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December 12, 2019 www.VillageNews.com Volume 23, Issue 50

Students of the Month named at breakfast

Jeff Pack
Staff Writer

Emma Mings, Martha Vaca, Erin Murray and George Hutson were named Students of the Month during the Student of the Month Breakfast Thursday, Dec. 5, at North Coast Church.

First to be honored was George Hutson, nominated by Marin Pinnell and Steve Hernandez.

“For George, the first thing I think of is, he’s a gem,” Pinnell said. “A gem is multifaceted, okay, and George is multifaceted. When I look at George, he reminds me a lot of my dad in that he is able to do a lot of different skills.”

His mother, Nicole, thanked everyone for acknowledging her son.

“He’s always had great intentions on succeeding and doing a great job,” she said. “I’m just really proud of him.”

George’s grandmother next took the mic and told the audience.

“I’m not surprised, thank you,” she said.

George, an Eagle Scout, followed in his grandmother’s footsteps by adding a little humor to the event.

“I remember when Mrs. Pinnell first emailed me about nominating



Emma Mings, Martha Vaca, Erin Murray and George Hutson were named Students of the Month during the Student of the Month Breakfast, Dec. 5 in Fallbrook. Village News/Jeff Pack

me,” he said. “I didn’t realize that we were that desperate.”

After the room stopped laughing, he thanked everyone.

“I can’t thank all the teachers of Fallbrook High enough,” Hutson said. “It is something that I admire most in my life is teachers and the staff. Theirs is just a really noble job and I’m thinking about maybe becoming a teacher one day.”

George said he hopes to become a mechanical engineer one day.

Next to be honored was Emma Mings, nominated by Alana Milton.

“In ASB we talk about leadership a lot,” Milton said. “How as a group at Fallbrook High School we have lots of different types of leaders. We have those that have the spotlight on them and they thrive in the spotlight. Those in the spotlight can’t do what they do without people supporting them.”

“Emma is one of those people. She makes sure that the people on

stage do a great job. You guys have to realize that that stage presence couldn’t happen without people like Emma.”

Emma’s mom, Kara, thanked everyone for helping her children, including Emma, and told stories of Emma’s selflessness.

“We are so blessed to have you in our life, I am very honored to be your mom,” Kara said. “You have taught us all with your kindness and generosity and I cannot wait to see what you do next.”

Emma’s father, Tim, talked about the challenges she had endured just as she entered Fallbrook High.

“It was amazing to see the strength that she had to get through that and be involved in student body and taking care of things that like at the school,” he said.

“One of the main reasons she was able to do that was because of the community,” he said. “This community is amazing, so many mentors and community people

that care and want to help out. We have been very grateful for people that have taken her in and helped her.”

Emma thanked the student of the month committee, the community, Milton and congratulated her fellow students.

“Thank you to the rest of my family here and away for making me into the person I am today,” Emma said. “My future plans are to go to college somewhere in California for an English degree. I’d like to become an English teacher one day and maybe take Ms. Milton’s job one day as the ASB Director.”

Erin Murray, nominated by Debbie Berg and Pinnell, was next to be nominated.

“I was super blessed to have her in my honors chemistry class two years ago,” Pinnell said. “She’s

see *STUDENTS*, page A-6

San Diego County burn permit suspension lifted

EL CAJON – Effective Friday, Dec. 6, at 8 a.m. the burn permit suspension in San Diego County has been lifted. CAL FIRE San Diego Unit Chief Tony Mecham formally canceled the burn permit suspension and advised that those possessing current and valid agriculture and residential burn permits can now resume burning on permissible burn days.

Agriculture burns must be inspected by CAL FIRE before burning, and inspections may be required for residential burns as well. This can be verified by contacting one’s local CAL FIRE station.

CAL FIRE burn permits will be required for all agriculture or residential burning. Cooler temperatures, higher humidity and the chance of winter weather have helped to begin to diminish the threat of wildfire.

Property owners and residents are asked to use caution while conducting debris or agricultural burns, follow all guidelines provided, and maintain control of the fire at all times. Individuals can be held civilly and/or criminally liable for allowing a fire to escape their control and/or burn onto neighboring property.

Residents wishing to burn must verify it is a permissive burn day before burning and record their intention to burn by contacting their local CAL FIRE station.

Safe residential pile burning of forest residue by landowners is a crucial tool in reducing fire hazards. State, federal and local land management and fire agencies will be utilizing this same window of opportunity to conduct prescribed burns aimed at improving forest health and resiliency on private and public lands.

For more information on burning, visit www.fire.ca.gov.

thisweek

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A different kind of tourist comes to town



Pelicans visit Fallbrook pond

Pete and Patti Kass discovered these pelicans in their backyard pond, Dec. 4.

Courtesy photos

FALLBROOK – Pete and Patti Kass have lived in Fallbrook since 1986. They have a large pond in their backyard and have enjoyed the wildlife that it attracts.

Pete Kass said they stocked the pond with six baby turtles in ‘86 and they have thrived in this somewhat wild environment. “We even took in two turtles this year that people found in Fallbrook,”

he said.

According to Kass, many types of birds have made the pond their home and some have just stopped for a short time.

He contacted the Village News Dec. 4 to report an unusual visit. “Remarkably today is the first time we have had white pelicans stop to visit,” he said. At a distance, they first thought the birds were swan,

“but as we got closer their true identity was apparent. These large majestic birds are very beautiful, we were careful not to spook them while taking photos. Patti and I feel privileged to share our home with all this wildlife.”

Submitted by Pete and Patti Kass.

This holiday season: Don’t pack a pest

Gig Conaughton
County of San Diego
Communications

The holidays are a time for traveling and sending gifts, which means it’s also time to make sure you’re not carrying or shipping something that nobody wants – a pest!

The truth is, the gifts you send and receive could be hiding dangerous, hitchhiking pests or plant diseases that could wreak havoc on our local agricultural industry and our environment.

That homemade fruit basket could have mealy bugs. There could be gypsy moth eggs hidden in that wreath you got from grandma’s house, whiteflies in those hand-picked poinsettias, or a dangerous plant virus in the citrus you picked from the backyard.

So, remember. Don’t pack a pest!

Every year San Diego County’s Department of Agriculture, Weights and Measures inspectors – human and detector dogs – work hard to keep out invasive pests like the goldspotted oak borer, light brown apple moth, Asian citrus psyllid and South American palm weevil.

see *PEST*, page A-6

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VILLAGE NEWS



EVENTS CALENDAR

Dec. 12 – 11 a.m. – Silvergate Fallbrook will host financial advisor Monique Neal, from Edward Jones, for a discussion on “Affording Senior Living.” The seminar covers how to afford premium senior living, the cost of waiting too long to move and why planning now brings peace of mind. This event is open to the public and offers a complimentary, chef-crafted lunch. RSVP to Helen Gray, (760) 728-8880 or hgray@americarehr.com. Silvergate is at 420 Elbrook Dr.

Dec. 12 – 5 to 7 p.m. – Fallbrook Library will hold its annual Winterfest Celebration featuring photos with Santa Claus, cookie decorating, crafts and other fun activities. Music will be provided by the North County Dulcimers. Health and safety information will also be provided, 124 S. Mission

Rd. For more information, visit www.sdel.org or call (760) 731-4650.

Dec. 13 – 5:30-8:30 p.m. – Fallbrook Chamber of Commerce hosts its Holiday Wine & A Bite Art Walk, limited to 150 participants. Food, wine and artist demonstrations will be found in the Historic Downtown area. To reserve a spot, stop by the Chamber office, call (760) 728-5845 or go to www.fallbrookchamberofcommerce.org.

Dec. 14 – 2 p.m. – “A Christmas Festival of Songs & Carols” will feature the Fallbrook Chorale and a chamber orchestra at SonRise Christian Fellowship, 463 S. Stage Coach Lane. Tickets are \$20/pp general admission; active duty military and children 18 and under (with a paying adult) are free. Tickets will be available about 30 days prior to the show at Major Market, from any chorale member, at <http://fallbrookchorale.org/> or by calling (760) 390-9726.

Dec. 21 – 8:30-11 a.m. –

Fallbrook Community Center hosts Breakfast with Santa, entertainment and more at this free holiday event, 341 Heald Lane. All ages, \$5 each.

Dec. 21 – 8:30-10:30 a.m. – The Keeping Fallbrook Litter Free Group Cleanup will be held at Ingold Sports Park and surrounding area, 2551 Olive Hill Road. RSVP to Marta Donovan (760) 405-4054.

Jan. 18 – 8:30-10:30 a.m. – The Keeping Fallbrook Litter Free Group Cleanup will be held at Don Dussault Park and surrounding area, 832 Alturas Road. RSVP to Marta Donovan (760) 405-4054.

Feb. 15 – 8:30-10:30 a.m. – The Keeping Fallbrook Litter Free Group Cleanup will be held at Santa Margarita River Hiking Trail and surrounding area. Directions: DeLuz Rd north to Sandia Creek Drive. Continue on Sandia Creek Drive to the Santa Margarita River and the trailhead is on the right. RSVP to Marta Donovan (760) 405-4054.

ANNOUNCEMENTS

Blood drive to be held at Albertsons

FALLBROOK – Albertsons in Fallbrook is hosting a blood drive in partnership with the San Diego Blood Bank Monday, Dec. 23, from 1-6 p.m. Albertsons is located at 1133 S. Mission Road, and the blood drive will take place in the parking lot. Donors will receive a Limited-Edition Holiday T-shirt, while supplies last.

Anyone 17 and older, who weighs at least 114 pounds and is in good health, may be eligible

to donate blood. A good meal and plenty of fluids are recommended before donation. All donors must show picture identification.

Donors are encouraged to schedule an appointment to donate, but walk-ins are welcome. To schedule an appointment or for more information, visit <http://www.sandiegobloodbank.org> or call (800) 469-7322.

Submitted by San Diego Blood Bank.

Live Oak Park to turn 100 next summer

FALLBROOK – San Diego County Parks & Recreation is planning a celebration of Live Oak County Park’s centennial year next summer and invites everyone to join in.

San Diego County Park Ranger Brian Ek has brought together a small and dedicated group to begin the planning process of the three-day event in July 2020 at the historic park.

In commemoration of the park’s 100 years of operation, Ek

invites visitors of all ages to join the celebration. Festivities will include educational workshops, tree plantings, music, food, picnicking and more for one and all to enjoy.

Stay tuned as the acorn has been planted for many exciting and creative ideas. The group encourages families and friends of Fallbrook to attend and create new memories to add to its 100 years of history.

Submitted by Roger Boddaert.

Village News announces early deadlines for holiday editions

FALLBROOK – There will be early deadlines for all submissions for the Dec. 26 and Jan. 2 issues of the Village News.

The deadline for press releases, letters to the editor and legal notices is noon, Thursday, Dec. 19

and Dec. 26.

The deadline for obituaries and classified ads is 3 p.m., Friday, Dec. 20, and Dec. 27.

All submissions can be sent to villageeditor@reedermedia.com

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Please include your name and phone number. Photos must be high resolution to be considered for print. No limit to number of entries per person. All winners will be notified by email prior to Sourcebook publication.

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“Sourcebook Helped My New Business Grow Legs”

I began installing solar systems in my new homes in about 2012. I soon began to get referrals and started installing new systems for other clients besides my new houses. The word began to spread that my abilities went beyond just slapping up panels and wiring them in. I have the ability and the tradesmen to fully integrate the solar for the benefit of all the mechanical systems in the house, such as the furnaces, water heaters etc.

This business was crawling along until I decided to participate in the Sourcebook 2018 with a full page ad. Along with the ads, I ran a full length editorial in the Village News and the Temecula Valley News, which is owned by the Village News.

Suddenly my business “grew legs” and went from a crawl to a walk and is now jogging along at a fairly good pace. The ads and editorial got the word out that I could solve a number of other issues for homeowners while integrating the Solar in to their home. I started getting calls right away from the Fallbrook and Temecula areas for Solar quotes.

I have since installed several projects that were a direct result of the Sourcebook Ad. I have upped the size of my bi-weekly newspaper ads to a half page as a result of this great response. Using a combination of the Sourcebook and the informational ads, the public is beginning to realize and appreciate the difference between a company that simply knows how to stick solar panels on the roof and connect the wires from a company that is very conscientious about the aesthetics of the not very attractive addition to a property.

I plan to run three pages in next year’s Sourcebook and am considering a fourth.

— Mark Kirk, MBK Solar - a division of Mark B. Kirk, Inc.

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Listening to the Weimar Academy Chorus and orchestra this Saturday, December 14, is a highlight of the 2019 Christmas season, especially since this year the group will only visit 5 southern California locations.

Admission is free and is followed by a light supper and a chance to visit with the students! Come early for the best seats.

Here are the details: **December 14th at 4:30 pm** at the Fallbrook Seventh Day Adventist Church, 1200 Old Hwy 395, Fallbrook.

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OPINION

Reforming health care



Assemblymember Marie Waldron
AD-75 (R)

Last week I gave the keynote speech at the State of Reform Health Policy Conference in San Diego, one of the largest, most diverse gatherings of healthcare executives and policy makers in California. Health care is one of my passions, and as a member of the Assembly Health Committee, I was thrilled to be invited.

Mental health is a major topic. One in six California adults experience some form of mental illness, and two-thirds of children and adolescents suffering from depressive episodes go untreated. More empowerment for locals on the front lines of mental health treatment is a must. This year, legislation I wrote to strengthen local mental health boards became law.

California faces a shortage of 4,100 primary care clinicians and will have only two-thirds of the psychiatrists needed in 2030. Two bills that would help by expanding

the health care workforce and reducing the disparity in mental health services stalled in 2019. We'll be revisiting these issues next year.

Addressing substance abuse is critical. Preliminary data indicate that more than 2,300 opioid-related deaths occurred in 2018 alone. Despite demonstrated success of medication-assisted treatments, far too few MAT providers have been certified. Despite overwhelming bipartisan support, my MAT funding request and 2019 bipartisan legislation stalled, but the problem isn't going away.

Health care and homelessness are directly linked. Addressing the issue requires interdisciplinary solutions involving housing policy, public safety, human services and more. Though homelessness results in three deaths per day in Los Angeles alone, it receives less attention than other, less deadly state emergencies. An all-hands-on-deck effort will be necessary to help resolve this major public health/safety issue.

Health care, homelessness, substance abuse – are among the state's most pressing policy issues. California must make it the priority it should be, with much work necessary in 2020.

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

A Thank you to my constituents



Supervisor Jim Desmond
Fifth District

Last week, we held our inaugural Holiday Open House. It was incredible to see so many constituents from District 5 coming together to celebrate the holiday season.

It's been a whirlwind first year as a County Supervisor. I've learned that it's much different from being mayor of San Marcos. The county has a vast amount of responsibilities ranging from Health and Human Services to

Weights and Measurements. All of which play an important role in making San Diego the best place in the world to live.

