb.com](mailto:cllee@cjbfb.com).

*Permission to use this article was granted by the California Farm Bureau Federation*

## Elisabeth H. Lentulo

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# Sandbags available for upcoming storms

**Tracy DeFore**  
County of San Diego  
Communications Office

The County of San Diego and Cal Fire are offering sandbags to residents and businesses in the unincorporated areas as another round of storms prepares to hit the region. The storm is expected to bring heavy rain and high winds. The county already saw wet weather earlier this week and forecasters say more rain and wind may arrive this weekend. To forestall any potential flooding or soil erosion, people in the unincorporated areas can stop by at any one of several fire stations to fill sandbags or get

bags. Call ahead of time to check their hours of operation and to see if supplies are still available. Be sure to bring your own shovel to fill your bags. The fire stations with sandbags and bags include De Luz Fire Station #16, 39431 De Luz Road, 760-728-2422, and Pala Mesa Fire Station #4, 4375 Pala Mesa Drive, 760-723-2024. Before you go, you may want to watch a how-to video on how to properly fill and use sandbags to protect your property. It's called "You've Got Your Sandbags, Now What?" The video and additional information can also be found at <https://www.readysandiego.org/flooding/>.



## RMWD takes care of Live Oak Park bridge brackets and pipe supports

**Joe Naiman**  
Village News Reporter

When the County of San Diego approved a contract for the replacement of the Live Oak Park Road bridge which will impact two Rainbow Municipal Water District water mains, Rainbow utilized the county contract with Hazard Construction to add the water main relocation to the work. The county contract neglected brackets and pipe supports needed to hang the two water lines, so Rainbow's board approved a change order with its contract with Hazard to add those brackets

and pipe supports. Rainbow's board voted 5-0 Dec. 6 to authorize a \$36,653.55 change order to the contract with Hazard Construction, which is based in Lakeside. The change order increases the total contract amount to \$576,684.80. Live Oak Park Bridge is on Live Oak Park Road and crosses the San Luis Rey tributary 160 feet south of Gum Tree Lane. The bridge was constructed in the 1950s by placing three corrugated metal arched culverts side by side in the streambed and connecting them together with Portland cement concrete headwall and endwall composition. Past inspections of Live Oak Park Bridge revealed a vertical deflection of 1 1/2 feet. Water leaking from one culvert to another was also observed. The deficiencies found included distorted and corroded pipes, bent and crushed pipe sections, pipe deflection, and pipe section loss. Bridge flooding concerns were also noted, as reviews of the bridge determined that the existing metal culverts would not be able to accommodate a 100-year flood event, and the driver sight distance was deemed to be inadequate.

The existing 25 foot long triple arch culvert bridge will be replaced by a concrete slab bridge approximately 58 feet in length with the ability to handle large storms. The project will also improve the alignment and sight distance for that portion of Live Oak Park Road. The road elevation will be raised between three and four feet and the existing corrugated metal pipe culverts underneath the roadway will be removed. The work will create utility conflicts with San Diego Gas & Electric power lines, AT&T telephone lines, and Rainbow

Municipal Water District water pipes. The elevations and alignments of Rainbow's eight-inch and 16-inch water mains need to be modified. The county has prior rights along Live Oak Park Road, which means that Rainbow is responsible for the water main relocation. The county's Department of Public Works agreed to construct pipe supports along the sides of the new bridge so that Rainbow can attach the water mains.

In December 2021, the county awarded the Live Oak Park Road Bridge replacement contract to Hazard Construction. Rainbow requested a change order for Hazard to perform the water main relocation in conjunction with the project and the district reimbursing the county for the work, but the county declined that request due to change order limits in the state Public Contract Code. The county did, however, express willingness for Rainbow to have Hazard perform the water main relocation under a district-initiated contract.

The county issued Hazard a Notice to Proceed in March 2022. That month, Rainbow met with Hazard Construction to discuss plans and specifications and requested a bid for the water main relocations.

Rainbow's legal staff determined that competitively bidding the water main portion would not provide any advantage and could create conflicts between contractors if the work was not closely coordinated. In April 2022, Rainbow's board approved an agreement with Hazard to add the water main relocation to the bridge replacement work.

In the early phases of design, the county agreed to include all work associated with Rainbow's water lines in the county's design and specifications. That included the construction of pipe supports along the sides of the new bridge to allow Rainbow to attach the existing eight-inch and 16-inch water mains to their facility.

In December 2020, the county's Utilities Coordinator confirmed that work regarding the district's waterlines would be included in the county's bid package, but in March 2021, he informed Rainbow staff that his electronic mail confirmation had been "misinterpreted" and that the county did not intend to perform any work on Rainbow's behalf. The county requested that Rainbow provide its own set of plans and specifications and bid the project separately.

The brackets and pipe supports were in the original county contract design and bid package. "The county indicated they would be added," said Rainbow general manager Tom Kennedy.

Rainbow thus omitted the brackets and pipe supports from its own bid package. After the project was bid and awarded, Rainbow learned that the county contract did not include the brackets and pipe supports. "They had taken it out of the scope," Kennedy said.

Rainbow's original contract with Hazard Construction was for \$507,700. An October 2022 change order to provide additional pipe fittings for the two water mains added \$32,331.25 to the contract. That change order was within Kennedy's authority to approve without Rainbow board action, but the second change order to add the brackets and pipe supports exceeded the cumulative amount which can be awarded administratively.

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BUSINESS

Mann, Parmalee, Stephen-Porter retire from NCFPD



Village News/North County Fire photos  
Battalion Chief Greg Mann is now retired.

Joe Naiman  
Village News Reporter

The transition from calendar year 2022 to calendar year 2023 included the retirements of North County Fire Protection District staff members Greg Mann, Todd Parmelee and Loren Stephen-Porter.

Mann held the position of battalion chief when he retired. Parmelee was the district's fleet maintenance supervisor. Stephen-Porter was the NCFPD executive administrative assistant and was also the board secretary for board meetings.

"All three of our retirees were wonderful employees, and we're grateful for their service to our district and our community," NCFPD fire Chief Keith McReynolds said.

Mann began his NCFPD career in 1986 as a Fire Explorer. He eventually held the positions of reserve/firefighter, firefighter/paramedic, apparatus operator, captain, administrative captain and battalion chief. He oversaw the fire district's communications activities in his battalion chief role.

Parmelee was with the North County Fire Protection District for seven years. He was hired as a

fire mechanic in 2015, and his final promotion to fleet maintenance supervisor occurred in 2022. Parmelee had previously worked at Ford, where he was a heavy line diesel technician.

Stephen-Porter joined the fire district in January 2003. She planned and coordinated the administrative support functions and services for the fire chief and board members, and she was also a member of the NCFPD senior management team.

Stephen-Porter was also responsible for the NCFPD website. Before joining the fire district, she was with what was previously called the Fallbrook Hospital District, and her three years there included the positions of director of medical staff and continuing medical education coordinator.

"We've hired some really wonderful people to take their place, so we're in really good shape," McReynolds said.

Peter August was promoted from captain to battalion chief, and he will oversee the communications portion of district operations. Rob DeCamp was promoted from battalion chief to administrative battalion chief. Joey Bradshaw had been a captain

and was promoted to battalion chief where his oversight duties will include personal protective equipment, uniforms and district policy review.

The promotion of two captains resulted in the promotions of Chris Craven and Ryan Lewis from apparatus operator to captain. Kyle Krenz and Justin Rivera were promoted from firefighter/paramedic to apparatus operator.

In December 2017, the NCFPD board approved a reclassification in job positions to allow for paramedic and emergency medical technician personnel who are not also firefighters with the pay closer to that of a paramedic in the private sector than a firefighter-paramedic.

Max Paur had been a single-role paramedic, and he was hired as a firefighter/paramedic.

Mavis Canpinar was hired to replace Stephen-Porter as the executive administrative assistant and board clerk. Canpinar had previously been a customer service representative for the Fallbrook Public Utility District.

Victor Lievanos replaces Parmelee as the fire district's fleet maintenance supervisor. Lievanos was previously a fleet mechanic for the city of Vista.

Worker of the Week provides customer service



Francisco Palma is checking the cost of a part on the PC for a customer on the phone. He has been working for O'Reilly Auto Parts located on South Main Avenue in Fallbrook for the past three years as a service representative.

Village News/David Landry photo

Sheriff Kelly A. Martinez takes office

Becomes San Diego County's 31st sheriff

SAN DIEGO – Kelly A. Martinez officially took office as the new sheriff for the San Diego County Sheriff's Department, Monday, Jan. 2.

On Dec. 16, Martinez took the formal oath as San Diego County's 31st sheriff.

A ceremonial swearing-in event took place Monday, Jan. 9, where

she will take her oath of office before the public.

"I am honored to have been elected as the next Sheriff of San Diego County," Martinez said.

"There is no greater responsibility than to be entrusted with the safety of the public. I am committed to fulfilling that obligation and I am grateful for the opportunity. I will continue to carry out my promise to improve San Diego jails, hire and retain staff and keep our communities safe."

Sheriff Martinez has served the residents of San Diego County with the sheriff's department since 1985. She began her career as a deputy working in county jails. Her first patrol assignment was in the community of Fallbrook. Martinez was an investigator and worked several assignments, including drug and gang enforcement in the North County and the Criminal Intelligence Detail.

During her time as a sergeant, Martinez supervised a patrol team in the city of San Marcos before being selected to supervise investigators in the Criminal Intelligence Detail. Her next assignment was to investigate employee misconduct in the Sheriff's Internal Affairs Unit before being promoted to lieutenant. Martinez served the cities of Encinitas, Del Mar and Solana Beach, as well as the communities of Rancho Santa Fe and Valley Center. As a lieutenant, she also oversaw the sheriff's department's participation in the Drug Enforcement Administration's Narcotics Task Force.

Communications Center and Emergency Services Division.

In 2021, Martinez was appointed as the undersheriff and in that capacity, she was in charge of the day-to-day operations of the sheriff's department.

As sheriff, Martinez will lead a department that is responsible for providing law enforcement services to 4,200 square miles of unincorporated San Diego County, nine contract cities, seven jails and security for the courthouses. She is responsible for the sheriff's department's \$1.165 billion budget and more than 4,700 authorized employees.

Martinez has a bachelor's degree in criminal justice administration. She holds several Commission on Peace Officer Standards and Training certificates including a basic, advanced, supervisory and management POST. Martinez is also a graduate of the POST Command College. She is a member of the International Association of Chiefs of Police, the San Diego Police Chiefs' and Sheriff's Association, as well as a lifetime member of the California State Sheriff's Association.

Martinez is a San Diego native and committed to public safety.

Submitted by the San Diego County Sheriff's Department.



Kelly A. Martinez is the new sheriff of San Diego County as of Monday, Jan. 2. Village News/Courtesy photo

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EDUCATION

Perez recognized for 25 years with Boys & Girls Club



Raul Perez is a 25-year employee of the Boys & Girls Clubs of North County. Village News/Courtesy photo

FALLBROOK – The Boys & Girls Clubs of North County is celebrating longtime employee Raul Perez. He is the Boys & Girls Clubs of North County beloved athletic director, and this month is his 25th work anniversary. Perez started working at the club when he was a teenager at Fallbrook High School with the Hire a Youth Program. He began as a custodian and when he returned to work for the club a couple of years later, he worked his way up from program staff to athletic director. Lisa Ware, Director of Operations of Boys & Girls Clubs of North County, raved about Perez, “He pitches in to help wherever he is needed, and I appreciate the deep compassion he shows the children.” Originally from Imperial Beach, Perez moved to Fallbrook as a teenager and graduated from Fallbrook High School. His parents are both retired now. His

mother was a speech therapist and his father worked at Potter Jr High School helping troubled youth and teaching parenting classes. Perez is close to his family and enjoys spending time with them. A fan of video games in his free time, he also likes working on superhero puzzles and collects SuperMan memorabilia. Perez battled leukemia from the age of 9 until he was 16 years old. Since then, he has been cancer free. Something many do not know about Perez is that he makes intricate seed bead bracelets and designs his own patterns. He also enjoys being a mentor for Fallbrook’s youth and looks forward to meeting new club members each year. “The kids’ smiling faces, make my day,” he said while describing his job. “Playing sports with kids helps earn their trust and respect, it also lets me be a kid again!” Perez loves mentoring young people to go to college and pursue

good careers and he especially loves it when former club members return to become club staff working with the next generation. He makes a special impact on the lives of those he touches, and former club members stop by to visit him when they are older to express their gratitude and update him on their lives. The club is grateful to have Perez on staff and looks forward to celebrating many more work anniversaries with him. Boys & Girls Clubs of North County has a 60-year history of serving the youth of Fallbrook and has many exciting programs planned for the second half of the school year, as well as into the summer. For more information about the club, visit [www.bgcnothcounty.org](http://www.bgcnothcounty.org) or call 760-728-5871.

Submitted by the Boys & Girls Clubs of North County.

County Library top checkouts offer inspiration for your 2023 reading list

Katie Cadioo  
County of San Diego  
Communications Office

Is ‘reading more’ one of your New Year’s Resolutions for 2023? If so, San Diego County Library is one of the best places to get you started on your reading goals. SDCL offers books, movies, magazines, movies and more. Both digital copies and physical materials are available for checkout. Getting a library card is free and easy. Just visit one of the library’s 33 branch locations, or apply for a digital card online.

**Record-breaking checkouts**  
You’ll be in great company with your 2023 reading challenge. SDCL patrons checked out more than four million digital copies of e-books, audio books and digital magazines in 2022. That’s a new record for SDCL, making it one of the most-used digital collections in the nation. Digital downloads have gained in popularity in the last years, in part due to the pandemic. SDCL issued close to 40,000 library cards in 2022 and most of these new customers used the library’s digital services.

**Top checkouts**  
Still need some more motivation to get you started? SDCL has released its top 10 checkout lists for 2022. Get some inspiration for your 2023 reading list and see if your favorite books, audio books and movies from last year made the cut.

**Adult Books (e-book and physical book checkouts combined)**  
The Last Thing He Told Me by Laura Dave  
• Apples Never Fall by Lianne Moriarty  
• Where the Crawdads Sing by Delia Owens  
• The Vanishing Half by Brit Bennett  
• The Paris Apartment by Lucy Foley  
• The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid  
• The Lincoln Highway by Amor Towles  
• The Four Winds by Kristin Hannah  
• The Invisible Life of Addie LaRue by V.E. Schwab  
• Book Lovers by Emily Henry

**Downloadable audiobooks:**  
• The Last Thing He Told Me by Laura Dave  
• Where the Crawdads Sing by

Delia Owens  
• Apples Never Fall by Lianne Moriarty  
• Atomic Habits: Tiny Changes, Remarkable Results: An Easy & Proven Way to Build Good Habits & Break Bad Ones by James Clear  
• The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid  
• 101 Essays That Will Change the Way You Think by Brianna Wiest  
• The Paris Apartment by Lucy Foley  
• Dune by Frank Herbert  
• The Invisible Life of Addie LaRue by V.E. Schwab  
• The Guest List by Lucy Foley