As we approach the end of the year, I want to thank everyone I've met along the way. While I knew many before becoming Supervisor, I've met many new people who have helped me immensely this year. It's been a big learning curve, but so many wonderful constituents have helped bring me up to speed on issues in our region. I thank each and every one of you.

As we move forward and look ahead to the new year, I'm excited about what the future holds. I encourage everyone to reach out to my office if you have any ideas, questions or concerns, (619) 531-5555. We are here to help in whatever way we can.

Politicians can only do so much, our communities run better, when it's the constituents leading the way. Together we can continue to make San Diego County truly great.

Thank you for such a wonderful year!

'Pro-Life' is a killer

America has the highest rates of infant mortality – units are per 1,000 live births – and maternal mortality – units are per 100,000 live births – of any developed nation. Those two figures provide a measure of the quality of care received for prenatal and postnatal care, or lack of care. In 2015 and reported in 2017, America's infant mortality rate was 5.7 versus 3.9 for developed nations; maternal mortality rate was 14 for the U.S., placing it 46th on a listing of all nations. The rate for the top-rated nations was 3.

Keep in mind that any rate above what's do-able represents preventable deaths. And I say the "Pro-Life" movement is directly responsible for those. In their "slash and burn" approach to eliminate access to abortion, they have virtually eliminated access to reproductive health care for low-income women. You can see this approach in the state statistics. There's a direct correlation: the stricter the abortion rules, the higher the mortality rates. I'm proud to say California's rates are

among the lowest in America at 4.3 for infant mortality and 4 for maternal mortality.

My understanding of the "Pro-Life" mission was to "defend the right to life of every innocent human being from the beginning of life to natural death." Their actions indicate a shift to defend only en utero life and that only to the extent of a battle against abortion. If the "Pro-Life" contingent wants to eliminate abortion, they are going about it illogically.

They possibly may be able to make abortion illegal. But our experience with alcohol prohibition and the on-going "War on Drugs" shows that if people really want something, they'll get it and legality be-damned. Making abortion illegal would pose a significant, but surmountable, obstacle for lower and middle economic class women. But women of means can take a plane, a train or auto to wherever abortion is legal, just as they always have, when necessary.

John H. Terrell

A Thank you to Bonsall supporters

The Bonsall Chamber of Commerce would like to say Thank you to our wonderful friends and neighbors that came out for the second annual Bonsall Community Tree Lighting Nov. 30. It was a beautiful evening and we are truly thankful to be a part of this wonderful community.

We would like to especially thank our sponsors: SDG&E, Senator Brian Jones, PJA Insurance

and Foto Booth Images. With the generosity of these supporters it allows us to put on a completely free community event with Horse drawn carriage rides, photo booth, activities and crafts for the kids, and don't forget the popcorn and hot cocoa. For this we are eternally grateful to you.

To River Village Properties and the guys, you are the greatest! Without your many days of putting

lights on the tree (in the rain), in addition to all the other things you had to do, you did a wonderful job and Bonsall has a beautiful tree, Thank you.

We are already looking forward to next year.

Ruthie Harris
Bonsall Chamber of Commerce

Madrigals create joy

My husband and I had the delightful privilege of being entertained by the Fallbrook High School Madrigals, Wednesday, Dec. 4, at the California Retired Teachers' Association holiday brunch.

Their singing performance of Christmas songs was top notch.

Fallbrook can be so proud of these 18 teenagers and their instructor, Heather Smith. Everything about their performance was commendable. Their voices in the group numbers blended and harmonized beautifully. The solo numbers exhibited talented singers who had poise and grace. The

songs flowed flawlessly, and the repertoire included humorous, sentimental and happy holiday songs.

Thank you, Heather and students for the joy you create.

Jack and Marilee Ragland

Thank you to everyone who helps keep Fallbrook cleaned up

I was out walking this past week and was amazed at how quickly a little bit of rain has started the greening of our local hills and roadways. I could follow the paths that the runoff created and stopped to pick up trash that had either blown or washed down the gutters.

I, like many other citizens of Fallbrook, have taken a pledge to help "keep Fallbrook litter free," a program spearheaded by the Fallbrook Beautification Alliance. What I did not see on this particular walk was any sign of graffiti. What a pleasure.

We are so lucky here in Fallbrook to live in a community where volunteers work diligently, not only to pick up litter, but to wipe out graffiti. I would venture to guess that many residents don't

think that Fallbrook has a graffiti problem. I might have thought the same if I was not aware of the monthly statistics.

There are many people I should thank for keeping Fallbrook both litter and graffiti free, starting and ending with the FBA volunteer teams. They are not doing it alone, however. Major Market, for a second year in a row, held a "wipe out graffiti" collection, providing an easy way for residents to donate a few bucks at their check out registers.

Their generous staff and customers donated \$1,618.01. Concerned citizens phone in sites where they've spotted tags to Fallbrook's graffiti hotline, which helps the sheriff's department track and FBA volunteers quickly clean.

Seventy-two volunteers have joined the "Keeping Fallbrook Litter Free" program resulting in close to 4,000 five-gallon buckets of trash and recycling removed from Fallbrook streets since Jan. 1.

I am proud to be a part of the effort and, even more so, to live in such a community. I thank businesses like Major Market and the many residents who both donate money and time to keep Fallbrook a place I'm happy to call home.

MJ Bacik

An open letter to my Representative, Duncan Hunter

Dear Duncan, Not only have your wife Margaret and you lied to the people of the 50th District, but you stole, yes you stole, from all the people who donated to your campaign in good faith.

You knew that funds from the campaign were illegally used for the trips your family and you enjoyed and you even allowed Marge, your wife and campaign manager, to "purchase" golf balls and claim that they were for Wounded Warriors, many of whom can't physically play golf nor afford to do so. How outrageous.

As a candidate, you knowingly signed the Federal Election Commission filings despite those lies. Further, Marge and you have already paid back over \$65,000, hoping that would put further charges to rest: vacations to Italy, Hawaii, Disneyland, an airfare to fly your pet rabbit back from Washington, and some money, according to prosecutors, on romantic relationships.

If you are now so concerned about your wife and children, then maybe you should have concerned yourself about them previously. The Republican House leadership has already stripped you of your two committee assignments, effectively allowing you to be paid to be a benchwarmer, something you basically were during your previous 10-year tenure.

I don't understand why the Republican leadership doesn't demand your resignation immediately.

Duncan, if you even have a shred of consideration for your constituents, resign now so that a truly honorable person can take over the job you were elected to do. I sincerely hope that the judge holds both Marge and you accountable for all of your crimes. Your children will now have to be cared for by their grandparents. I'm sure they'll rise to the occasion.

Stephen J. Szost

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VILLAGE NEWS IS ADJUDICATED

Village News has been granted by the courts of San Diego County the right of adjudication, legal No. GIN013243. We can accept legal notices for publication.

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Subscriptions: Fallbrook/Bonsall Village News weekly edition is published by Village News, Inc. The price is \$69.95 per year. We only accept cash, checks, money orders, visa, or mastercard.

Letters to the Editor: Please submit all correspondence to our corporate office by e-mail, villageeditor@reedermedia.com, or by fax, (760) 723-9606. All correspondence must be dated and signed and include the writer's full address and phone number in order to be considered for publication. All letters are subject to editing to fit the the publication's format. Word limit 350.

Fallbrook/Bonsall Village News

Published weekly

Periodical postage paid at

111 W. Alvarado St
Fallbrook, CA 92028

Phone (760) 723-7319
Fax (760) 723-9606
ISSN# 153-35-208
USPS# 019-456

Postmaster send postal change of address to

111 W. Alvarado St
Fallbrook, CA 92028

Village News E-mail

villageeditor@reedermedia.com
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Wylie reopens gallery as a space for the community



JP Framing is once again utilizing space inside 105 N. Main Gallery.

Jeff Pack
Staff Writer

Ron Wylie didn't want to see a bunch of shuttered windows in the space that had recently been Brandon Gallery in the building he owns on Main Street during the Avocado Festival in April. "That'd be really bad for downtown to have this be a vacant space," Wylie said in what is now called 105 N. Main Gallery. "It doesn't present the right image for Fallbrook. That's something I've been working hard on ever since I joined Connections 25 years ago and we start putting on the Hot Summer Nights."

Fallbrook Arts Inc., Wylie said, made the decision to close Brandon. "They said, 'well, we'll paper up the front windows,'" Wylie said. "I said, 'no, you're missing the point. That's not the image we want to present. We want it to look open and vital.'"

Wylie, along with JP Framing's Jennifer Paprock talked about the new version of the gallery they were creating in the space while Wylie tinkered with a clock he was fixing.

In the beginning, in order to keep the door open and the space looking active, Wylie said

he brought in a bunch of finely crafted clocks he had collected over the years. "We brought in what we could and Jennifer stayed and she had some art and she has some pretty loyal artists with her and so several of them have stayed and some others have come back on," Wylie said. "So, we decided it is going to be a gallery again and here we are."

"So, we're trying to make it a co-op again for the artists in the gallery as Brandon did," Paprock said. "Several of the Brandon people have come back to the gallery. So, we charge a monthly fee and they get a certain amount of space and, you know, we hang their work. Just like any other co-op would do."

The goal, they said, was to bring in more fine and original works of both juried art and creative sculpture. They don't anticipate requiring artists to sit in the gallery.

They will also use the space to host special events including artist's openings, shows, receptions and instructional and art classes for adults and children.

"We want this space to benefit the Fallbrook community itself," Wylie said. "The purpose of that is to get more people interested in



105 N. Main Gallery is reimagined as a gallery featuring artists, collectible clocks sculptures and will serve as an educational and special event space. Village News/Jeff Pack photos



A large collection of collectible clocks is on display at 105 N. Main Gallery.



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any kind of creating or creativity or art in addition to giving the artists that are hung here more exposure."

Wylie, a longtime Fallbrook architect is planning to use the space to do some architectural work and consultation.

Experienced art instructors are already scheduled for classes and events which have already started and will begin again after the holidays in January.

Interested people who want more information on how they could participate in the gallery space, should call the gallery at (760) 451-6452.

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

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"We had been referred to Mark as a good, long time local contractor now installing Solar. I met Mark at a Rotary Club Luncheon when he was a guest of one of the other members. We decided to hear Mark's presentation and subsequently signed his company up to install our Solar. We also made the decision to get rid of the propane burning water heaters in the house. We were very apprehensive about what was about to take place. We assume all homeowners must experience the same anxieties when undertaking such a huge and invasive investment as this was and not knowing which Solar Company to trust. The first day of the install started somewhat simple as Mark's roofing contractor came in and removed the section of tiles where the panels were to be installed. The second day was overwhelming. There were at least ten men all over the house. Petros was busy changing out the water heaters, a crew was on the roof finishing the new underlayment for the roof and the panel installers were right behind the roofing contractor setting the panels. Several men working under Rafael were busy inside the house cutting holes in the wall and running all of the wiring internally instead of on top of the roof and walls. Everything happened so quickly and systematically. Every person on the job was extremely protective of our possessions. Tarps were lain out on the floors where they were working. All of the workmen were careful to cover the areas with plastic whenever they made dust. Mark was on the job himself several times per day making sure things were done as they should be and coordinating all aspects of the installation. All of the men were very well mannered and courteous to us at all times. We were totally comfortable leaving the house with his men there. One of the water heaters seemed like it wasn't producing enough hot water to keep up. Mark suggested I go on the computer (Water Heaters are WiFi controlled) and adjust the temperature up to 130 degrees. With a click of the mouse, the issue was solved. The water heaters appear to be a very good piece of equipment and they run from the solar generated electricity. If we leave for vacation, we can click the Water Heaters to vacation mode and it will keep the temperature at 80 degrees until coming home. With a click on my phone, before we get home, the temperature goes back to its normal setting. Within five days, Mark had generated the plans, pulled the permit, installed the system, received final inspection, patched the holes in the wall to perfection and obtained the permission to operate. This was by far the shortest time frame of any of the other companies we talked with. How can you do this we asked? Mark said 'he keeps his business local and doesn't try to get spread out all over the County. All of my guys want to stay local, so that's what we do. My goal is to become the best Solar company in the Fallbrook/Bonsall area and let the other companies have the rest of the County. Our solar is supplemented by other Construction needs, so we really don't need to go all over the place. By expanding all over the County, our costs become greater with multi layered staff and it gets harder to provide good service. By staying local, we are able to manage costs more effectively and we are always right here with the ability to provide service more quickly when it is needed.' We highly recommend this company for any of your Solar or Construction needs." – Gray and Drude Clark, Fallbrook

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AAUW raises scholarship funds playing mahjong



2019 AAUW Mahjong Tournament winner Young Milton, center, receives the \$50 cash prize, presented by event leaders Kathy Bierbrauer, left, and Araxy Moosa, Sept. 26



AAUW members helping with their mahjong tournament include, from left, Terri Keys, Araxy Moosa, Marge Mosavi, Carlene Friesen, Kathy Biebrauer, Lesley Ibaven and Alice Orr.



AAUW members Lesley Ibaven and Alice Orr call out the names of the opportunity drawing winners.



Carlene Friesen checks Lee Johnson's winning ticket number for the opportunity drawing at the AAUW's mahjong tournament.

Courtesy photos

STUDENTS

from page A-1

super smart, I am not surprised of her pathway in college, she's looking at Baylor and going into medical humanities.

"That totally makes sense for Erin because she is so bubbly and caring and talkative and I would love to have her as a doctor because she would make me feel so cared for."

Berg, who is Erin's teacher and field hockey coach, talked about Erin's leadership during the team's

run to the CIF championship this fall.

"Erin and her buddy up here, Audrey (Gillchrist), they are a big reason that we had that success," Berg said. "Erin not only holds a 4.5 GPA, but she is a master of time management."

"She's kind-hearted, she's moral and trustworthy and she stands out amongst her peers in nearly every category."

Erin's mother, Brigid, thanked everyone in the room and talked about her daughter's work with students with special needs at REINS.

"Something unique about Erin is anyone's joy is her joy," her mother said. "Whether it's a student at REINS or her cousin or a teammate or just a classmate – when something good happens she's always happy for someone else."

Her father, Mike, talked about Erin's ability to set goals and do the work to go after it. He said she's a licensed pilot and an excellent example setter for her community.

"I couldn't be prouder," he said. "Thank you to my parents, there's no way I could be here without them, my mom, my dad, they're so inspiring," Erin said. "They teach me, they form me into who I am today and I am just so blessed to have them. Thank you to everyone else who supported me, I appreciate it."

Martha Vaca of Oasis High

School was nominated by Matt Parker, who referenced former college basketball coach Jimmy Valvano and his words of wisdom about what a great day entailed.

"For me to nominate Martha is a great day," he said. "Student success is measured in many ways and Martha's success is a little bit different than most."

"Martha is a model student in the eyes of Oasis High School," he said. "She attends regularly, she always has her work done, and she never fails to do anything I ask of her."

Parker said she cares about people and thanked her for reestablishing his belief that humans need mentors.

Martha's aunt, Miriam, said her niece is brilliant and smart.

"I wish you a journey full of adventures and accomplishments," she said. "Never doubt yourself."

Reach for the stars and always know how much I love you."

Martha thanked everyone and congratulated her fellow students and staff for all the support. She also thanked her mom for being there for her through everything in her life.

She said she also wanted to thank her young daughter for making her a better person.

"I was a struggle during my beginning of high school years, I'm not going to lie, but I am glad I changed my ways and I am better now," Martha said.

She plans on going to Palomar College to study child development.

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

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PEST

from page A-1

How can you help?
Here are some simple guidelines:

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in Florida, any citrus branches, leaves or stems from anywhere, or avocado leaves from Mexico.

- Don't transport any fresh, raw, uncooked, untreated foodstuffs. Same for seeds, beans, nuts, rice, dried fruit, decorative greenery, untreated wood items, animal products or soil from almost any foreign country.
- If you are traveling and think you may have accidentally packed some plant or animal item away, declare those products when

you're asked by an agricultural inspector if you have anything in your luggage.

For more information about dangerous insects, plant diseases and Agriculture, Weights and Measures – and everyone's – role in protecting our local environment and agriculture, visit the department's Insect and Plant Disease Information webpage, https://www.sandiegocounty.gov/content/sdc/awm/ipd_info.html.

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3495 VIA ZARA COURT, FALLBROOK



Privately tucked away in a prestigious neighborhood off of Camino Zara is where you'll find this 3,526 sf Bill Kiddoo custom home. 3BD, 3.5BA on 2.6 beautiful acres. The home enjoys a magnificent pool with elegant waterfalls and spa, custom cabinetry topped with granite & marble slab counters throughout, designer applcs in the open concept kitchen, hardwood floors in the FR w/fplc, custom built-ins and rough hewn ceiling, tile in the high traffic areas, coffered ceilings, formal DR, and an oversized 3 car garage with outbuildings.

Seller will entertain offers between \$950,000 & \$1,100,000

CHRISTMAS SPECIAL Under Market Value \$850K-\$925K



3680 HARMONY HILL, FALLBROOK



Seller is motivated to be in escrow before Christmas! Custom built in 2017. Contemporary Farm house with majestic 180° oak studded mountain views to the NE. Modern designer color story inside and out. The chef's kitchen has an open concept & features stainless applcs, quartz counters & wood block island. The FR enjoys vaulted ruff-hewn ceilings with masonry fireplace. Energy efficient LED lighting throughout. Downstairs the game room boasts outlets for 5 flat screens, 1BD apt features full kitchen w/separate access. Seller owned solar. RV and Horse friendly.

Seller will entertain offers between \$850,000 & \$925,000

Country Estate



3742 FOXGLOVE LANE, FALLBROOK



Nestled in the hills of Fallbrook off of Wilt Road and Pala Mesa Drive is where you'll find this 2,650 sf custom estate with 3BD, 3.5BA, 3 car garage and detached artist studio. This home is located on 5.74 lush natural acres and provides wonderful privacy and serenity. The Artist studio can easily become an ADU with new county fast track program and waved permit fees. Every inch of this property has been lovingly maintained. An artistic eye for design has been applied to the home and the grounds. This is truly a one of a kind property.

Seller will entertain offers between \$795,000 & \$875,000

Walk to Beach

**In Escrow
in 3 Days After Listing**



418 N. NEVADA STREET, OCEANSIDE



3BD, 2BA with 2 car detached garage with existing plumbing and electrical. Sewer is also accessible so garage could be converted to a studio apt. Vacation rental OK. 35' gated RV parking with 2 car tandem inside the gates. Alarm system. 8 minute walk to the beach, door to shore. Not a flip. Seller has owned for years as the family summer vacation home. Looking for close of escrow before Christmas. Seller can move as fast as a buyer is able.

Seller will entertain offers between \$795,000 & \$895,000

Investors

**In Escrow
with Multiple Offers**



810 SMITH DRIVE, VISTA



Great opportunity for investor or homeowner who wants to roll up their sleeves and bring this beauty back to its original luster. Incredible value for this much square feet. Views are fantastic. Property is fenced and gated. Seller owned Solar. Close to town and Vista's gentrified downtown. Current owner has multiple month to month tenants in rooms and in the ground-level apartment. Potential to create "units" within the structure, because of the great floorplan, subject to Vista's planning and zoning.

Seller will entertain offers between \$600,000 & \$750,000

Panoramic Views

**In Escrow
with Multiple Offers**



30652 ROADRUNNER RIDGE, VALLEY CENTER



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Seller will entertain offers between \$625,000 & \$700,000

SOLD!
with Multiple Offers AND
Closed Escrow in Less than
20 Days from Listing Property

2317 HARVEST VISTA LANE, FALLBROOK

Down a private street off of Winter Haven is where you'll find this 2,748 sf Michael Crews 4BD, 3BA home w/3 car garage including built in cabinetry, gated RV parking & solar! Home features 2 wood burning gas fireplaces in the master suite and family room. Luxurious cherrywood cabinetry thruout. Open concept kitchen.

Seller will entertain offers between ~~\$715,000~~ & ~~\$785,000~~ SOLD FOR \$852,134

SOLD!
In Escrow 5 Days
After Listing

4205 VIA RANCHO DEL LAGO, BONSAI

Move-in ready with many upgrades including owned home and pool solar. The 3,662 sqft floor plan consists of 3BD plus an executive office with 2.5BA. Large, gourmet kitchen, family room, formal dining room and living room. Backyard ideal for relaxing and entertaining. Located at the end of a cul-de-sac.

Seller will entertain offers between ~~\$1,150,000~~ & ~~\$1,199,000~~ SOLD FOR \$1,175,000

SOLD!

1109 RIVERVIEW DR, FALLBROOK

Incredible first time home buyer, multi-generational family or investor opportunity. All with attached 2 car garage. The interior lives like two separate homes, with 2BD, 2BA, living and kitchen on first floor. Lower level has a bdrm, full bath, living area and enclosed patio, with separate entry. It has been beautifully updated.

Seller will entertain offers between ~~\$405,000~~ & ~~\$575,000~~ SOLD FOR \$550,000

SOLD!

40789 VIA DE LA ROCA, FALLBROOK

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Fallbrook public art needs to be maintained



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Brett Stokes' "Santa Fe Crossing Main" mural is back on the building at Main and Elder after being cleaned and recoated.

Courtesy photos

FALLBROOK – The Art in Public Places sculpture, "Happies" by artist Barrett DeBusk, resides on the northwest corner of South Mission Road and Fallbrook Street. It is enjoyed daily by drivers and passersby, including children walking to and from school.

The sculpture, originally on loan, was finally purchased by a group of donors who couldn't resist the children's plea to keep the "Happies" in Fallbrook. The sculpture is now in a state of disrepair and it will cost thousands of dollars to restore it.

Fallbrook Arts Inc. President Jerri Patchett said, "There are over 30 pieces of public art in Fallbrook that need to be maintained annually. Artist Jim Fahnstock's "Main Street Circa 1920" mural on the building on Alvarado at Main is peeling and needs immediate attention to prevent further deterioration. This restoration will also cost thousands of dollars."

Linda Wilson, FAI Board member and Art in Public Places Chair, reported that artist Brett Stokes' "Santa Fe Crossing Main" mural is back at home on the building at Main and Elder. Wilson said it was recently removed, cleaned and recoated to protect the original artwork.

This renovation was made possible by donors Renee Ingold,



Jim Fahnstock's "Main Street Circa 1920" mural on the building on Alvarado at Main is peeling and needs immediate attention to prevent further deterioration.

Robin and Robert Erickson, Helene Ross, Fallbrook Angel Society, Vince Ross, and the Fallbrook Village Rotary Club.

The need for funds for public art maintenance is just one example of the potential benefit of the Community Benefit Program. The Fallbrook Public Utility District Board of Directors recently voted to move forward with a proposal to form a Community Benefit Program that would promote, coordinate and oversee funding

for community projects in town. This program could provide much needed funds for public art maintenance, as well as the many other worthy community projects that need funds for maintenance. These beautification projects enhance the quality of life for Fallbrook residents, bring visitors into the downtown area and make Fallbrook a very special village.

Submitted by the Art in Public Places committee.



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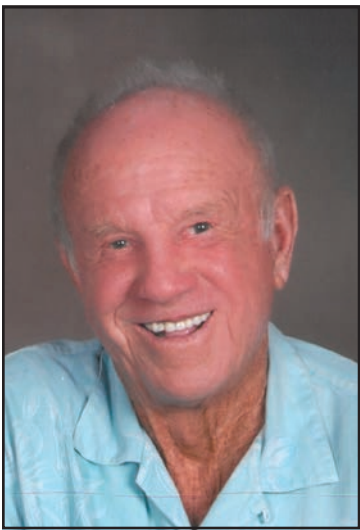
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OBITUARIES



Gary Hardcastle Johnson, age 84, died at his home in Fallbrook, Nov. 9, with family at his side.

He was born in Denver, moved to California at age 10 and grew up in Fullerton. He resided in Fallbrook since 1972.

He attended the University of Idaho in Moscow on a football scholarship and received a degree in mechanical engineering in 1958. He and his high school classmate, Patti Quist, married in 1955 and both graduated from the University of Idaho. He was affiliated with the Alpha Tau Omega fraternity.

He served five and one-half years as a Navy helicopter pilot, followed by a 31-year career with United Airlines, retiring in 1995 at age 60. In retirement, he devoted himself to his family and caring for their avocado and lemon ranch. He enjoyed traveling, tennis, golf, skiing and spending time at their

beach property in Oceanside.

He is survived by his wife, Patti, of 64 years; their three children, Brett Johnson, Adam Johnson (Linda) and daughter Julie Steen (Ron) and three granddaughters of whom he was so proud, Michaela Johnson, Hailey Johnson Terrones (David) and Aimee Steen.

In lieu of flowers, please remember Gary with a donation in his name to the Fallbrook Land Conservancy, 1815 South Stage Coach Lane, Fallbrook, CA 92028, or to the Fallbrook Art Center, 103 South Main Avenue, Fallbrook, CA 92028.

A celebration of life will be held at a future date.

For more information, visit www.berry-bellandhall.com.



Eleanor "Ellie" Ross was born Jan. 30, 1932, and passed away Nov. 29, 2019, surrounded by

family. She was a beloved mom, sister, gramma and great-gramma "gigi."

She was preceded in death by her parents Lambert and Marjorie Ross, and daughter Cheryl Larkin. She is survived by her brothers Vince and George Ross; daughters Lori Kanewischer (son-in-law Dennis) and Wendy Larkin; granddaughters Lindsay (Ryan) Promack and Natalie (Frank) Sperling, and great-grandsons Caleb, Luke and Elijah Promack.

Although born in Long Beach, she grew up in Huntington Beach. Her father ran an appliance repair shop (where she worked at the parts center) and her mother ran a music studio, where music became a very big part of her life. She grew up with her two brothers who she enjoyed riding horses and bicycles with through the then wide-open

countryside.

Growing up in Huntington Beach, her love of the ocean took hold. She loved body surfing, beach volleyball, jumping off the HB pier, and swimming. She passed this love of the ocean onto her daughters and granddaughters.

She moved from Orange County to Fallbrook in 1980. Over the years, she became very involved in local volunteer organizations and her brother Vince's real estate business. Some of the organizations she volunteered for included the Fallbrook Land Conservancy, Save Our Forest, Music by Volunteers and the Fallbrook Music Society. In her later years, she enjoyed her time spent at the Foundation for Senior Care's "The Club."

She loved gardening, music, cooking, camping, her many and varied pets, and most especially time with her beloved family.

A celebration of life service will be held Saturday, Dec. 21, at 2 p.m. at the Fallbrook Land Conservancy's Palomares House.

In lieu of flowers, her family asks that donations made to the Fallbrook Land Conservancy/Save Our Forest and the Foundation for Senior Care.

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SHERIFF'S LOG

Nov. 27		
300 block E. Alvarado St	Found narcotics	
Nov. 29		
100 block W. Fallbrook St	Fraud	
3400 block Lake Shore Ave	Battery	
Nov. 30		
2600 block Via Alicia	Arrest: Vehicle theft	
Dec. 1		
400 block Rancho Camino	Residential burglary	
300 block S. Ridge Dr	Vandalism	
5200 block S. Mission Rd	Domestic abuse	
Dec. 2		
1100 block S. Mission Rd	Found narcotics	
32100 block Camino Quieto	Violation of court order	
1300 block E. Mission Rd	Petty theft, driving without a license	
900 block S. Main Ave	Petty theft	
1700 block Reche Rd	Petty theft	
500 block Tumble Creek Ter	Vandalism	
500 block W. Alvarado St	Petty theft	
900 block Autumn Leaf Dr	Death	
2400 block Gird Rd	Vandalism	
400 block W. Clemmens Ln	Vehicle burglary	
5800 block Rancho del Caballo	Vehicle burglary	
100 block Wagon Trl	Death	
1800 block Tecalote Dr	Recovered stolen vehicle	
200 block W. Kalmia St	Assault to commit rape	
Dec. 3		
5700 block Rancho del Caballo	Petty theft	
100 block N. Main Ave	Vandalism	
1700 block Pala Lake Dr	Vehicle burglary, vandalism, fraud	
400 block Potter St	Vandalism	
1600 block Avo Hill Dr	Domestic abuse	
3200 block S. Old Highway 395	Commercial burglary	
1400 block Los Conejos	Vehicle burglary	
900 block Alturas Rd	Arrest: Possession of controlled substance paraphernalia	
Dec. 4		
3400 block Lake Park St	Child abuse	
1700 block Premier St	Battery	
200 block S. Brandon Rd	Arrest: Outstanding misdemeanor warrant, possession of controlled substance, parole violation	
31900 block Wrightwood Rd	Vehicle burglary	
Dec. 5		
400 block Iowa St	Commercial burglary	
100 block S. Wisconsin Ave	Petty theft	
1500 block Linda St	Petty theft	
Interstate 15 @ W. Rainbow Valley Blvd	Arrest: Possession of controlled substance, controlled substance paraphernalia	
200 block W. Clemmens Ln	Arrest: Public intoxication, parole violation	
1300 block Sunny Heights Rd	Grand theft	
4700 block Oak Crest Rd	Fraud	
Bay Sable Ln @ Ventasso Wy	Arrest: Conspiracy, petty theft, possession of controlled substance	
Dec. 6		
1200 block S. Mission Rd	Shoplifting	
1300 block S. Mission Rd	Arrest: Possession of controlled substance, possession of burglary tools	
300 block Industrial Wy	Vehicle burglary	
1100 block Morro Wy	Vehicle burglary	
Dec. 7		
400 block Shadly Glen Dr	Vehicle theft	
400 block Potter St	Recovered stolen vehicle	
1100 block S. Mission Rd	Disturbance – fight	
Dec. 8		
900 block E. Mission Rd	Arrest: Possession of controlled substance, controlled substance paraphernalia	
Dec. 9		
900 block S. Main Ave	Vandalism	

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Holiday Tree lights up Fallbrook



Fallbrook's Holiday Tree lights up for the first time, Dec. 6, and will be lit every night from dusk until approximately 10 p.m. through Dec. 31, at the Fallbrook Community Center, 341 Heald Lane.