**Movies:**  
• Ghostbusters Afterlife  
• Spider-Man, No Way Home  
• Dune  
• Encanto  
• Uncharted  
• No Time to Die  
• The Batman  
• The Matrix, Resurrections  
• Venom, Let There Be Carnage  
• The Dry

**Teen fiction:**  
• The Summer I Turned Pretty by Jenny Han  
• A Court of Thorns and Roses by Sarah J. Maas  
• A Good Girl’s Guide to Murder by Holly Jackson  
• Six of Crows by Leigh Bardugo  
• The Magic Fish by Trung Le Nguyen  
• It’s Not Summer Without You by Jenny Han  
• Shadow and Bone by Leigh Bardugo  
• A Court of Mist and Fury by Sarah J. Maas  
• Heartstopper, Volume 1 by Alice Oseman

**Children’s books**  
• Diary of a Wimpy Kid, Big Shot by Jeff Kinney  
• Diary of a Wimpy Kid, Greg Heffley’s Journal by Jeff Kinney  
• Diary of a Wimpy Kid, The Deep End by Jeff Kinney  
• Rowley Jefferson’s Awesome Friendly Adventure by Jeff Kinney  
• Diary of a Wimpy Kid, Wrecking Ball by Jeff Kinney  
• Dog Man, Mothering Heights by Dav Pilkey  
• Cat Kid Comic Club Perspectives by Dav Pilkey  
• Dog Man, Grime and Punishment by Dav Pilkey  
• Rowley Jefferson’s Awesome Friendly Spooky Stories by Jeff Kinney  
• Cat Kid Comic Club, On Purpose by Dav Pilkey

Palomar ranked among top 10 two-year colleges in California

SAN MARCOS – Palomar College was ranked 9th among the hundreds of two-year colleges in the State of California, according to a recent article published by the website EDsmart.org. The article, “Best Colleges & Universities in California,” compiled data from the National Center for Education Statistics and College Scorecard for some 247 two-year junior or community colleges in the state. “At Palomar, we are committed to student success, and we offer unparalleled value through our innovative programs, top-notch faculty and services, and excellent student outcomes,” said Superintendent/President Dr. Star Rivera-Lacey. According to EDsmart.org, the ranking was based on four factors: Affordability Student satisfaction, based on retention rates Academic quality, based on graduation rates Salary after attending Palomar College was also highly ranked in a separate survey of California colleges by the website Intelligent.com, which published



Palomar College is ranked among the top 10 community colleges in the state. Village News/Courtesy photo

Palomar College was ranked 38th out of 213 colleges included in the Intelligent.com study. Submitted by Palomar College.

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# Pow Wow returns to Pechanga



Bird dancers perform at the 20th Pechanga Pow Wow in Temecula as the gathering makes its return to Pechanga after an eight year hiatus due to renovations at the casino & resort that are now completed.

Village News/Shane Gibson photos



The Pechanga Pow Wow begins with the grand entry led by a tribal member carrying an eagle staff.



The Warpaint Singers drum circle plays songs at the Pechanga Pow Wow which ran from Jan. 6 to Jan. 8.



Attending the Pechanga Pow Wow from Celilo Village in Oregon, Raymond Estrada helps his sister Crystal Estrada with her regalia before entering the arena to dance.



Pow wow dancers from all over the country begin to enter the area during the Pechanga Pow Wow grand entry, Jan. 6.



Pow wow dancers from all over the country begin to enter the area during the Pechanga Pow Wow grand entry, Jan. 6.



Greg Red Elk enters the arena during the Pechanga Pow Wow grand entry.

see more POW WOW photos on  
page D-4

NATIONAL

California deluge forces mass evacuations, boy swept away



Linda Orengo, 69, surveys flood damage to her home in the Santa Cruz County town of Felton, Calif., where the San Lorenzo River, swelled by torrential rains, reached major flood stage before dawn on Monday, Jan. 9.

LOS ANGELES (AP) — As another powerful storm walloped California, a 5-year-old boy was swept away by floodwaters Monday, Jan. 9 on the state’s central coast and an entire seaside community that is home to Prince Harry, Oprah Winfrey and other celebrities was ordered to evacuate on the fifth anniversary of deadly mudslides there.

Tens of thousands of people remained without power, and some schools closed for the day. Streets and highways transformed into gushing rivers, trees toppled, mud slid and motorists growled as they hit roadblocks caused by fallen debris. The death toll from the relentless string of storms climbed from 12 to 14 on Monday, Jan. 9, after two people were killed by falling trees, state officials said.

A roughly seven-hour search for the missing boy turned up only his shoe before officials called it off as water levels were too dangerous for divers, officials said. The boy has not been declared dead, said spokesperson

Tony Cipolla of the San Luis Obispo County Sheriff’s Office.

The boy’s mother was driving a truck when it became stranded in floodwaters just before 8 a.m. near Paso Robles, a small city inland from California’s central coast, according to Tom Swanson, assistant chief of the Cal Fire/San Luis Obispo County Fire Department.

Bystanders were able to pull the mother out of the truck, but the boy was swept out of the vehicle and downstream, likely into a river, Swanson said. There was no evacuation order in the area at the time.

About 130 miles (209 kilometers) to the south, the entire community of Montecito and surrounding canyons scarred by recent wildfires were under an evacuation order that came on the fifth anniversary of a mudslide that killed 23 people and destroyed more than 100 homes in the coastal enclave.

In Los Angeles, a sinkhole swallowed two cars in the Chatsworth area on Monday night,

Jan., 9. Two people escaped by themselves and firefighters using ropes and an aerial ladder rescued two others who had minor injuries, authorities said.

The National Weather Service reported rainfall rates of one inch (2.5 centimeters) per hour, with heavy downpours expected throughout the night in the upscale area where roads wind along wooded hillsides studded with large houses. Montecito is squeezed between mountains and the Pacific and is home to celebrities including Rob Lowe and Harry and Meghan, the Duke and Duchess of Sussex.

Ellen DeGeneres shared an Instagram video of herself standing in front of a raging creek near the Montecito home where she lives with her wife, actor Portia de Rossi. She said in the post that they were told to shelter in place because they are on high ground.

“This is crazy!” the talk show host, wearing a hoodie and raincoat, says in the video. “This creek next to our house never flows, ever. It’s probably about

nine feet up and is going to go another two feet up.”

Jamie McLeod’s property was under the Montecito evacuation order, but she said there is no way for her to “get off the mountain” with a rushing creek on one side and a mudslide on the other. The 60-year-old owner of the Santa Barbara Bird Sanctuary said one of her employees came to make a weekly food delivery and is stuck, too.

McLeod said she feels fortunate because her home sits on high ground and the power is still on. But she said she tires of the frequent evacuation orders since the massive wildfire followed by the deadly landslide five years ago.

“It is not easy to relocate,” said McLeod. “I totally love it — except in catastrophe.”

Santa Barbara County Sheriff Bill Brown said the decision to evacuate nearly 10,000 people was “based on the continuing high rate of rainfall with no indication that that is going to change before nightfall.” Creeks were overflowing, and many roads were flooded.

Northbound lanes of U.S. 101, a key coastal route, were expected to be shut until Tuesday, Jan. 10. Many other highways and local roads were closed because of rockslides and flooding.

Up the coast, evacuation orders were issued in Santa Cruz County for about 32,000 residents living near rain-swollen rivers and creeks. The San Lorenzo River was declared at flood stage, and drone footage showed numerous homes sitting in muddy brown water, the top halves of autos peeking out.

Maria Cucchiara, who lives in tiny, flooded Felton, went for a walk to count her blessings after “a huge branch harpooned” the roof of her small studio, she said.

“I have two kitties, and we could’ve been killed. It was over a ton,” she said. “So needless to say, it was very disturbing.”