Helps Evelyn Gomez, middle right, shows the reindeer ornament she made at the booth manned by Elisa Hernandez, left. Evelyn attended the tree lighting event with her mom, Roni Gomez, behind her, and brother Liam Gomez. Nancy Heins Glaser photos



At the Fallbrook Land Conservancy table, Jennifer Anderson, right, shows Diamond Nava, left, and Maddison Trujillo how to plant some seeds.



Everest Olds dances a ballet of her own as the Fallbrook High Band plays "March of the Wooden Soldiers" in the background at the Fallbrook Community Center.



Fallbrook High Band Director Derek Lee, foreground, leads the band in playing Christmas songs at the Holiday Tree Lighting.



Leticia Maldonado, director of A Leer Family Literacy, right, makes balloon antlers with the help of student volunteer Rodrigo Lopez.



La Paloma PTA president Angie Madsen and her son sell glittered pine cones for a donation to support the school supply fund (scissors, paper and art supplies). Support for basic supplies are always appreciated at La Paloma and all Fallbrook schools.

HEALTH & BEAUTY

Resolve to read more and reap the benefits



FALLBROOK — It may be tempting to curl up on the couch and turn on the television to unwind, but research indicates that reading is one of the best workouts for the brain.

The World Health Organization said that doctors diagnose nearly 10 million new cases of dementia each year. With so many people understandably concerned about any and all cognitive issues related

to aging, the search is continually on to find ways to strengthen the mind’s muscle. It may be as simple as picking up a book.

People make New Year’s resolutions to improve their lives, and reading more can be a great way to do just that. According to the online health and wellness resource The Healthy, www.thehealthy.com, reading has been associated with language reception in the left temporal cortex of the brain. When this part of the brain processes written material, neurons begin working hard to transmit information. Research conducted by Stanford University indicated that MRI scans of people who are deep into a Jane Austen novel showed an increase in blood flowing to areas of the brain that control both cognitive and executive function.

When the brain is working efficiently, it may be less prone to some of the issues that can cause a decline in memory and brain function. Research published in the journal *Neurology* found frequent brain exercise through reading lowered mental decline by 32%.

Of course, the benefits of reading extend beyond the physical. Literary fiction can help people be more empathetic. Getting lost in a book and the characters’ stories makes others more relatable. Reading has the potential to help a person understand what people are thinking, offers research published in the journal *Science*.

Picking up a good book also can help a person gain knowledge of new cultures, ideas and history and even improve vocabulary.

Picking up a newspaper or magazine, joining a book club or reading with children are just a few of the many ways to improve the mind through reading.

Five tips to help make the most of your health plan before year-end

Rebecca Madsen
Chief Consumer Officer
UnitedHealthcare

The holiday season is at hand, and many residents in California are already making year-end plans to travel and celebrate with friends and family. Yet there is one year-end plan that is often overlooked: taking steps to make the most of your health benefits. Doing so could help improve your health and save you money.

Here are five health tips to consider before the end of the year:

Get ahead of health issues: People with employer-sponsored, individual, Medicare and Medicaid plans have access to many preventive services that can help detect diseases and encourage well-being. Take advantage of the various health screenings — such as blood pressure, cholesterol and depression — and timely vaccines, such as the flu shot, that are available through your health plan before year-end. Doing so now may give you a head start on those healthy New Year’s resolutions. Check with your health plan as many eligible preventive services are available at no additional cost, as long they are delivered by care providers in your plan’s network.

Delay non-emergency services: A growing number of employers and consumers are choosing health plans with higher deductibles; in fact, nearly 45% of Americans are enrolled in such plans, according to the Centers for Disease Control & Prevention. If this applies to you, check if you have reached or exceeded your deductible, which is the amount you have to pay before insurance kicks in. If not, it may make sense to delay non-emergency services, such as a joint replacement, until 2020. The cost for those services would then apply to your 2020 deductible and out-of-pocket maximum, increasing the likelihood that your health plan would pay for more of your medical expenses for the remainder of the year.

Schedule recommended health services: The opposite is true if you have already reached your

deductible. In this case, check with your health care professional to schedule recommended medical services, as those will likely be covered (all or in part) by your health plan. If possible, tell your health care professional that you’ve reached your deductible and out-of-pocket maximum, and see if there’s any needed follow-up care that can be arranged before the end of the year.

Understand your spending accounts: Many people have spending accounts with funds earmarked for health care services. Health savings accounts (HSAs) offer tax-advantages, and the money can roll over from year to year. If you contribute money to your HSA before year-end, you can help pay for qualified medical services in 2020 or even later while lowering your taxable income for 2019. On the other hand, flexible spending accounts (FSAs) require the money be spent before the year ends, and unused balances are not rolled over into the next calendar year. So, if you have funds left in your FSA and you need to order contact lenses, schedule a dental cleaning or refill prescriptions, for example, now’s the time to do that.

Prepare to use your 2020 benefits: This year’s open-enrollment season is wrapping up. According to a recent UnitedHealthcare survey, more than one-third (36%) of Americans said they devoted less than one hour to the process, meaning they may not have explored some of the many options available to them. Before the year is out, take time to review your health plan and check with your employer’s HR department to determine what well-being incentives or other resources might be available when 2020 starts. Nearly 75% of employers offer well-being programs, with an average incentive of \$762 annually, according to a recent study by the National Business Group on Health. By finding out now what incentives are available to you, you can help prepare yourself to start earning all or some of those rewards starting New Year’s Day.

FRHD to change vendors for grant process

Will Fritz
Associate Editor

The Fallbrook Regional Health District finance committee Dec. 4 moved to recommend to the health district’s board that the district approve a new vendor for processing community health grants.

The district awards grants to organizations that meet the needs of underserved communities and align with the district’s mission. In the 2019-20 fiscal year, the district has already awarded

grants including \$120,000 to the Fallbrook Food Pantry to help alleviate hunger in the area and \$23,714 to Be Well Therapy, Inc. for a cancer recovery yoga program.

The finance committee is recommending the district adopt web-based grant portal Cybergrants as the vendor for grant processing.

Using that vendor will allow the district to move away from paper applications and overall streamline the application process, saving time for district staff, Fallbrook

Regional Health District Executive Director Rachel Mason told the finance committee at its Dec. 4 meeting.

It will cost the district about \$15,000 to set up its contract with Cybergrants and about \$7,000 to maintain its contract annually.

The district canceled its previous contract with grant management software company Foundant earlier this year. That contract cost roughly the same.

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

Study reveals lower rates of cancer and early death in Adventists

LOMA LINDA — A recent Loma Linda University Health study found lower rates of premature death and cancer in Seventh-day Adventists, a Protestant denomination long known for health promotion, compared with individuals in the general U.S. population. Published early online, Nov. 25, in *Cancer*, a peer-reviewed journal of the American Cancer Society, the study also found similar results when limiting the analysis to Black Adventists and the Black general population.

Health behaviors promoted by the Seventh-day Adventist Church include not smoking, eating a plant-based diet, regular exercise and maintaining normal body weight. Previous research suggests that Seventh-day Adventists have lower risks of many cancers, heart disease and diabetes, and in California, live longer than individuals in the general population. Results vary by cancer type, however, with little published data for Black individuals.

To provide additional insights, lead researcher, Gary Fraser, Ph.D., and his colleagues compared death rates and cancer incidence between a national Seventh-day Adventist population and a representative sample of the U.S. population. Specifically, the researchers analyzed data from the nationally inclusive Adventist Health Study-2 and a U.S. Census population, and they adjusted for differences in education, location of residence and past smoking habits so that these factors would not explain any of the results.

The team found significantly lower rates of death from any cause, as well as a lower incidence of all cancers combined in the Adventist population by 33% and 30%, respectively, and lower incidence rates specifically for

breast, colorectal, rectal and lung cancer by 30%, 16%, 50%, and 30%, respectively. Death rates and incidence of all cancers combined were also significantly lower among Black Adventist individuals compared with Black individuals in the U.S. Census population by 36% and 22%, respectively.

“This is the first confirmation of previous reports, now using national populations. Further, we were able to control for differences in tobacco use by excluding any currently smoking non-Adventists and adjusting for past smoking and time since quitting in previous smokers,” Fraser said. “In addition, this is the first report that includes a comparison among Black individuals alone.”

Fraser said that the findings do not clearly identify the causes of the health benefits experienced by Adventists, but other studies have provided evidence that the plant-based dietary habits chosen by many Adventists are one important factor.

According to Fraser, Adventist vegetarians have less overweight, diabetes, hypertension, elevated blood cholesterol, coronary heart disease and several cancers compared with Adventist non-vegetarians, who themselves are lower than usual consumers of animal foods.

“The findings in this report comparing all Adventists — vegetarians and non-vegetarians — to average Americans are largely as expected, and strongly suggest that these health advantages may be available to all Americans who choose similar diets, in addition to other well-known prudent lifestyle choices such as regular physical activity, avoiding smoking and care with body weight,” Fraser said.

Submitted by Loma Linda University Health.

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Drug can curb dementia’s delusions, researchers find



Marilynn Marchione
The Associated Press Chief Medical Writer

A drug that curbs delusions in Parkinson’s disease patients did the same for people with Alzheimer’s disease and other forms of dementia in a study that was stopped early because the benefit seemed clear.

If regulators agree, the drug could become the first treatment specifically for dementia-related psychosis and the first new medicine for Alzheimer’s disease in nearly two decades. It targets some of the most troubling symptoms that patients and caregivers face – hallucinations that often lead to anxiety, aggression, and physical and verbal abuse.

Results were disclosed Wednesday, Dec. 4, at a conference in San Diego.

“This would be a very important advance,” one independent expert, Dr. Howard Fillit, chief science officer of the Alzheimer’s Drug Discovery Foundation, said.

Although the field is focused on finding a cure for dementia and preventing future cases, “there is a huge unmet need for better treatment” for those who have it now, Maria Carrillo, the Alzheimer’s Association’s chief

Nuplazid is a drug that was tested for treating psychosis related to dementia. The drug could become the first treatment specifically for dementia-related psychosis and the first new medicine for Alzheimer’s in nearly two decades.

Courtesy photo/Acadia Pharmaceuticals Inc.

Holiday depression is a common problem

The American Counseling Association

‘Tis the season when everyone is bombarded with happy holiday images. Advertisers continually show rejoicing families with their new cars, children opening piles of presents around the Christmas tree and countless cheery family gatherings – upbeat images, laughing children and plenty of holiday joy.

Except this image simply isn’t true for everyone. All those happy holiday images and promotion of all the good times and pleasures of

the season can build up unrealistic expectations and not just for those children asking Santa for a pony. Adults can just as easily get overwhelmed by the holiday hype and find themselves disappointed and depressed when they aren’t able to provide or participate in the holiday happiness that it seems everyone else is enjoying.

There are a variety of things that can contribute to holiday depression aside from the realization that the family holidays are not going to be like the “perfect” ones that the media and advertisers love to portray.

One important factor can be the transition to winter. The shorter, darker and colder days can bring on “seasonal affective disorder” for many, in which the reduction in sunlight in this season can leave a person feeling listless and moody.

The holiday season can also bring lifestyle changes. Holiday treats and more opportunities to drink can mean healthy diets take a backseat. Add in a busier schedule, holiday parties, gift buying tensions and any number of other holiday pressures, and it’s easy to feel tired, unhealthy, overweight and depressed.

And how can people avoid all these problems? They can start by first being very aware of the holiday challenges they’re facing. Skip all those holiday treats and parties and they’ll end up feeling deprived and more likely to over-indulge. Instead, use common sense and moderation. Enjoy the parties, but drink sensibly, don’t overeat and get plenty of rest.

It’s also a season when it’s easy to forget to get regular exercise. Studies show that even moderate amounts of exercise can lift a person’s spirits as well as burn off the unwanted calories of the season.

Don’t let depression rule the holidays and spend the time hiding. Socializing has been shown to be a great way to combat the blues. But if a person finds that holiday depression is continuing, it may be time to talk to a professional counselor. Depression is a serious and potentially dangerous mental health issue but one that is very treatable.

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

Kicking It IX



Elizabeth Youngman Westphal
Special to Village News

With one holiday down and two to go, it will soon be over before you can say mistletoe.

Whew! Making it through Thanksgiving was the first hurdle. The ongoing mantra around here is “it’s just food.”

OK, there may be an argument that pumpkin pie with whipped cream is more than just food. However, this year the slices were much, much smaller. Absolutely no second helpings.

I didn’t gain any weight during Thanksgiving or even while in Alaska a few weeks ago. It proves I can manage eating every meal out without overindulging. Of course, in Alaska, I was with my celiac-vegetarian daughter who is also allergic to dairy, citrus (except grapefruit), melons (except watermelon) and won’t go near meat with someone else’s fork. That made it not so hard to stay on track. She is stick thin. No surprise there, right? Intaking enough viable protein is her only dietary concern.

When asked what she had for Thanksgiving while isolated in the remote village of Shaktoolik, Alaska, she replied her meal was oatmeal with a persimmon for dessert. All of the grocery shelves were empty. One of the reasons she always carries food with her on village visits

Without any food allergies holding me back, I have to rely on self-discipline. And if you’ve met

me, you know I am self-indulgent. I’ll forego Christmas baking this December. A first in a very long time, decades probably. Just the same I only know two people under 6 years old and they cannot possibly eat all of the sugarplums I usually bake. Everyone else I know just groans and rolls their eyes when offered a sweet.

This has been a journey – this healthy lifestyle business. I am trying not to be preachy about weight loss. We all know those

born-again folks that go on and on. Lordy, let it not be me.

One good thing. Envelope sealant is calorie free. Therefore, I have finished sealing my Christmas cards without concern for added intake.

With all of my Christmas shopping completed, I only need to muscle through the postal lines one last time to ship the final gifts to Nome. One is filled with pomegranates, hand-picked from my bridge-partner’s tree, one

with the final bits that Amazon wouldn’t drop ship and a big box of persimmons from our front yard tree.

Funny how in past years it was a strain to carry several stacked postal

boxes weighing over 40+ pounds, but not so much this year. Time is ticking. Only 88 days left!

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

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ENTERTAINMENT

Christmas Joy with Encore and Newcomers Clubs



Encore Club members Andrea Purpura and Pam Wise celebrate with Santa during a “GO” trip to the Sugarplum Holiday Arts & Crafts Festival at the Orange County Fair and Event Center. Courtesy photos

FALLBROOK – Encore Club members were recently guests of Newcomers Club, their sister organization. They dined and danced together at the “Jingle Mingle” Christmas event held at the Vista Valley Country Club Dec. 3. It was a beautiful evening filled with the joy of friendships, sparkling decor, music and laughter, a wonderful opportunity to join old friends and make happy memories with new friends.

These are strictly social clubs drawing from the communities of Fallbrook, Bonsall, DeLuz and Rainbow. They both offer a wide variety of optional regular activities each month, plus special events such as this.

Encore members will also celebrate with their own Holiday Luncheon on Dec. 17, at Vista Valley. In addition, many recently gathered at the Bonsall “Storybook Home” of Sylvia Colton, Encore past president. They had the opportunity to view 25 Christmas trees, each fully decorated with its own theme for a spectacular display. Each guest brought a dozen Christmas cookies and went home with an assortment

Encore Club meets on the third Thursday of each month, at Christ the King Lutheran Church, 1620 Stage Coach Lane in Fallbrook.



Encore Club members Pam and Mike Sangster enjoy the “Jingle Mingle” Festivities with Newcomers Club members, Dec. 3.

Coffee and conversation begin at 9:30 a.m. followed by the business meeting at 10. During the social time there are signup sheets available for all of the upcoming activities

ranging from various games or dining together to special outings and RV trips. The next meeting will be Dec. 19 and members welcome guests



Patty and Will Vasquez of the Newcomers Club attend the Christmas event with the Encore Club at Vista Valley Country Club.



Newcomers Club members Greg and Liz Incledon pose in front of a Christmas tree at Vista Valley Country Club.

to drop in if they are considering joining in all of the fun. For more information, those interested may contact co-chairs Bobbi Bixby at (562) 673-1250 or Bea

Valverde at beavalverde62@yahoo.com or visit <http://www.fallbrookencoreclub.com>. Submitted by Fallbrook Encore Club.

‘Ford v Ferrari’ gets the checkered flag

Ian Murdock
Special to Village News

Based on the inspiring true story of car racer and infamous automobile designer Carroll Shelby, played by Matt Damon, and the incredibly gifted and innately talented, British car racer Ken Miles, played by Christian Bale, “Ford v Ferrari” is simply magnetic from beginning to end.

The story captures viewers’ attention right out of the gate, combining unprecedented acting portrayals by Damon and Bale, and a superbly written story that pits stodgy corporate America both against, and alongside, the true renegades of a sport – or “art” – that only one of them really understands and appreciates.

Set in the 1960s, the story is centered on the Ford car company attempting to build up their business, image and appeal. They attempt to do so by venturing into the sporty, and seemingly explosive, race car segment – an area that has been, for years, primarily dominated by the elite Italian automaker, Ferrari. For Ford, accomplishing such a feat will essentially require them to discard their standard operating procedures and norms, and think “outside the box” – something that doesn’t come easy for many big corporations.

As the writer weaves all the characters together, piece by wonderful piece, one gets a glimpse of Shelby’s and Miles’ friendship, as well as Miles’ family – and, to put it nicely, the latter’s very socially aloof, yet intricately sensitive, nature. From completely relatable boyish-childhood

like scenes and unequivocally defiant and quintessentially quirky moments from Bale as they “discuss” business, to wonderfully understated and sublime interactions with Miles’ wife and son, played by Caitriona Balfe and Noah June, viewers are left laughing, engrossed and emotionally overwhelmed – at times simultaneously.

Moreover, the other broad and notable supporting cast of John Bernthal, Tracy Letts, Josh Lucas and Remo Gironde – several making up Ford’s management – add many more entertaining scenes and depth to this already shining gem.

Like a race car careening around the track, this story lurches and swerves between the robot-like machinations of corporate America and the refreshingly animated and real “main-street” characters – all of them motivated by a hybrid of aspirations, goals and dreams. Aside from a bit of Hollywood predictability, one other small blemish of the story may be the lack of personal background surrounding Shelby’s life. Nevertheless, this omission in no way detracts from the unparalleled acting, nor the overall special, adrenaline-filled and memorable parts that pervade this story.

This film, in reality, is an extraordinary mixture of personal and professional battles, between convention and conformity versus ingenuity and instinct – and, in the end, the winner is the audience. With Oscar nods likely in many categories, this gem absolutely should not be missed.

Scrooge can be seen in shorter play



Jacque Wilke, left, plays Ghost of Christmas Past and Robert Joy is Ebenezer Scrooge in “Ebenezer Scrooge’s BIG San Diego Christmas Show” which runs through Dec. 29 at The Old Globe. Jim Cox photo

Elizabeth Youngman Westphal
Special to The Village News

Considered the greatest novelist of his era, Charles Dickens penned and published “A Christmas Carole” in 1843. It has been considered a Christmas classic

ever since. The story is being retold as a new work called “Ebenezer Scrooge’s BIG San Diego Christmas Show.” It turns out to be the Reader’s Digest version of the original albeit updated using some modern prose. Anyway, if you don’t feel like

committing 2 ½ hours to see the musical version of “A Christmas Carol” at the Cygnet Theatre in Old Town San Diego, this 80-minute musical version might be just the thing. It is playing at the Sheryl & Harvey White Theatre in the round inside The Old Globe complex in the heart of Balboa Park.

The show is pleasant enough. It was rewritten by Gordon Greenberg and Steve Rosen to fit into a shorter time frame. There is even a bit of local humor salted in the redo. But.

While Ebenezer (Robert Joy) tries his best, even frolics about in an old bathing costume, it still doesn’t sell. Face it, the storyline is 176-years old. It is no longer relevant. Regardless of how talented the actors might be, the songs aren’t hum-able, the set is minimal, and the story is overdone.

While live theater is competing with a wide range of family entertainment choices, it is puzzling why so much effort is spent on looking back instead of forward. Hasn’t anyone come up with one new idea about Christmas in 176 years?

“Ebenezer Scrooge’s BIG San Diego Christmas Show” is playing until Dec. 29.

Free parking can be a nightmare in the park unless you attend a matinee. You may then be forced to either walk in from the lot on Park Street or catch the trolley. The other option is \$14 to snag valet parking with advance reservations through the box office, (619) 234-5623 or visit theoldglobe.org. This show is rated 8 out of 10.

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

EDUCATION

Boys and Girls Clubs of North County feed hundreds this Thanksgiving



Lizeth Hernandez enjoys a Thanksgiving meal provided by the Boys and Girls Club of North County and Major Market, Nov. 25.



Luiza Rodriguez sits down to an early Thanksgiving dinner at the Boys & Girls Club. Courtesy photos



Keilani Lopez and Edith Gonzalez are ready to eat a Thanksgiving meal at Fallbrook STEM Academy provided by the Boys and Girls Club of North County and Major Market.



Diane and Steve Grimm, left, with Boys and Girls Club of North County CEO Allison Barclay, middle, Julie Gunther and Dawn Gonzalez, right, serve Thanksgiving meals provided by the club and Major Market.



June Jurcak and her daughter Devon help serve dinner to Boys and Girls Club of North County members at William H. Frazier Elementary School.



Boys and Girls Club of North County board President Mike Edelstein and his wife Linda serve Thanksgiving meals to the members at Maie Ellis Elementary School.

FALLBROOK – The Boys and Girls Clubs of North County celebrated this Thanksgiving season by serving nearly 1,000 traditional holiday meals to its members and their families.

Each of the club’s eight sites participated in a Thanksgiving feast that included food catered by Major Market. They served everything from turkey, mashed potatoes, macaroni and cheese, corn, cranberry sauce and of course, pumpkin pies.

Club board members, staff, local community organizations and volunteers came together to serve the meals to the members and their families.

“Our club is so grateful to this community for their support and for entrusting us with their most precious resource, their children,” CEO Allison Barclay said. “These Thanksgiving feasts are just a

small way for us to share that gratitude with all of our members this holiday season.”

The mission of Boys and Girls Clubs of North County is “to inspire and enable all young people, especially those that need us most, to realize their full potential as productive, responsible and caring citizens.” The organization has eight locations, including Ingold Clubhouse, five elementary school sites in Fallbrook, one junior high school site in Fallbrook and one elementary school site in Rainbow.

For more information on the programs and services that the Boys and Girls Clubs of North County offers, visit www.bgcnorthcounty.org or contact Brian Astredo, the club’s director of development, at (760) 728-5871 or brianpa@bgcnorthcounty.org.

Submitted by Boys & Girls Clubs of North County.

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Zion Christian School and Zion Lutheran Church | 1405 E. Fallbrook St., Fallbrook | www.zlcs.com

Scandinavian group to perform Dec. 18

FALLBROOK – Southern CA Damekor will present Glade Jul, a program of Scandinavian Christmas music at Pala Mesa Resort, Wednesday, Dec. 18. The free concert begins at 7 p.m.

The program begins with a traditional candlelit Lucia Procession. The Day of St. Lucia is Dec. 13 and serves as the beginning of the Scandinavian Christmas season, ushering in a season of feasting, merriment and hospitality.

St. Lucia was a medieval saint

who carried food and drink to hungry folk in Sweden during a time of famine. She could be seen in her white gown and a crown of light, a symbol of light and hope.

The concert includes many traditional “jul,” which means Christmas, songs, many of which have been arranged by choir member Lorian Dunlop. Many songs are performed a cappella while others are accompanied by a variety of instruments – flutes, violin, viola, cello, guitar and folk harp.

The group will sing in Norwegian and Swedish, and the program contains both sacred and secular music. Mette Gaal will read the “Jul evangeliet” or the Christmas scripture, in Norwegian.

A traditional Scandinavian Christmas involves baking and seven types of cookies are mandatory, lots and lots of candles to create an atmosphere of “hygge,” or coziness, and carols and songs that everyone sings.

The Christmas tree may still be decorated with real candles,

and it won’t be trimmed until Little Christmas Eve, Dec. 23. On Christmas Eve, the entire family walks around the tree singing carols, so music plays an important part in the Christmas celebration. The Damekor’s Glade Jul program includes many of these traditional songs.

This year, the Damekor is celebrating its 10th anniversary as well as 10 years of presenting a Jul concert at Pala Mesa. The group’s director, Lynne Bradley, was a former choral director at

Fallbrook High School.

For those attending the concert, Dec. 18, the restaurant at Pala Mesa, Aquaterra, will offer a 25% discount on dinners. Reservations are recommended; call Pala Mesa at (760) 728-5881. To receive the discount, diners must present a flyer for this concert. Email lbradley93168@gmail.com to request a copy of the flyer.

Submitted by Southern CA Damekor.

FUESD Superintendent nationally recognized for leadership

FALLBROOK – Fallbrook Union Elementary School District’s Superintendent of Schools, Candace Singh, Ph.D., has been named as a finalist for the American Association of School Administrators’ Women in School Leadership Superintendent Award.

In the district, there is a foundational value threaded through every school, classroom and learning opportunity: leadership. This principle is not taken lightly in FUESD, and Singh said she believes that leadership must be taught by example. She said she is grateful to be named a finalist for this honor alongside two other female superintendents from across the nation.

“I am humbled and excited to be included in such a talented and passionate group of women from across the country. I am grateful to AASA for acknowledging the exceptional work of female leaders working in our public schools, and am incredibly honored to be among this year’s finalists,” Singh said.

Her passion for developing student leaders has led her to successfully fostering a district-wide culture where leadership plays a major role in academic success, she said.

“Developing leadership at every level is what makes our schools and district stronger and more effective,” Singh said. “This is particularly true for our students. Young people do not need to wait until they are adults to lead – they can be leaders now.”

This vision has led to FUESD being recognized as a “National Lighthouse School District” and the first district in the United States where every school has been named a Leader in Me Lighthouse School, serving as a model for developing student leadership.

Aside from her focus on developing a leader-centric culture, Singh advocates on the national stage for military-connected students in the Fallbrook community. Singh secured over \$110 million in



Superintendent Candace Signh speaks at the recent AASA Aspiring Superintendents Academy. Courtesy photo

state and federal funding to build state-of-the-art schools for the students and families serving aboard Marine Corps Base

Camp Pendleton.

The winner of the Women in School Leadership Superintendent Award will be chosen in February

at the National Conference on Education.

Submitted by Fallbrook Union Elementary School District.

CLASSIFIEDS

Employment

Looking For Driver: Anza Gas is looking for a bobtail driver, Applicants will need a commercial license with hazmat, tank, and air brake endorsements. Must be 21 or older, and pass a drug test. Hours will be Monday – Friday 8-5. For more job details and applications inquire with our office. 56380 HWY 371 Anza, CA 92539. (951) 763-4422. Between La Cocina and the Anza Valley Liquor store behind Danielle's skin care.

Dentist Wanted: Menifee Lakes Dental Group seeks full-time dentists for Menifee location. Must have DDS or DMD degree or foreign equivalent. Must have CA dental license. Email resume to: HansenS@pacden.com

CAREGIVERS NEEDED: Seniors Helping Seniors is hiring immediately for a caring and compassionate caregiver in Fallbrook and Temecula areas who are available to work weekends. If interested, please call 760.884.4111 for more information.

Estate Sale

Barn Estate Sale: Downsizing and need to let go. For details, go to <https://tinyurl.com/MintleSale> 3573 Diego Estates Drive Dec 14-15 8:00-3:00

Garage Sales

Garage Sale: Garage Sale this weekend (Dec 6 - Dec 8) located at: 1918 Acacia Lane Fallbrook, CA 92028

3 Family Barn and Garage Sale: December 13,14 and 15 9 a.m. - 3 p.m. 1420 Via Vista Fallbrook, CA Near Mertyle Creek Nursery Over 1,000 items A-Z

Real Estate - For Rent

Looking for a Guest House/Room for Rent: 58-year-old Christian Woman, Looking for a Guest House/Room to rent with private entrance in the Fallbrook or Bonsall Area. Please call 760-696-5900

Real Estate - For Sale

For Sale by Owner 2006 Lakefront Home: Large open floor plan. 2160 sq ft 4 car garage 2 Bd 2 Ba on 1/2 acre incl. Launch ramp and 2 large storage units. Complete RV hookups. Amazing View! Lake Elsinore. \$775,000.00 951-678-0859 Pam

Services Offered

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

FALLBROOK COMMUNITY PLANNING GROUP
and DESIGN REVIEW BOARD

Regular Meeting
Monday 16 December 2019, 7:00 P.M., Live Oak School, 1978 Reche Road, Fallbrook

Agenda as of 11/25/2019

NOTE. Due to the resignation of Guy R. Howard, seat #14 is open on the Fallbrook Community Planning Group. Interested individuals please contact Jack Wood, (see below) to receive an application.