Nicole Martin, owner of the Fern River Resort in Felton, described a more laid-back scene Monday, Jan. 9. Her clients sipped coffee amid towering redwood trees and were “enjoying the show,” she

said, as picnic tables and other debris floated down the swollen San Lorenzo.

The river is usually about 60 feet (18 meters) below the cabins, Martin said, but it crept up to 12 feet (4 meters) from the cabins.

In Northern California, several districts closed schools and more than 35,000 customers remained without power in Sacramento — down from more than 350,000 a day earlier after gusts of 60 mph (97 kph) knocked majestic trees into power lines, according to the Sacramento Municipal Utility District. A homeless person killed by a falling tree in the region was among the new deaths announced Monday, Jan. 9.

The National Weather Service warned of a “relentless parade of atmospheric rivers” — long plumes of moisture stretching out into the Pacific that can drop staggering amounts of rain and snow. The precipitation expected over the next couple of days comes after storms last week knocked out power, flooded streets, and battered the coastline.

President Joe Biden issued an emergency declaration Monday, Jan. 9 to support storm response and relief efforts in more than a dozen counties.

The weather service issued a flood watch for a large portion of Northern and Central California, with 6 to 12 inches (15 to 30 centimeters) of rain expected through Wednesday, Jan. 11 in the already saturated Sacramento-area foothills.

In the Los Angeles area, there was potential for as much as 8 inches (20 centimeters) of rain in foothill areas late Monday and Tuesday, Jan. 9 and 10. High surf was also expected.

Much of California remains in severe to extreme drought, though the storms have helped fill depleted reservoirs.

*Associated Press journalists Janie Har and Olga R. Rodriguez in San Francisco, Amy Taxin in Orange County, Andrew Dalton in Los Angeles, Nic Coury in Aptos, Martha Mendoza in Santa Cruz and Haven Daley in Felton contributed to this report.*

California fire agency makes 160 arson arrests in 2022

Jill McLaughlin  
The Epoch Times

Officers investigating wildfires in California made 160 arson arrests last year—up from 149 in 2021—the California Department of Forestry and Fire Protection (Cal Fire) recently reported.

The number of people arrested for intentionally setting fires in the Golden State has steadily increased in the past four years as officers more diligently investigate arsons and the number of private and public cameras grows, Cal Fire’s Chief of Law Enforcement Gianni Muschetto told The Epoch Times.

“Any intentional fire we can stop through arrest benefits the public,” he said.

Last year, significantly fewer acres were burned in California but it’s unclear whether the arson arrests played a part in the reduction.

“It’s hard to ever know [if the arrests helped reduce fires last year,] but the arson arrests definitely prevent potential future fires,” Muschetto said.

In 2022, over 360,000 acres

burned compared to the year before when nearly 2.7 million acres burned. The state’s five-year average is 2.3 million acres each year.

Reducing intentionally set fires through arrests can help the public and firefighters, protect property, and prevent environmental damage, Muschetto said.

Homeowners and communities have also helped officers identify suspected arsonists by installing more outside cameras, such as the popular Ring cameras. Cities and counties have also installed more surveillance systems in the past few years.

The videos can be used by law enforcement to help with arson investigations.

“That just increases our chance of identifying somebody,” Muschetto said.

Officers also aggressively investigated every fire that occurred last year, he said.

California’s two arson laws—penal codes 451 and 452—make most of such crimes felonies. A person who is found guilty of arson by willfully and maliciously setting fire or recklessly causing a

burn to any structure, forest land, or property, can face nine years in state prison for each count.

In 2016 though, California voters passed policy reform laws that reduced sentences for nonviolent felonies and allowed for earlier release for convicted arsonists.

“Arsonists that have gotten longer sentences are now eligible to be released from prison a lot sooner,” Muschetto said.

The state has arrested some in the past who started multiple wildland fires. They were given 20-year sentences but were released after doing less than half their time.

These convicted arsonists have not been rearrested, however, he said.

Arrest numbers were steady until about 2019 when officers nearly doubled the number. In 2016, officers made 73 arson arrests. Four years later in 2020, that number jumped to 120 and it has steadily climbed since then.

One of the latest arrests was made in Sacramento County on Nov. 18. Officers arrested a Sacramento man for a wildfire set



One of four aircraft fighting the Sandia Creek fire drops retardant on a neighborhood near the fire Sunday, Sept. 4, 2022.

Village News/Bill Carnahan photo

July 14 at the vacant county Boy’s Ranch facility in Sloughhouse.

Another arson arrest was made in November 2022 after a 34-year-old homeless woman in Amador County was booked on suspicion of setting a fire in Jackson, about an hour east of Sacramento.

Besides increasing arrests,

Cal Fire has also added new technology and firefighting tools including two new aircraft last year, giving firefighters the ability to attack fires at night and from the air.

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‘Lawless’: DeSantis declares state of emergency, activates National Guard over wave of migrant arrivals

Micaela Burrow  
Daily Caller News Foundation

Republican Florida Governor Ron DeSantis declared a state of emergency Friday, activating the National Guard to help with an influx of migrants arriving by boat on Florida’s coast.

In response to the Biden administration’s alleged inability to manage a record number of migrants attempting to cross the southern border into the U.S. and anticipating a wave of migrant arrivals, DeSantis authorized state agencies to take

emergency response measures Jan. 6, according to the order. The governor also authorized the National Guard to deploy “as needed, to deal with this emergency,” given that “the migration of unauthorized aliens to the State of Florida is likely to constitute a major disaster.”

“The lawlessness at the Southwest Border continues unabated and the Biden Administration has repeatedly demonstrated its ineptitude at managing the crisis it created,” the order stated. As a result, an increasing number of illegal

migrants are seeking entry to the U.S.

At least 345 unauthorized persons entered Florida on Jan. 3 and Jan. 5, and the state has identified multiple vessels likely to contain illegal migrants destined for Florida’s shores, the order stated. From August 2022 to January 2023, officials indicted more than 8,000 migrants in the waters around Florida’s peninsula.

Customs and Border Patrol has logged a record number of migrant encounters at all U.S. borders in the first two months of fiscal year 2023, which began in October,

including 460,000 at the southern border alone.

Nearly 500 illegal migrants docked in the Florida Keys over New Year’s weekend, forcing a park in the region to shut down as Florida law enforcement struggled to apprehend all of the arrivals. Border Patrol reportedly told local police they did not have sufficient federal resources to respond, according to a Facebook post by Monroe County Sheriff Rick Ramsay’s office.

Ramsay’s office described the incident as a “federal failure.”

Biden is set to make his first

visit to the southern border since becoming president in January 2021 before traveling to Mexico to attend the North American Leaders’ Summit. The border visit will likely include a stop in El Paso, Texas, Sunday, where Democratic El Paso Mayor Oscar Leaser declared an emergency authorizing use of additional resources to help with migrants sleeping on the streets.

The White House did not immediately respond to the Daily Caller News Foundation’s request for comment.

# Here are some of the key things conservative groups want the 118th Congress to prioritize

**Kate Anderson**  
*Daily Caller News Foundation*

Conservative organizations told the Daily Caller News Foundation that they are hoping the newly elected GOP Congress will largely focus on federal oversight, the southern border and social issues during its term beginning in 2023.

Some organizations hoped that Congress would push conservative legislation through while others appeared skeptical that any truly conservative legislation would pass through a Democratic Senate and White House.

“We believe that the focus should almost singularly be investigations of the Biden administration and their allies outside of the government,” Thomas Jones, president and founder of the American Accountability Foundation, told the DCNF.

The 118th Congress should largely prioritize federal oversight while not losing sight of pushing key legislation on social issues and the southern border, conservative groups told the Daily Caller News Foundation.