1. 0SanLuisReyRiverParkRioPradoParkActiveRecreationSite.html. Community input. Voting item

2. Recommend that the Fallbrook Community Planning Group write a letter to the Department of Parks and Recreation County staff requesting explanation and confirmation of designated/allocated PLDO funds. What specifically is allocated for Fallbrook? What is the focus, vision and plan to achieve this goal? Where/how are Board of Supervisor funds reflected that were designated by Supervisor Jim Desmond. Community input. Voting item.

3. Request for a waiver of the D Designator design review requirement for a site plan for LED channel letters for a wall sign for La Cucina Restaurant at 1415 S. Mission Road, APN 104-200-76. Contact person Edward Yi, 858-292-5946, sandiegobestsign@gmail.com. County Planner Vanessa Pash, 858-694-3291, Vanessa.pash@sdcouty.ca.gov. Design Review Committee. Community input. Voting item. (10/17)

4. Presentation by Jerri Patchett, fpatchett@sbcglobal.net. Fallbrook Arts, Inc. is planning two murals at the School of the Arts. The first is replacing a mural that was on the exterior door of the ceramics studio (east wall, facing the Sheriff's Dept.). The door had to be repaired which involved removing the mural. The second is adding a mural of a tree with glass leaves that will recognize school donors to the front of the Warm Glass Studio that faces south on Alvarado. Informational only. Non-voting item. The applicant will come back at a later date with a waiver for a vote.

5. Mitigated Regular Declaration on MUP 74-165W1 Monserate Winery Major Use Permit modification located at 2757 Gird Road, APN 107-240-51; 107-420-16, 17; 124-330-04, 14, 15, 20 for winery/passive open space or similar gatherings and/or SPA facilities totaling 24.8 and the 116 acres with the remainder and open space/agricultural easement to prohibit future development. Portions to be planted as vineyards. Events and Weddings. It is anticipated that the site would host weddings and/or events on average three times a week, for a total of up to 170 events per year, per venue. Any event would accommodate a maximum of 250 guests. Most events would be held on Friday, Saturday, or Sunday and would be scheduled to occur when the tasting room is closed so that overlap in the arrival and/or departure of guests and parking with other general visitors of the winery does not occur.

Outdoor sound for weddings would be limited to light ceremony music and officiants. Any wedding ceremony or event where music is not played may be held in the proposed adjacent open field (to be located west of the tasting room) or at the vineyard; events with loud amplified music would be held in the barrel room and/or barns. Accessory events would otherwise be held in the tasting room or on the outdoor covered patio. Pursuant to the San Diego County Noise Ordinance all events would be conditioned to meet the 45 dB interior noise level after 10:00 p.m. Owner Gird Valley, Inc., 760 451-3600. Contact person Steve Wragg, 858-614-5059, swragg@mbakerintl.com. County Planner Michelle Chan, 858-495-5428, michellechan@sdcounty.ca.gov. Land Use Committee. Community Input. Voting item. (10/19)

NOTE: The Planning Group occasionally has openings on its **Land Use** (Jack Wood 760-715-3359), **Circulation** (Roy Moosa 760-723-1181), **Parks & Recreation** (Eileen Delaney 760-518-8888), **Public Facilities** (Roy Moosa 760-723-1181) and **Design Review** (Eileen Delaney 760-518-8888) Committees for non-elected citizens. Interested persons please contact the Chairman. This is a preliminary agenda. If any changes are made, a final agenda will be posted at the North County Fire District, 315 E. Ivy Street, Fallbrook, at least 72 hours prior to the meeting.

Jim Russell, Chairman, 205 Calle Linda, Fallbrook, California 92028, (760) 728-8081
Cell 760-580-5516, russellfarms@roadrunner.com

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T.S. No.: 180727219
Notice of Trustee's Sale

Loan No.: 271603 Order No. 05936541 APN: 180-192-67-00 You Are In Default Under A Deed Of Trust Dated 5/23/2017. Unless You Take Action To Protect Your Property, It May Be Sold At A Public Sale. If You Need An Explanation Of The Nature Of The Proceeding Against You, You Should Contact A Lawyer. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: Hail Investments, LLC, a California Limited Liability Company Duly Appointed Trustee: Aztec T.D. Service Co. Recorded 6/1/2017 as Instrument No. 2017-0247286 in book, page of Official Records in the office of the Recorder of San Diego County, California, Date of Sale: 1/2/2020 at 10:30 AM Place of Sale: by the statue at entrance to East County Regional Center, 250 East Main Street, El Cajon, CA Amount of unpaid balance and other charges: \$774,472.56 Street Address or other common designation of real property: 1331 Barbara Drive Vista, CA 92084 A.P.N.: 180-192-67-00 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. Notice To Potential Bidders: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. Notice To Property Owner: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (877) 440-4460 or visit this Internet Web site www.mkconsultantsinc.com, using the file number assigned to this case 180727219. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 12/6/2019 Aztec T.D. Service Co. by Total Lender Solutions, Inc., its authorized agent 10505 Sorrento Valley Road, Suite 125 San Diego, CA 92121 Phone: (818) 848-8960 Sale Line: (877) 440-4460 By: Rachel Seropian, Trustee Sale Officer, Published: 12/12, 12/19, 12/26

LEGALS

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2019-9027348
Name of Business

STARR DESIGNS
395 Canyonside Way #204, Oceanside, CA 92058
County: San Diego
This business is registered by the following:
Deborah C Stuarduran, 395 Canyonside Way #204, Oceanside, CA 92058
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 11/12/19
LEGAL: 5153
PUBLISHED: November 21, 28, December 5, 12, 2019

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2019-9026149
Name of Business

a. POWI NUTRITION
b. POWI ENERGY
c. DC JERKS
d. ULALA
858 Maryland Dr., Vista, CA 92083
County: San Diego
This business is registered by the following:
DC Hub, LLC., 858 Maryland Dr., Vista, CA 92083
This business is conducted by a Limited Liability Company
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 10/28/19
LEGAL: 5154
PUBLISHED: November 21, 28, December 5, 12, 2019

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2019-9026611
Name of Business

ARMES CONSTRUCTION
408 West Fallbrook St, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Eric William Armes, 408 West Fallbrook St, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above name as of 01/01/2019
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 11/01/19
LEGAL: 5156
PUBLISHED: November 28, December 5, 12, 19, 2019

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2019-9027008
Name of Business

PALISTUS
7565 Charmant Dr Apt 407, San Diego, CA 92122
County: San Diego
This business is registered by the following:
a. Belal Azzam, 7565 Charmant Dr Apt 407, San Diego, CA 92122
b. Yassine Thabti, 4054 Nobel Dr. 92122 App #202, San Diego, CA 92122
This business is conducted by a General Partnership
Registrant first commenced to transact business under the above name as of 11/06/19
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 11/06/19
LEGAL: 5157
PUBLISHED: November 28, December 5, 12, 19, 2019

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2019-9026910
Name of Business

HOPE CITY
2169 Green Canyon Road, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Lightly, LLC, 2169 Green Canyon Road, Fallbrook, CA 92028
This business is conducted by a Limited Liability Company
This LLC is located in the state of California
Registrant first commenced to transact business under the above name as of 03/06/2019
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 11/06/19
LEGAL: 5158
PUBLISHED: November 28, December 5, 12, 19, 2019

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2019-9026948
Name of Business

OCEANHILLS AUTOMOTIVE DETAILING & CONSULTING
1233 Armoritte Dr. #303, San Marcos, CA 92069
County: San Diego
This business is registered by the following:
Joshua Noel Maraliz, 1233 Armoritte Dr. #303, San Marcos, CA 92069
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 10/30/19
LEGAL: 5155
PUBLISHED: November 21, 28, December 5, 12, 2019

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2019-9026841
Name of Business

1 OF A KIND
5126 Riverview Ct, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
a. Sharon D Karasek, 5126 Riverview Ct, Fallbrook, CA 92028
b. James F Karasek, 5126 Riverview Ct, Fallbrook, CA 92028
This business is conducted by a Married Couple
Registrant first commenced to transact business under the above name as of 01/01/2019
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 11/05/19
LEGAL: 5160
PUBLISHED: November 28, December 5, 12, 19, 2019

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2019-9027424
Name of Business

GEMA'S BAIL BONDS
4843 Sumac Pl, Oceanside, CA 92057
County: San Diego
This business is registered by the following:
Gema Ines Walker, 4843 Sumac Pl, Oceanside, CA 92057
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 11/13/19
LEGAL: 5161
PUBLISHED: December 5, 12, 19, 26, 2019

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2019-9027730
Name of Business

NORTH COUNTY POOL CENTER
777 W. Vista Way #A, Vista, CA 92083
County: San Diego
This business is registered by the following:
Adolfo & Manny Pool Supplies LLC, 1506 S. Mission Road, Fallbrook, CA 92028
This business is conducted by a Limited Liability Company
This LLC is located in the state of California
Registrant first commenced to transact business under the above name as of 11/01/2019
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 11/18/19
LEGAL: 5159
PUBLISHED: November 28, December 5, 12, 19, 2019

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2019-9028948
Name of Business

a. AFFORDABLE HOME PAINTING
b. FORD + FORD MGMT.
3927 Paso Ded Lagos, Bonsall, CA 92003
Mailing address: P.O. Box 388 Bonsall, CA 92003
County: San Diego
This business is registered by the following:
a. Wayne Ford, 3927 Paso Ded Lagos, Bonsall, CA 92003
b. Joyce Ford, 3927 Paso Ded Lagos, Bonsall, CA 92003
This business is conducted by a Married Couple
Registrant first commenced to transact business under the above names as of 9/1/89
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 12/05/19
LEGAL: 5165
PUBLISHED: December 12, 19, 26, January 2, 2019

Fictitious Business Name

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2019-9028716
Name of Business

a. PLANET ONE SOFTWARE
b. PLANET ONE
1624 Yucatan Way, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Mark C. Wilson, Inc, 1624 Yucatan Way, Fallbrook, CA 92028
This business is conducted by a Corporation
This Corporation is located in the state of Colorado
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 12/03/19
LEGAL: 5162
PUBLISHED: December 12, 19, 26, January 2, 2019

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2019-9028759
Name of Business

NOTARIZE IT! MOBILE NOTARY
2513 Buena Rosa, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Michael John Barry, 2513 Buena Rosa, Fallbrook, CA 92028
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 12/03/19
LEGAL: 5163
PUBLISHED: December 12, 19, 26, January 2, 2019

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2019-9028277
Name of Business

CENTIFY
4257 Arcata Bay Way, Oceanside, CA 92058
County: San Diego
This business is registered by the following:
Maria Elisa Dansby, 4257 Arcata Bay Way, Oceanside, CA 92058
This business is conducted by an Individual
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 11/22/19
LEGAL: 5164
PUBLISHED: December 12, 19, 26, January 2, 2019

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2019-9029096
Name of Business

AM EX APPRAISAL
1232 Kendi Lane, Fallbrook, CA 92028
County: San Diego
This business is registered by the following:
Debbie Renee Mayer, 1232 Kendi Lane, Fallbrook, CA 92028
This business is conducted by an Individual
Registrant first commenced to transact business under the above names as of 12/11/07
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON 12/09/19
LEGAL: 5166
PUBLISHED: December 12, 19, 26, January 2, 2019

Summons

SUMMONS
FILED 09/18/2019
CASE NUMBER: 37-2019-00049427-CU-PA-NC
NOTICE TO DEFENDANT:
GERALD BLASI, an individual and DOES
1-25

YOU ARE BEING SUED BY PLAINTIFF:
ERNESTO RAFAEL,, an individual

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below.
You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court from that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.
There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal service program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien; must be paid before the court will dismiss the case.
The name and address of the court:
NORTH COUNTY
325 SOUTH MELROSE DRIVE
VISTA, CA 92083
The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is:
LAW OFFICES OF LOUIS GABBARA
500 LA TERRAZA BOULEVARD, STE 150
ESCONDIDO, CA 92025
760-466-8083
DATE: 09/09/2019
CLERK, BY: M. CLEMENS, DEPUTY
Legal #: 5167
Published: Decemwber 12, 19, 26, January 2, 2019

NOTICE OF TRUSTEE'S SALE UNDER DEED OF TRUST Loan No.: ANDERSON RESS Order No.: 76813 A.P. NUMBER 109-392-18-00 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 01/10/2018, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE IS HEREBY GIVEN, that on 12/23/2019, at 10:00AM of said day, At the entrance to the East County Regional Center by the statue, 250 E. Main St., El Cajon, CA 92020, RESS Financial Corporation, a California corporation, as duly appointed Trustee under and pursuant to the power of sale conferred in that certain Deed of Trust executed by EDWARD ANDERSON AND YOLANDA ANDERSON recorded on 02/07/2018, in Book N/A of Official Records of SAN DIEGO County, at page N/A, Recorder's Instrument No. 2018-0050487, by reason of a breach or default in payment or performance of the obligations secured thereby, including that breach or default, Notice of which was recorded 7/8/2019 as Recorder's Instrument No. 2019-0270003, in Book n/a, at page n/a, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH, lawful money of the United States, evidenced by a Cashier's Check drawn on a state or national bank, or the equivalent thereof drawn on any other financial institution specified in section 5102 of the California Financial Code, authorized to do business in the State of California, ALL PAYABLE AT THE TIME OF SALE, all right, title and interest held by it as Trustee, in that real property situated in said County and State, described as follows: complete Legal description attached hereto Exhibit A Parcel 1: Those Portions Of The Southwest Quarter Of The Southwest Quarter Of Section 3 And Of The Southeast Quarter Of The Southeast Quarter Of Section 4, All In Township 9 South, Range 2 West, San Bernardino Meridian, In The County Of San Diego, State Of California, According To Official Plat Thereof, Described As Follows: Commencing At The Southwest Corner Of Said Section 3; Thence Along The Southerly Line Of Said Section 3, North 89° 45' 04" East 1329.06 Feet To The Southeast Corner Of The Southwest Quarter Of The Southwest Quarter Of Said Section 3; Thence Along The Easterly Line Of Said Southwest Quarter Of The Southwest Quarter, North 02° 59' 29" West 510.94 Feet To The Southeasterly Corner Of Land Described In Deed To Alvin Webster Baer, Jr., Et Ux, Recorded December 21, 1964 As File No. 230300; Thence Along The South Line Of Said Baer's Land West 980.37 Feet To The True Point Of Beginning; Thence North 2° 58' 36" West 240.93 Feet; Thence South 82° 32' 12" West 675.84 Feet To The Westerly Line Of The Land Described In Parcel 1-B In Deed To Fred Moss Land, Inc., Recorded July 25, 1969 As Document No. 134405 Of Official Records, Being In The Center Line Of County Road Survey No. 601; Thence Along Said Center Line South 09° 55' 28" East 155.14 Feet To The Southwesterly Corner Of Said Land Described In Parcel 1-B; Thence Along The Southerly Line Thereof East 655.85 Feet To The True Point Of Beginning, Parcel 2: An Easement And Right Of Way For Road And Public Utility Purposes Over, Under, Along And Across A Strip Of Land 30.00 Feet In Width Lying Within The Southwest Quarter Of The Southwest Quarter Of Section 3 And Within The Southeast Quarter Of The Southeast Quarter Of Section 4, All Being In Township 9 South, Range 2 West, San Bernardino Meridian, In The County Of San Diego, State Of California, According To Official Plat Thereof, The Northerly Line Of Said Strip Being Described As Follows: Beginning At The Southwesterly Corner Of Parcel 1 Hereinabove Described, Being A Point On The Center Line Of County Road Survey No. 601 As Described In Deed To The County Of San Diego, Recorded October 29, 1947 In Book 2527 Page 140 Of Official Records; Thence Due East Along The South Line Of Said Parcel 1 Above A Distance Of 655.85 Feet. The Southerly Line Of Said Strip To Be Prolonged Or Shortened So As To Terminate On The West In The Center Line Of Said Road Survey No. 601. Assessor's Parcel Number: 109-392-18-00 The street address or other common designation of the real property hereinabove described is purported to be: SAID LAND HAS NO KNOWN STREET ADDRESS OR OTHER COMMON DESIGNATION. Direction may be obtained by written request submitted to the undersigned within 10 days from the date of initial publication of Notice.. The undersigned disclaims all liability for any incorrectness in said street address or other common designation. Said sale will be made without warranty, express or implied regarding title, possession, or other encumbrances, to satisfy the unpaid obligations secured by said Deed of Trust, with interest and other sums as provided therein; plus advances, if any, thereunder and interest thereon; and plus fees, charges, and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of said obligations at the time of initial publication of this Notice is \$73,632.85. In the event that the deed of trust described in this Notice of Trustee's Sale is secured by real property containing from one to four single-family residences, the following notices are provided pursuant to the provisions of Civil Code section 2924f: NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee's sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 or visit this Internet Web site www.nationwideposting.com, using the file number assigned to this case 76813. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not be immediately reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Dated: 11/15/2019 RESS Financial Corporation, a California corporation, as Trustee By: BRUCE R. BEASLEY, PRESIDENT 1780 Town and Country Drive, Suite 105, Norco, CA 92860-3618 (SEAL) Tel.: (951) 270-0164 or (800) 343-7377 FAX: (951)270-2673 Trustee's Sale Information: (916) 939-0772 or www.nationwideposting.com NPP0363848 To: VILLAGE NEWS INC 11/28/2019, 12/05/2019, 12/12/2019