A group of 20 GOP representatives initially refused to vote for Rep. Kevin McCarthy for speaker of the House, leading to over a dozen rounds of votes that culminated in McCarthy being elected to the office late Friday. Many conservative organizations who spoke with the DCNF conveyed their hope

that the GOP would be able to achieve legislative victories during its term, while others were skeptical of this due to a Democratic Senate and White House.

Federal oversight remained the common theme among most of the groups, with several mentioning the recent revelations within Twitter CEO Elon Musk’s “Twitter Files.”

The files revealed how the federal government worked with prominent tech companies to censor speech to further a particular narrative such as in the case of the Hunter Biden laptop article from the New York Post, according to multiple reports.

“We believe that the focus should almost singularly be investigations of the Biden administration and their allies

outside of the government.” Thomas Jones, president and founder of the American Accountability Foundation, told the DCNF.

“The Twitter Files released by Elon Musk have provided a disturbing, if incomplete, picture of these anti-democratic activities, and Republicans must establish a January 6-style commission to get to the bottom

of this and determine what actions must be taken to ensure it never happens again.” Terry Schilling, the president of the American Principles Project, told the DCNF.

Multiple groups expressed confidence in the House Judiciary Committee with Ohio Rep. Jim Jordan at the helm.

Dan Schneider, vice president of Free Speech America and MRC Business, however, told the DCNF that while oversight was extremely important, Congress cannot use it as an excuse to not push conservative legislation.

“The House must not use oversight hearings as an excuse for not doing the important legislative work that must be done,” Schneider stated. “We need to have oversight for things like the Hunter Biden laptop story, Big Tech censorship and manipulation of data but those hearings must be a means to an end not an end of itself.”

Jones felt that the GOP would be fighting a losing battle if they focused on legislation since the Senate and the White House are controlled by Democrats.

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POW WOW photos from page D-1



Hundreds of Native American pow wow dancers fill the arena during the Pechanga Pow Wow grand entry.

Village News/Shane Gibson photos



ow wow dancers fill the arena during the Pechanga Pow Wow grand entry.



Drum circle singers perform as Native American dancers enter the arena during the Pechanga Pow Wow.



Pow wow dancers enter the arena during the grand entry at the Pechanga Pow Wow.



Pow wow dancers of all ages perform in the Pechanga Pow Wow at Pechanga Resort Casino.



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OBITUARIES



In loving memory of **Eli Dalton Baker**; our beloved brother and son passed away unexpectedly on Nov. 10, 2022, at the young age of 33.

Eli was born on Jan. 30, 1989, in Fallbrook, California, to Terri Van Horn and Conrad Baker. He attended school in Fallbrook and later graduated early from Apple Valley High School, California.

Eli worked in construction and later for a concrete company. He loved the ocean, hiking, music and his family.

Eli is survived by his sister, Jessica (Van Horn) Grieger; his brothers, Casey Van Horn, Anthony Baker, Keith Baker and his father, Conrad Baker.

Eli will be missed dearly.

Celebration of Life Service at the Chapel of Memories will be held on Jan. 28, 2023 at 11 a.m., 28300 Mercedes St., Temecula, CA 92590.

With great sadness and sorrow, we announce the loss of **Marianne Phelan-Warbrick**, 66 of Fallbrook. She left this earth to return to the Lord on the 28th of December 2022. She is survived by her four children and four grandchildren.

Marianne was a shining light in all of the lives she touched and was always willing to help those around her. She will be so very greatly missed by everyone.

Funeral services will be held on Jan. 14, 2023, at 11 a.m. at Christ the King Lutheran Church (1620 S Stage Coach Lane, Fallbrook, CA 92028). We would be honored if those who knew and loved her would join us to celebrate her life.

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FALLBROOK COMMUNITY PLANNING GROUP  
And  
DESIGN REVIEW BOARD

Chair, Eileen Delaney  
[Eileen.fallbrook@gmail.com](mailto:Eileen.fallbrook@gmail.com)

Regular Meeting  
Monday, January 16, 2023  
7:00 PM

Fallbrook Public Utilities District Board Room  
990 E. Mission Rd. Fallbrook

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

Meeting ID: 804 691 4890 Pass code: 2CB4DA Dial in by Phone: 16694449171 Meeting ID: 83197429927# Pass code: \*625520#  
<https://us06web.zoom.us/j/8046914890?pwd=VmZbC9BRGdCVHVjdG9RaDVKbU53dz09>

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AGENDA

1. CALL TO ORDER
2. SWEARING IN: JJ Neese, Debbie Williams, Kelly Hansen, Steve Brown, Scott Spencer, Jeniene Domercq and Eileen Delaney by the Honorable 5<sup>th</sup> District Supervisor, Jim Desmond.
3. ROLL CALL
4. PLEDGE OF ALLEGIANCE
5. APPROVAL of the November 21, 2022 meeting minutes.
6. PUBLIC FORUM. Opportunity for members of the public to speak to the Group on any subject matter within the Group's jurisdiction but not on today's agenda. Three-minute limitation. Non-voting item.
7. Report and update on RMWD projects. Tom Kennedy, General Manager of Rainbow MWD. Community Input. Planning Group. Non-voting item.
8. Report and update on FPUD projects. Aaron Cook, FPUD. Community Input. Planning Group. Non-voting item.
9. Letter to SANDAG requesting an advisory member from the unincorporated and predominantly rural areas for more inclusiveness in planning for our region. Community input. Voting Item/
10. Request that DPW add more signage farther away from the Green Canyon Signal on S, Mission Rd. to alert drivers that there is a signal around the curve. Community input. Voting item.
11. Approval of the Planning Group Representatives to the: Community Forum and Village Association: Roy Moosa; Historical Society: Scott Spencer; Chamber of Commerce and I-15 DRB, Jeniene Domercq. Community Input. Voting item.
12. Approval of Committee Members for Land Use, Circulation, Design Review, Parks & Recreation and Public Facilities. Community Input. Voting Item.

13. First Reading: Revision to the By-laws to clarify Committee Membership.  
**(ARTICLE VI – AMENDMENTS**  
Section 1 **Amendments to the By-Laws** may be made at any regular meeting of the Group by a two-thirds (ten {10}) vote of the membership, provided the amendment is presented in writing at the previous regular meeting.)

ARTICLE V – STANDING COMMITTEES

Current:  
Section 2 **Committee Membership:** The Chair of each committee shall be a member of the Group and appointed by the Group Chair (Policy I-1Art. V). Membership is open to the public. Committees shall consist of a maximum of eleven (11) members with a majority being from the members of the Group. There shall be no more than seven (7) members of the Group on any Committee.

Proposed:  
Section 2 **Committee Membership:** The Chair of each committee shall be a member of the Group and appointed by the Group Chair (Policy I-1Art. V). Membership is open to the public. Committees shall consist of a maximum of eleven (11) members: Seven (7) members of the Group and four (4) members of the public.

14. FOR PLANNING GROUP:  
Authorization of Teleconferencing Meeting Option Pursuant to Government Code Section 54953(e)  
*Motion:*  
Pursuant to Government Code section 54953(e)(3), a motion to find the legislative body has reconsidered the circumstances of the State of Emergency and state and local officials continue to recommend measures to promote social distancing. Community Input. Planning Group Discussion. Voting Item.
15. FOR COMMITTEES:  
Authorization of Teleconferencing Meeting Option Pursuant to Government Code Section 54953(e)  
A motion to find there is a proclaimed state of emergency and state and local officials have imposed or recommended measures to promote social distancing authorizing teleconferenced meetings pursuant to Government Code section 54953(e). [This motion is intended to apply to all of the legislative body subcommittees this legislative body has created.] [If the legislative body does not hold a meeting within the next 30 days, the chair is directed to review the status of the state of emergency and whether state or local officials continue to impose or recommend measures to promote social distancing. If both conditions exist, the chair is directed to memorialize such determination in writing and such writing will be presented for ratification at the next meeting of the legislative body.] Community Input. Planning Group. Voting Item.
16. PLANNING GROUP BUSINESS AS NEEDED:  
Announcements & Correspondence:  
Reports:  
Chairs report: Update Board of Supervisors Code of Conduct; Role of Planning Group Members, Agendas, other business, discussion and questions.  
Parliamentary Procedure: Lee DeMeo & Steve Brown  
Technical Advisor in-person meetings: Tom Harrington & Ross Pike  
NCFPD Reports and information: Tom Harrington  
Social Media, Zoom, meeting recordings: Jim Loge  
Project updates: Steve Brown with Jim Loge  
Trails Council & CSA-81: Stephani Baxter  
Cal Trans: Anna Strahan  
Schools: Jacqui Kaiser  
Representative to the I-15 DRB: Jeniene Domercq  
Representative to the Fallbrook Community Forum & Village Association: Roy Moosa  
Representative to the Fallbrook Chamber of Commerce: Jeniene Domercq  
Representative to the Fallbrook Historical Society: Scott Spencer  
Sheriff's Dept and CHP report  
New members community interests

17. Election of Officers: Chairperson, 1<sup>st</sup> Vice Chair, 2<sup>nd</sup> Vice Chair, Secretary. Voting Item
18. ADJOURNMENT

\*\*\*Planning Group project plans and other reference materials can be found at [www.fallbrookplanninggroup.org](http://www.fallbrookplanninggroup.org)

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

This is a preliminary agenda. If any changes are made, a final agenda will be posted at the Chamber of Commerce at least 72 hours prior to the meeting  
Eileen Delaney, Chairperson, Fallbrook Community Planning Group & Design Review Board.  
Email: [Eileen.fallbrook@gmail.com](mailto:Eileen.fallbrook@gmail.com)

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SPECIAL MEETING

FALLBROOK COMMUNITY PLANNING GROUP  
And  
DESIGN REVIEW BOARD  
Chair, Eileen Delaney  
[Eileen.fallbrook@gmail.com](mailto:Eileen.fallbrook@gmail.com)

Monday, January 23, 2023  
6:00 PM

Fallbrook Public Utilities District Board Room  
990 E. Mission Rd. Fallbrook

VIRTUAL MEETING

Meeting ID: 804 691 4890 Pass code: 2CB4DA Dial in by Phone: 16694449171 Meeting ID: 83197429927# Pass code: \*625520#  
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AGENDA

1. CALL TO ORDER
2. ROLL CALL
3. PLEDGE OF ALLEGIANCE
4. 2023 Housing Zoning Ordinance Update. ( Public review period ends 2/2023) Camilla Easland and Ben Larson, PDS Long Range Planning. Camilla.easland@sdcounty.ca.gov , Benjamin.larson@sdcounty.ca.gov . Community Input. Planning Group Input. Non Voting Item
5. ADJOURNMENT

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Land Use Committee Chair Steve Brown, [fallbrookplanning@aol.com](mailto:fallbrookplanning@aol.com);  
Circulation Committee, Chair Roy Moosa: 760-723-1181;  
Parks & Recreation Committee Chair Stephani Baxter, [sbaxter.fcpg@gmail.com](mailto:sbaxter.fcpg@gmail.com);  
Public Facilities Committee Chair Jeniene Domercq, [jeniendomercq@gmail.com](mailto:jeniendomercq@gmail.com);  
Design Review Board Committee Chair Eileen Delaney: [eileen.fallbrook@gmail.com](mailto:eileen.fallbrook@gmail.com),

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Published January 12, 2023

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NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call, (800) 280-2832 for information regarding the trustee's sale or visit this internet website, [www.auction.com](http://www.auction.com), for information regarding the sale of this property, using the file number assigned to this case, T.S.# 22-02383CA. 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) 280-2832, or visit this internet website [www.auction.com](http://www.auction.com), using the file number assigned to this case 22-02383CA to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. File No.: 22-02383CA If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. For Trustee Sale Information Log On To: [www.auction.com](http://www.auction.com) or Call: (800) 280-2832. Dated: December 20, 2022 By: Kellee Vollandorff Foreclosure Associate Affinia Default Services, LLC 301 E. Ocean Blvd., Suite 1720 Long Beach, CA 90802 (833) 290-7452 NPP0419437 To: VILLAGE NEWS INC 01/12/2023, 01/19/2023, 01/26/2023

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LEGALS

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

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9026486  
Name of Business  
FAIRLANE CLEANERS  
3821 Plaza Drive Ste 403, Oceanside, CA 92056  
County: San Diego  
This business is registered by the following:  
NSC Industries Inc, 122 Rupertus Drive, San Clemente, CA 92672  
This business is conducted by a Corporation  
This Corporation is registered in the state of California  
Registrant first began to transact business under the fictitious name listed above as of 11/21/2022  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 06, 2022  
LEGAL: 6050  
PUBLISHED: December 22, 29, 2022;  
January 5, 12, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9026774  
Name of Business  
GOD BLESS THIS MESS  
153 Lillian Way, Fallbrook, CA 92028  
Mailing address: 153 Lillian Way, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Jerilyn Monique Castech, 153 Lillian Way, Fallbrook, CA 92028  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 09, 2022  
LEGAL: 6051  
PUBLISHED: December 22, 29, 2022;  
January 5, 12, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9027682  
Name of Business  
a. NORTH COUNTY DRYWALL  
b. NORTH COUNTY DRYWALL.  
255 Vista del Indio, Fallbrook, CA 92028  
Mailing address: same  
County: San Diego  
This business is registered by the following:  
Brown & Sons Inc, 255 Vista del Indio, Fallbrook, CA 92028  
This business is conducted by a Corporation  
This Corporation is registered in the state of California  
Registrant first began to transact business under the fictitious name listed above as of 1-1-1999  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 22, 2022  
LEGAL: 6056  
PUBLISHED: December 29, 2022;  
January 5, 12, 19, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9027792  
Name of Business  
DIRTY DEEDS DIRTWORK  
1104 Sierra Bonita, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
a. Joseph Raymond Sandoval, 1104 Sierra Bonita, Fallbrook, CA 92028  
b. Michael Allen Sandoval, 1104 Sierra Bonita, Fallbrook, CA 92028  
This business is conducted by a General Partnership  
Registrant first began to transact business under the fictitious name listed above as of 12/12/2022  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 23, 2022  
LEGAL: 6057  
PUBLISHED: December 29, 2022;  
January 5, 12, 19, 2023

Notice of Destruction of Records

Attention Special Education Students:  
The Special Education Department of the Bonsall Unified School District intends to destroy all the special education student records in its possession for students who graduated or otherwise dis-enrolled from the District on or before June 30, 2019. Records will be destroyed February 1, 2023. Therefore, if you would like to have a copy of your records, please contact our office at 760-631-5200 Ext. 1017 Chelsie Smith.  
  