NOTICE OF TRUSTEE'S SALE TS No. CA-19-853093-RY Order No.: 190717470-CA-VOI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 3/23/2018. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **MICHAEL ANGELO CIRIGNANO JR., a MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY** Recorded: **3/23/2018** as Instrument No. **2018-0116567** of Official Records in the office of the Recorder of **SAN DIEGO** County, California; Date of Sale: **12/30/2019 at 10:00 AM** Place of Sale: **At the entrance to the East County Regional Center by the statue, located at 250 E. Main St., El Cajon, CA 92020** Amount of unpaid balance and other charges: **\$582,303.19** The purported property address is: **2167 REINEMAN RD, FALLBROOK, CA 92028** Assessor's Parcel No.: **106-152-52-00** **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call **916-939-0772** for information regarding the trustee's sale or visit this Internet Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: **CA-19-853093-RY**. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. Date: **Quality Loan Service Corporation 2763 Camino Del Rio South San Diego, CA 92108 619-645-7711 For NON SALE information only Sale Line: 916-939-0772 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318 Quality Loan Service Corp. TS No.: CA-19-853093-RY IDSPub #0158641 12/5/20000019 12/12/2019 12/19/2019**

APN: 121-151-32-00 OTHER: 5939676 TS-190710 NOTICE OF TRUSTEE'S SALE UNDER DEED OF TRUST YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 5/14/2019 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE is hereby given that C.N.A. FORECLOSURE SERVICES, INC. A CALIFORNIA CORPORATION, as trustee, or successor trustee, or substituted trustee pursuant to the Deed of Trust executed by Christopher R. Rodriguez, a married man as his sole and separate property Recorded on 5/14/2019 as Instrument No. 2019-0181865, of Official records in the office of the County Recorder of San Diego County, California, and pursuant to the Notice of Default and Election to Sell thereunder recorded 8/12/2019 as Instrument No. 2019-0337000 of said Official Records, WILL SELL on 12/18/2019 At the entrance to the East County Regional Center by the statue, 250 E. Main St., El Cajon, CA 92020 at 10:00 a.m. AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at the time of sale in lawful money of the United States), all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State hereinafter described. The property address and other common designation, if any, of the real property described above is purported to be: 50% interest of 5910 Camino Baja Cerro, Oceanside, CA The undersigned Trustee disclaims any liability for any incorrectness of the property address and other common designation, if any, shown herein. The total amount of unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$304,269.20 (estimated). In addition to cash, the Trustee will accept a cashier's check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. In the event tender other than cash is accepted the Trustee may withhold the issuance of the Trustee's Deed until funds become available to the payee or endorsee as a matter of right. Said sale will be made, but without covenant or warranty, express or implied regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed, advances thereunder, with interest as provided therein, and the unpaid principal balance of the Note secured by said Deed with interest thereon as provided in said Note, fees, charges and expenses of the trustee and the trusts created by said Deed of Trust. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call telephone number for information regarding the trustee's sale 916-939-0772 or visit this Internet Web site www.nationwideposting.com for information regarding the sale of this property, using the file number assigned to this case 190710 Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR SALES INFORMATION CALL : 916-939-0772 C/O C.N.A. FORECLOSURE SERVICES, INC. A CALIFORNIA CORPORATION as said Trustee. 2020 CAMINO DEL RIO N. #230 SAN DIEGO, CALIFORNIA 92108 (619) 297-6740 DATE: 11/21/2019 KIMBERLY CURRAN TRUSTEE SALE OFFICER NPP0364075 To: VILLAGE NEWS INC 11/28/2019, 12/05/2019, 12/12/2019

APN: 184-213-09-00 TS No: CA07000880-19-1 To No: 1119524 NOTICE OF TRUSTEE'S SALE (The above statement is made pursuant to CA Civil Code Section 2923.3(d)(1). The Summary will be provided to Trustor(s) and/or vested owner(s) only, pursuant to CA Civil Code Section 2923.3(d)(2).) YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED March 9, 2017. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On January 3, 2020 at 09:00 AM, Entrance of the East County Regional Center, East County Regional Center, 250 E. Main Street, El Cajon, CA 92020, MTC Financial Inc. dba Trustee Corps, as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust recorded on March 13, 2017 as Instrument No. 2017-0113084, of official records in the Office of the Recorder of San Diego County, California, executed by SIMON CASTILLO, A SINGLE MAN AND RIGOBERTO LIRA, A MARRIED MAN, AS HIS SOLE AND SEPARATE PROPERTY, AS JOINT TENANTS, as Trustor(s), in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., as Beneficiary, as nominee for SYNERGY ONE LENDING, INC. as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 2180 ESPLENDIDO AVE, VISTA, CA 92084 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$428,958.77 (Estimated). However, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Notice to Potential Bidders If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same Lender may hold more than one mortgage or Deed of Trust on the property. Notice to Property Owner The sale date shown on this Notice of Sale may be postponed one or more times by the Mortgagee, Beneficiary, Trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about Trustee Sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call Auction.com at 800.280.2832 for information regarding the Trustee's Sale or visit the Internet Web site address www.Auction.com for information regarding the sale of this property, using the file number assigned to this case, CA07000880-19-1. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 11/27/19 MTC Financial Inc. dba Trustee Corps TS No. CA07000880-19-1 17100 Gillette Ave Irvine, CA 92614 Phone: 949-252-8300 TDD: 866-660-4288 Myron Ravelo, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ONLINE AT www.Auction.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: Auction.com at 800.280.2832 Trustee Corps may be acting as a debt collector attempting to collect a debt. Any information obtained may be used for that purpose. Order Number 66980, Pub Dates: 12/12/2019, 12/19/2019, 12/26/2019, VILLAGE NEWS

NATIONAL

Attorney general slams abuse of spy powers in probe of Trump campaign

Ivan Pentchoukov
The Epoch Times

Attorney General William Barr assessed Monday, Dec. 9, that the FBI abused government surveillance powers in its investigation of the Donald Trump campaign.

Barr gave his conclusion in response to the highly-anticipated report by the Department of Justice Inspector General Michael Horowitz, who determined that applications for warrants to spy on a Trump campaign associate contained 17 significant errors.

Horowitz concluded that the errors amounted to a failure that implicated the chain of command at the FBI responsible for handling the Foreign Intelligence Surveillance Act applications, including senior officials.

“In the rush to obtain and maintain FISA surveillance of Trump campaign associates, FBI officials misled the FISA court, omitted critical exculpatory facts from their filings and suppressed or ignored information negating the reliability of their principal source,” Barr said.

“The inspector general found the explanations given for these actions unsatisfactory. While most of the misconduct identified by the inspector general was committed in 2016 and 2017 by a small group of now-former FBI officials, the malfeasance and misfeasance detailed in the inspector general’s report reflect a clear abuse of the FISA process,” Barr said.

Horowitz concluded in the 476-page report released Dec. 9, that the four applications for warrants to spy on Trump campaign associate Carter Page were riddled with serious errors that amounted to “serious performance failures by the supervisory and non-supervisory agents.”

The inspector general didn’t find evidence to support the claims that the spying against the campaign was motivated by political bias, according to the report. The controversy surrounding the surveillance of the Trump campaign has long been amplified by the discovery of biased text messages between FBI Deputy Assistant Director Peter Strzok and FBI attorney Lisa Page, who were having an extramarital affair at the time. Strzok and Page vented their hatred of Trump, spoke of what they believed were his slim chances of winning the election, committed to stopping him from being elected, discussed an “insurance policy” in the unlikely event of a Trump victory and mulled “impeachment” around the time they joined special counsel Robert Mueller’s team.

Strzok led the investigation of the Trump campaign and the probe of Hillary Clinton’s use of an unauthorized private email server for government work. In a report on the review of the Clinton email probe, Horowitz concluded that Strzok and Page’s biased messages “cast a cloud” over the investigation, but, similarly to the report on the FISA surveillance, he was unable to find evidence

to support the claim that the bias had an effect on any investigative decisions.

According to Barr, FBI Director Christopher Wray was “dismayed” by the handling of the FISA applications. Wray was expected to announce a comprehensive set of reforms.

U.S. Attorney John Durham, the U.S. attorney tasked with investigating the origins of the investigation of the Trump campaign, issued a rare statement Dec. 9, disagreeing with some of the conclusions in the inspector general’s report.

Barr assigned Durham earlier this year to probe the origins of the FBI’s counterintelligence investigation of the Trump campaign and to assess whether the surveillance of Carter Page was free of improper motive. In a statement issued Dec. 9, Durham noted that his investigation – unlike the one concluded by the inspector general – reaches beyond the “component parts of the Justice Department” and includes persons outside the United States.

“Based on the evidence collected to date, and while our investigation is ongoing, last month we advised the inspector general that we do not agree with some of the report’s conclusions as to predication and how the FBI case was opened,” Durham said in a statement.

Durham’s review recently evolved into a criminal inquiry. The report by Horowitz, meanwhile, is limited to violations of FBI and Justice Department policies.

The FBI launched a counterintelligence investigation of the Trump campaign in late July 2016. Barr concluded that the investigation was “intrusive” and was initiated based “on the thinnest of suspicions.” The suspicions were “insufficient” to justify the steps the bureau went on to take, Barr said.

“Nevertheless, the investigation and surveillance was pushed forward for the duration of the campaign and deep into President Trump’s administration,” Barr said.

In late October 2016, the FBI secured a FISA warrant to surveil Page. The bureau renewed the warrant three times, surveilling Page for roughly 11 months.

The FISA warrant application featured claims from an unverified dossier of opposition research on Trump. Former British intelligence officer Christopher Steele compiled the dossier by using second- and third-hand sources with ties to the Kremlin. The Hillary Clinton campaign and the Democratic National Committee ultimately paid for Steele’s work, a fact the FBI didn’t disclose in the warrant application.

The inspector general’s report shows that the FBI withheld information undercutting Steele’s credibility in the original application. The bureau failed to address the issues in the renewal applications, even after receiving further evidence challenging Steele as a reliable source. The team leading the investigation also failed to disclose statements by Steele that undermined the credibility of a key



President Donald Trump and Attorney General William Barr walk out of the Oval Office to announce an executive action to tally American citizenship, in the White House Rose Garden in Washington, July 11, 2019. Charlotte Cuthbertson/The Epoch Times photo

source of the dossier, including that the source was a “boaster” and an “egoist” and “may engage in some embellishment.”

The revelations about Steele are especially concerning because the inspector general’s report revealed that the FBI team leading the investigation of the Trump campaign used the Steele dossier to renew its efforts to obtain a FISA warrant on Page. The team running the investigation of the Trump campaign, codenamed “Crossfire Hurricane,” was originally rebuffed when seeking a FISA warrant on Page. But after receiving a copy of the Steele dossier on Sept. 19, 2016, the Crossfire team immediately renewed its efforts.

“We determined that the Crossfire Hurricane team’s receipt of Steele’s election reporting on Sept. 19, 2016, played a central and essential role in the FBI’s and Department’s decision to seek the FISA order,” the Horowitz report showed.

President Donald Trump said that the inspector general’s report showed that the FBI “fabricated evidence” and “lied to the courts.”

“It’s a disgrace what’s happened with the things that were done to our country,” Trump told Republican senators and state officials in the White House, shortly after the report was released to the public. “It’s incredible, far worse than what I ever thought possible.”

The inspector general concluded that while the Steele report played a key role in the securing of the FISA application, the FBI didn’t use the document to open the investigation of the Trump campaign in July 2016. The opening of the investigation was predicated entirely on information the bureau received from a “friendly foreign government” regarding statements made by Trump campaign associate George Papadopoulos. Horowitz determined that the decision to open the investigation wasn’t motivated by “political bias” or “improper motivation.”

While the extent of the surveillance granted in Page’s case remains classified, FISA

warrants allow for some of the most intrusive spying under the law. Under the so-called “two-hop” rule, investigators could collect the communications of every person Page interacted with as well as every person who communicated with Page’s contacts. As a result, it’s possible that the FBI obtained the communications of the entire Trump campaign, both retroactively and in real-time.

The failures of the Crossfire Hurricane team are thus amplified, considering the potential scope of the intrusion and the sensitive nature of investigating a major political campaign before, during and after the presidential election. Horowitz determined that much of the information withheld by the Crossfire team “was inconsistent with, or undercut, the assertions contained in the FISA applications that were used to support probable cause and, in some instances, resulted in inaccurate information being included in the applications.”