Published January 5, 12, 19, 26,  
February 2, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9026835  
Name of Business  
BAR SAME SAME  
300 Carlsbad Village Dr, Suite 213, Carlsbad, CA 92008  
County: San Diego  
This business is registered by the following:  
MLA Ventures LLC, 912 Grivetta Ct, Carlsbad, CA 92011  
This business is conducted by a Limited Liability Company  
This LLC is registered in the state of California  
Registrant first began to transact business under the fictitious name listed above as of 8/1/2013  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 09, 2022  
LEGAL: 6043  
PUBLISHED: December 22, 29, 2022;  
January 5, 12, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9026294  
Name of Business  
SUBMARINA ESCONDIDO  
1511 E. Valley Pkwy., Ste. A-3, Escondido, CA 92027  
County: San Diego  
This business is registered by the following:  
Guzman Communications, 31214 Jan Steen Ct., Winchester, CA 92596  
This business is conducted by a Corporation  
This Corporation is registered in the state of California  
Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 02, 2022  
LEGAL: 6044  
PUBLISHED: December 22, 29, 2022;  
January 5, 12, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9026861  
Name of Business  
a. ALL THINGS AIRBNB  
b. AIRBNB TIPS N TRICKS  
636 Ora Avo Drive, Vista, CA 92084  
Mailing address: same as above  
County: San Diego  
This business is registered by the following:  
Debbie Avey, 636 Ora Avo Drive, Vista, CA 92084  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of 12-12-2022  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 12, 2022  
LEGAL: 6045  
PUBLISHED: December 22, 29, 2022;  
January 5, 12, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9027882  
Name of Business  
SAFE LAND SECURITY  
7490 Opportunity Rd #2950, San Diego, CA 92111  
Mailing address: 5968 Kantor St, San Diego, CA 92122  
County: San Diego  
This business is registered by the following:  
Niazsons Corp, 7490 Opportunity Rd #2950, San Diego, CA 92111  
This business is conducted by a Corporation  
This Corporation is registered in the state of California  
Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 28, 2022  
LEGAL: 6058  
PUBLISHED: January 5, 12, 19, 26, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9026464  
Name of Business  
a. TREEHOUSE SUCCULENTS  
b. TREEHOUSE SUCCULENTS BUENA CREEK GARDENS  
418 Buena Creek Rd., San Marcos, CA 92069  
Mailing address: 1361 Clarence Dr, Vista, CA 92084  
County: San Diego  
This business is registered by the following:  
Jill Steffan, 1361 Clarence Dr, Vista, CA 92084  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of 11/1/22  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 06, 2022  
LEGAL: 6059  
PUBLISHED: January 5, 12, 19, 26, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2023-9000072  
Name of Business  
HUSTLE SOFTBALL  
1375 Rex Lane, El Cajon, CA 92021  
County: San Diego  
This business is registered by the following:  
Alexis Ruiz, 1375 Rex Lane, El Cajon, CA 92021  
This business is conducted by an Individual  
Registrant commenced to transact business under the fictitious name listed above as of 12/14/2022  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 03, 2023  
LEGAL: 6060  
PUBLISHED: January 12, 19, 26,  
Feb. 2, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2023-9000384  
Name of Business  
JARAMILLO'S GREEN FLOWERS  
10090 Covey Ln, Escondido, CA 92026  
Mailing address: 10090 Covey Ln, Escondido, CA 92026  
County: San Diego  
This business is registered by the following:  
Josue Jaramillo Millan, 10090 Covey Ln, Escondido, CA 92026  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of 1/3/23  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 06, 2023  
LEGAL: 6061  
PUBLISHED: January 12, 19, 26,  
Feb. 2, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2023-9000375  
Name of Business  
AUTO APPRAISAL NETWORK SAN DIEGO  
275 Tom McGuinness Jr Cir, Fallbrook, CA 92028  
Mailing address: SAME  
County: San Diego  
This business is registered by the following:  
Mark W. Peterson, 275 Tom McGuinness Jr Cir, Fallbrook, CA 92028  
This business is conducted by an Individual  
Registrant commenced to transact business under the fictitious name listed above as of 11/06/2023  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 06, 2023  
LEGAL: 6062  
PUBLISHED: January 12, 19, 26,  
Feb. 2, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9027314  
Name of Business  
a. STYLISH CULTURE APPAREL  
b. STYLISH CULTURE NATIVE  
c. STYLISH CULTURE FAMILY  
d. STYLISH CULTURE KIDZ  
e. STYLISH CULTURE SAVAGE  
f. STYLISH CULTUREWOMENS  
g. STYLISH CULTURE MX  
h. STYLISH CULTURE PRODUCTIONS  
i. STYLISH CULTURE MEN  
j. FEATHER HEADS PRODUCTIONS  
k. FEATHER HEADS  
l. SAVAGE MOTO KIDZ  
m. STYLISH CULTURE CLOTHING  
n. NATIVE KIDZ  
o. ROADRUNNER NATIVE  
p. STYLISH CULTURE  
q. SELF MADE SAVAGE  
r. SELF MADE NATIVE  
s. SELF MADE FAMILY  
t. ROAD RUNNER CLOTHING  
u. ROAD RUNNER APPAREL  
53004 Sycamore Ln, Pala, CA 92059  
Mailing address: 53004 Sycamore Ln, Pala, CA 92059  
County: San Diego  
This business is registered by the following:  
Anthony Luna Trujillo, 53004 Sycamore Ln, Pala, CA 92059  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of 11/23/2015  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 15, 2022  
LEGAL: 6063  
PUBLISHED: January 12, 19, 26,  
Feb. 2, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9026862  
Name of Business  
GLAMA APPROVED  
636 Ora Avo Drive, Vista, CA 92084  
Mailing address: same as above  
County: San Diego  
This business is registered by the following:  
Debbie Avey, 636 Ora Avo Drive, Vista, CA 92084  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of 12-12-2022  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 12, 2022  
LEGAL: 6046  
PUBLISHED: December 22, 29, 2022;  
January 5, 12, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9026864  
Name of Business  
a. NEXT GENERATION ELITE HOME REPAIRS  
b. NEXT GENERATION ELITE JUNK HAULING  
c. NEXT GENERATION ELITE PAINTING  
d. NEXT GENERATION ELITE REPAIRS  
e. NEXT GENERATION ELITE HANDYMAN  
4181 Alana Circle, Oceanside, CA 92056  
County: San Diego  
This business is registered by the following:  
a. Travis Avey, 3513 Barranca Road, San Marcos, CA 92069  
b. Daniel Dickerson, 4181 Alana Circle, Oceanside, CA 92056  
This business is conducted by a General Partnership  
Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 12, 2022  
LEGAL: 6047  
PUBLISHED: December 22, 29, 2022;  
January 5, 12, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9026541  
Name of Business  
GALARZA GROWERS  
39432 De Luz Rd, Fallbrook, CA 92028  
Mailing address: 39432 De Luz Rd, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Apolinar Galarza, 39432 De Luz Rd, Fallbrook, CA 92028  
This business is conducted by an Individual  
Registrant first began to transact business under the fictitious name listed above as of 08-26-98  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 07, 2022  
LEGAL: 6048  
PUBLISHED: December 22, 29, 2022;  
January 5, 12, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9025696  
Name of Business  
PATRICE & ASSOCIATES  
122 Rupertus Drive, San Clemente, CA 92672  
Mailing address: 122 Rupertus Drive, San Clemente, CA 92672  
County: San Diego  
This business is registered by the following:  
2 X 2 Solutions LLC, 122 Rupertus Drive, San Clemente, CA 92672  
This business is conducted by a Limited Liability Company  
This LLC is registered in the state of CA  
Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Nov 22, 2022  
LEGAL: 6049  
PUBLISHED: December 22, 29, 2022;  
January 5, 12, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9026024  
Name of Business  
JD MEDIA  
855 S. Main Av, Suite K, #291, Fallbrook, CA 92028  
Mailing address: 855 S. Main Av, Suite K, #291, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
The Active Company, 855 S. Main Av, Suite K, #291, Fallbrook, CA 92028  
This business is conducted by a Limited Liability Company  
This LLC is registered in the state of California  
Registrant first began to transact business under the fictitious name listed above as of 10/04/2022  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Nov 30, 2022  
LEGAL: 6052  
PUBLISHED: December 22, 29, 2022;  
January 5, 12, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9027371  
Name of Business  
BOOMER SALES AND SERVICES  
3711 Foxglove Lane, Fallbrook, CA 92028  
Mailing address: 3711 Foxglove Lane, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
a. Bradley Adams, 3711 Foxglove Lane, Fallbrook, CA 92028  
b. Susan Adams, 3711 Foxglove Lane, Fallbrook, CA 92028  
This business is conducted by a Married Couple  
Registrant first began to transact business under the fictitious name listed above as of N/A  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 16, 2022  
LEGAL: 6053  
PUBLISHED: December 22, 29, 2022;  
January 5, 12, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT  
File Number: 2022-9025682  
Name of Business  
CONTROLLED ENTRANCES GROUP  
27525 Valley Center Rd, Valley Center, CA 92082  
Mailing address: 44716 Corte Gutierrez, Temecula, CA 92592  
County: San Diego  
This business is registered by the following:  
Controlled Entrances Group, 27525 Valley Center Rd, Valley Center, CA 92082  
This business is conducted by a Corporation  
This Corporation is registered in the state of California  
Registrant first began to transact business under the fictitious name listed above as of 10/31/2022  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Nov 22, 2022  
LEGAL: 6054  
PUBLISHED: December 22, 29, 2022;  
January 5, 12, 2023

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME  
Case Number: 37-2022-00050459-CU-PT-NC TO ALL INTERESTED PERSONS  
Petitioner:  
JENNIFER MARIE CRAWFORD  
Present Name:  
JENNIFER MARIE CRAWFORD  
Proposed Name:  
JENNIFER MARIE RAINS

Change of Name

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.\*  
NOTICE OF HEARING  
Date: 2/7/2023 Time: 8:30 am Dept: N-25  
The address of the court is 325 South Melrose Dr., Vista, CA 92081  
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News  
NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.  
The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120).  
If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to the petitioner.  
If all requirements have not been met as of the date specified, the court will mail the petitioner a written order with further directions.  
If a timely objection is filed, the court will set a remote hearing date and contact the parties by mail with further directions.  
A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date.  
Date: 12/19/2022 Signed: James E. Simmons, Jr., Judge of the Superior Court.  
LEGAL: 6055  
PUBLISHED: December 22, 29, 2022;  
January 5, 12, 2023

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME  
Case Number: 37-2022-00050765-CU-PT-NC TO ALL INTERESTED PERSONS  
Petitioner:  
STEPHANIE DANIELLE RIVERA  
Present Name:  
STEPHANIE DANIELLE RIVERA  
Proposed Name:  
MOAKEAH DANIELLE RIVERA

Change of Name

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.\*  
NOTICE OF HEARING  
Date: 2/7/2023 Time: 8:30 AM Dept: 25  
The address of the court is 325 S. Melrose Dr, 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  
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.  
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A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date.  
Date: DEC 20 2022 Signed: James E. Simmons Jr., Judge of the Superior Court.  
LEGAL: 6064  
PUBLISHED: January 12, 19, 26,  
February 2, 2023

Change of Name

NOTICE OF SALE OF ABANDONED PROPERTY  
NOTICE IS HEREBY GIVEN THAT PURSUANT TO SECTIONS 21701-21715 OF THE BUSINESS AND PROFESSIONAL CODE SECTION 2328 OF THE COMMERCIAL CODE SECTION 535 OF THE PENAL CODE TAYLOR SELF STORAGE 1200 EAST TAYLOR ST., VISTA CA 92084 WILL SELL BY COMPETITIVE BIDDING ON JANUARY 18TH, 2023 AT 12:30 PM AUCTION TO BE HELD AT THE ABOVE ADDRESS, PROPERTY TO BE SOLD AS FOLLOWS: MISC GOODS, PERSONAL ITEMS, FURNITURE AND CLOTHING.  
ANGEL LOPEZ SANTIAGO  
MARISA VALADEZ  
HOLLY LEAL  
MARIA CASTILLO  
DIANA MARTINEZ  
KELLY KRUEGER  
JOHN BLANKEMEIER  
MARK WALLACE  
TIFFANY PREYER  
EFFIE MILLER  
LISA LEBLANC  
THAMARA CRAWFORD  
RONALD HOGUE  
JUAN REMIGIO IBANEZ  
IAN HRONEK  
SHELBY LOPEZ  
ASHLEA KNIPPENBERG  
RAMON HERNANDEZ  
KORAN FIELDS CAMERO  
  
Published January 12, 19, 2023

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# COLDWELL BANKER

## VILLAGE PROPERTIES

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**CHRIS HASVOLD**  
DRE# 00800277



**ABBY ELSTON**  
DRE# 01113234



**CARRIE FULLER**  
DRE# 02104579



**CHERYL PIZZO**  
DRE# 00815495



**CYNDI HAUFF**  
DRE# 01274144



**DON BENNETTS**  
DRE# 01450115



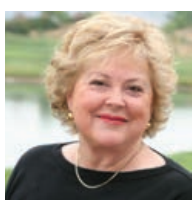
**DONNA SHANAHAN**  
DRE# 01193680



**HARLEE ROBINSON**  
DRE# 02063238



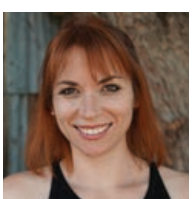
**GERI SIDES**  
DRE# 00414751



**VICKI ROBERTSON**  
DRE# 01172404



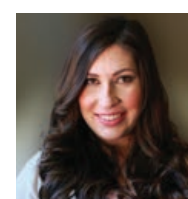
**TOM VAN WIE**  
DRE# 01412145



**KAITLIN MITCHELL**  
DRE# 02154448



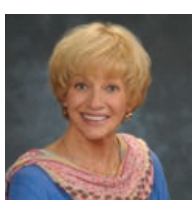
**EDDIE HARRISON**  
DRE# 00584175



**KATIE MULLIN**  
DRE# 02126350



**HEIDI DICKENS**  
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**LORENE JOHNSON**  
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**PETER THOMPSON**  
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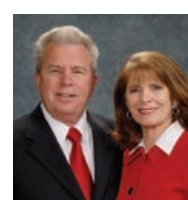
**ERICA WILLIAMS**  
DRE# 02037408



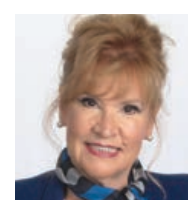
**JUDY & PATRICK BRESNAHAN**  
DRE# 00949710, DRE# 00582591



**NANCY SCHRIMPF**  
DRE# 01916190



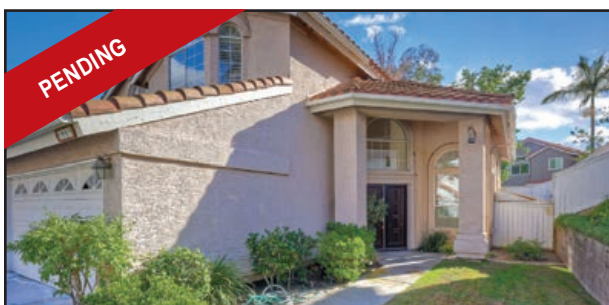
**JERRY & LINDA GORDON**  
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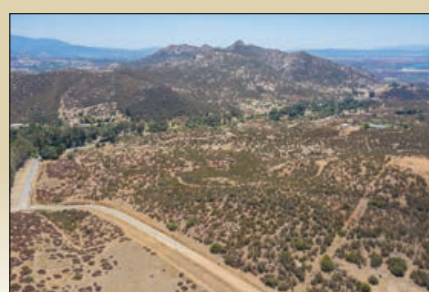
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