“Our review found that FBI personnel fell far short of the requirement in FBI policy that they ensure that all factual statements in a FISA application are ‘scrupulously accurate,’” the report showed.

The bureau also withheld crucial exculpatory information it possessed about Page, including the fact that he was a source for another government agency, according to the report. Page’s work for that government agency overlapped with the time period of the allegations in the FISA applications. In the applications, the Crossfire Hurricane team described Page as an agent of Russia. Page vehemently denies the claims and the bureau never charged him with a crime. The inspector general determined that the FBI was unable to verify any of the “specific substantive claims” about Page in Steele’s dossier that ended up in the FISA application.

The exculpatory information withheld from the FISA application includes statements by Papadopoulos recorded by an FBI undercover source. The source

recorded Papadopoulos denying that “anyone associated with the Trump campaign was collaborating with Russia.”

A number of FBI officials directly involved in preparing and signing the FISA warrants have all either left or been fired from the bureau, including Director James Comey, Deputy Director Andrew McCabe and Strzok.

Horowitz formally announced the investigation into the Carter Page FISA in March 2018. He submitted a draft report to the DOJ in September. The inspector general’s office interviewed more than 170 witnesses and reviewed more than 1 million documents as part of the investigation. Horowitz released the report as Democrats held the latest round of impeachment hearings.

“Inspector General Michael Horowitz uncovered ‘significant inaccuracies and omissions’ in FISA applications that precipitated one of the greatest abuses of investigative power in our lifetime,” Vice President Mike Pence said in a statement.

“Since the day President Trump announced his candidacy, career bureaucrats at the Department of Justice sought to undermine this president and our administration – including falsifying information and suppressing the truth. What took place here should never happen again to any president or any administration in the future and those responsible should be held accountable,” Pence said.

Carter Page told The Epoch Times in an email: “Every American should be troubled by the 17 separate instances of FBI misconduct and abuses identified in the inspector general’s report. This unchecked surveillance power is a threat to liberty, and there must be a complete reckoning here. This is just the beginning of an important national dialogue about egregious overreach by the intelligence community.”

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Democrats unveil 2 articles of impeachment against Trump

Zachary Stieber
The Associated Press

House Democrats said President Donald Trump abused power and obstructed Congress, unveiling two articles of impeachment against him Tuesday, Dec. 10.

House Judiciary Chairman Jerry Nadler, D-N.Y., said Trump tried to conceal evidence from Congress and betrayed the public trust, endangering the Constitution and the United States’ national security.

Trump “solicited and pressured Ukraine to interfere in our 2020 election,” Nadler said.

Nadler said Trump “engaged in unprecedented, categorical, and indiscriminate defiance of the impeachment inquiry,” prompting the obstruction of Congress article.

“No one, not even the president, is above the law,” he said.

House Intelligence Chairman Adam Schiff, D-Calif., said that House Democrats couldn’t wait any longer while courts decide whether

Trump aides need to comply with subpoenas.

“The argument, ‘Why don’t you just wait?’ amounts to this: Why don’t you just let him cheat in one more election? Why not let him cheat just one more time? Why not let him have foreign help just one more time?” he said.

The announcement came more than two months after House Speaker Nancy Pelosi, D-Calif., announced an impeachment inquiry against Trump. She said it was triggered by a complaint filed by an anonymous person that focused on Trump’s phone call in July with Ukrainian President Volodymyr Zelensky. Trump and Zelensky have both denied the allegations.

Trump’s White House released a transcript of the call the same week.

Democrats said Trump abused the power of his office by reviewing congressionally approved aid for Ukraine. Trump has said he reviewed the aid because of widespread concerns about corruption in

Ukraine, and his administration said it was ultimately sent out on time.

Democrats have sought to connect the hold on aid with Trump’s request to Zelensky to “look into” allegations of corruption surrounding former Vice President Joe Biden and Biden’s son Hunter Biden, who worked for the Ukrainian energy firm Burisma from 2014 to 2019.

Because Joe Biden is running for the Democratic presidential nomination, the party has claimed Trump’s request amounted to an attempt to interfere in the 2020 election.

Both U.S. and Ukrainian officials have said Ukraine wasn’t aware of the hold on the aid until August, weeks after the phone call took place.

Democrats have also accused Trump of “bribery” but left that allegation out of the articles of impeachment.

Rep. Jamie Raskin, D-Md., told reporters late Monday, Dec. 9, that the impeachment inquiry uncovered two patterns of misconduct by

Trump, reported Reuters: “Bringing in foreign governments into our politics in order to corrupt our elections” and “working to cover up this kind of misconduct by blocking witnesses, withholding evidence and trying to stop people from testifying.”

Trump has denied wrongdoing, asserting it is his duty to probe corruption. He has pointed to statements Joe Biden has made in the past, including bragging in 2018 that while in office he threatened to withhold \$1 billion in aid from Ukraine unless a prosecutor there was fired. That prosecutor, Viktor Shokin, was probing Hunter Biden’s employer, Burisma, at the time.

“Hardworking Americans know this sham is simply the Dems weaponizing impeachment to try and undermine @realDonaldTrump, who has done nothing but fulfill the promises he ran on and fight for our country. Their behavior is shameful, but this will only serve to further unify our party,” White House press

secretary Stephanie Grisham said on Twitter, Tuesday.

Trump said on Twitter: “To impeach a president who has proven through results, including producing perhaps the strongest economy in our country’s history, to have one of the most successful presidencies ever, and most importantly, who has done nothing wrong, is sheer political madness!”

A majority vote is required in the House to impeach Trump. Democrats currently hold a 233-197 majority.

If the House approves impeachment, a trial will be held in the Senate, where Republicans currently hold a 53-47 majority.

A vote to convict a president, or remove him from office, requires the concurrence of two-thirds of the Senate. No president in the history of the country has been impeached and removed from office. The last president to be impeached, President Bill Clinton, was acquitted by the Senate.

Christmas parade travels rain-soaked road



Serving as Grand Marshal Jack Wood with his wife Joyce, leads the annual Fallbrook Christmas Parade, Dec. 7.

Village News/Shane Gibson photos



Girl Scout Troop 2916 share their holiday cheer with guests attending the Fallbrook Christmas Parade.



The Fallbrook Marching Warriors Band march without their instruments to keep them dry during the Fallbrook Christmas Parade.



The Miss Teen Fallbrook court, from left, Miss Teen Second Princess Veronica Romero, Miss Teen Fallbrook Stefanie Puerta and Miss Teen First Princess Madilyn Golden wave and share their holiday cheer to guests attending the Fallbrook Christmas Parade.



George Monasterio and his daughter Marisa, 14, watch as participants march in the annual Fallbrook Christmas Parade.



People enjoy and marvel the artificial snow dispensed from parade float at the Fallbrook Christmas Parade.



Jessica Cinnamon and her three-year-old daughter Faith dress in matching attire while watching the Fallbrook Christmas Parade.



Christian Winkler, 5, drives his battery-operated toy car in the Fallbrook Christmas Parade.



Folklorico dancers from the Tradicion Folklorico Mexicana USA Dance Company dance and perform while marching in the Fallbrook Christmas Parade.

REAL ESTATE AND HOME & GARDEN

The white paintbrush bulb is easy to grow



One-year-old scadoxus seedlings have another three to four years before they will flower.

Roger Boddaert
Special to Village News

If you are interested in growing a really easy bulb from the Natal region of South Africa, the scadoxus albiflos is the white flowering winter bulb for you. I have been growing many species in the amaryllis family for years, which the scadoxus bulbs are in and very easy to grow. South African offers a vast array of wonderful bulbous plants that do quite well in our Mediterranean climate of Southern California. These unique bulbs were some of the first plants brought to Europe from South Africa with the early seafarers. The Hollanders were really keen on these plants and grew them in conservatory collections in the 17th century. South Africa was a treasure-chest of plant jewels for the Europeans to grow exotic plants

from faraway lands, but only for the very small slice of the population who could afford them. The white paintbrush bulb formerly named Haemanthus, flowers from November thru December in the shady nooks of my tree-filled garden. This shade-loving bulb produces tongue like broad leaves, (another common name is elephant’s tongue), but I prefer the more elegant name of “white paintbrush.” This genus of scadoxus bulbs is wide and varied, with some being evergreen and some going dormant and taking a rest for a short season of dormancy. They are an excellent choice for a shade garden but also make great looking container plants. All of these bulbs enjoy a rich organic type of soil with excellent soil drainage to do their best. Heavy clay-like soils can retain too much moisture and the bulbs

can rot, so be mindful of the soils. Bees harvest the abundant pollen and return to their hive, and it’s like coming home from the grocery store with rich nutritious food for the colony of bees to thrive on. As the bulbs mature, they will produce offshoots from the mother bulb, which can be separated as they increase and give you additional bulbs for your garden or share with a friend or two. When the flowers are pollinated, either by nature or hand-pollination, they will produce colorful seeds from red and orange to white, which is an added attraction. My horticultural patience is tested by growing seeds that might take between 3-5 years before I see the plants come into bloom, and that takes belief in the magic of seeds, my friends. I had the good fortune many years ago to supply a bulb company in Carlsbad with different types of bulbs that I grew to be marketed to growers and nurseries, and it was always challenging to supply the number of bulbs on some of the orders. So, what I could not grow entirely from seeds or divisions, I used a tissue laboratory to propagate young bulbs in large numbers, and then I would field grow them to a mature size to be marketed. Once, I got a phone call from a doctor in Heidelberg, Germany, who was doing cancer research and needed mature Haemanthus Katherine bulbs as part of his



While paintbrush bulbs start from seeds. Roger Boddaert photos

medical investigation in studying the cells of this specific bulb. His scientific studies were that these bulbs had similar cellular structure with hormones and auxins under the microscope that could be used for medical research. This bulb species, at that time, was fairly rare to come by to fill the orders. So, I returned to my old botanical hunting grounds of Santa Barbara and went plant hunting at some of the old estates and private gardens that I knew of from working up in that coastal community in previous years. I would drive through Montecito, Hope Ranch and the Santa Barbara area scouting for some of these rare bulbs growing in private gardens. This gave me great opportunities to meet with homeowners, landscapers and horticultural nurseryman in

see **BULB**, page C-7



White paintbrush flowers occupy a shady nook until Christmas.



White paint bulbs from South Africa grow well in containers.

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Rainbow approves subdivision agreement update for Bonsall Oaks

Joe Naiman
Village News reporter

The proposed development once known as The Polo Club is now called the Bonsall Oaks, and the associated transfer of ownership led to a new agreement with the Rainbow Municipal Water District for the construction of the water and sewer improvements.

A 4-0 Rainbow board vote Dec. 3, with Michael Mack absent, approved the amended joint agreement to improve the subdivision. The updates reflect new requirements as well as the ownership change.

The land is on the north side of Gopher Canyon Road across the street from the Vista Valley Country Club. The project was known as the Polo Club when the San Diego County Board of Supervisors approved the tentative parcel map for the 449.54-acre

property in 1993 and the final map to create up to 165 residential lots and two open space lots in 1999.

Vista Villas Development Limited owned the parcel at the time, and the ownership is in the process of being transferred to Bonsall Oaks, LLC.

“The developer indicated they plan to start construction sometime in the next six months,” said Rainbow general manager Tom Kennedy.

The developer will pay for the water and sewer infrastructure and will also pay capacity fees to cover the project’s share of the district’s existing infrastructure investment. The development’s water and sewer infrastructure itself will include the addition of a pump station.

The amended agreement includes manholes at the upstream end of sewer lines.

Real Estate Round-Up: When is enough, enough?



Kim Murphy
Murphy & Murphy Southern California Realty

I just spent two days in Los Angeles, with the California Association of Realtors, Strategic Planning and Finance Committee. I am one of 18 directors across the state that gets read in on upcoming issues and challenges for real estate in California.

I wish I could say that it was an exhilarating two days, but quite honestly, if you are a property owner or a “hope to be some day” property owner, there is not much to be excited about.

California has a \$250 billion unfunded employee pension and benefits plan, so despite the great reserves I reported previously of \$20.59 billion and an operating surplus of \$22 billion, a true balance sheet would reflect a much different picture of a state that is not financially sound.

So how will that impact property owners or future property owners? Taxes and fees will be imposed on anything available that can increase the coffers of California’s general fund. California’s homeless problem continues to grow. California’s housing shortage is not getting any smaller. California’s infrastructure desperately needs improvement.

Let’s look at the housing shortage as it relates to workforce housing. SB 2 was passed in 2018. It imposed a \$75 fee up to a maximum of \$225 on all recording documents related to the changes of title on property, excluding sales of property. So, if you put your property into a trust, there is a fee for the documents required to record that change of \$75 per document.

If you give your property to your child, and the title changes from your name into theirs, the same fees apply. Those funds were supposed to be put into a fund to provide for workforce and low-income housing. To the best of the collective knowledge of everyone at the SPF meeting, there has been no substantial impact on building those homes. This was a new fee, with promises made, but has only provided more revenue to the general fund.

Split-roll tax on commercial property is on the docket for the 2020 legislature. It will assess commercial property differently than residential, so that reassessments occur every three years as well as at the time of sale and is strictly based on assessed value, not necessarily on the new

purchase price.

Commercial property owners will have to pay higher taxes based on adjusted valuations. Buildings owned and operated by the same person will have to build in the additional tax to their bottom line, by increasing the cost of their product or service.

Buildings occupied by tenants, will find their rents increased which will cause those businesses to increase their fees. The additional tax will discourage companies from having a business in California.

This is not just a tax on “wealthy” commercial property owners. New fees or taxes always impact everyone because of how they trickle down to the consumer; think food, housing supplies, baby products, gasoline.

The greater concern if split-roll becomes law is the potential for new attacks on Prop 13. Legislators are already discussing the “unfairness” of Prop 13. It has a greater benefit to senior homeowners than middle or younger homeowners.

For Californian’s who have owned their primary residence for 20 years or longer, the tax savings has a major impact on their ability to continue to own a home in California, while on a fixed retirement income. For more recent purchasers, the savings appears to be less, until you consider what 20 years may do to the recent value.

For renters, it has absolutely no benefit, until you consider that it is an incentive to become a homeowner. If history serves,

despite the ups and downs of real estate prices, the overall direction of value has continued to rise, so the tax savings becomes greater, as does the equity it provides in retirement.

Just like the gas tax that was imposed on everyone who drives a vehicle, in a state that has the highest gas taxes, it was an available commodity to target that would generate additional revenue for to the general fund.

What happens when we all drive electric cars? I’m pretty sure there will be an excessive tax on electricity. Property is the next target. Afterall, it’s not fair that some people are able to own a home and others aren’t right? The money grab is going to impact everyone who has anything, in the name of providing for those that have less.

Every tax is a tax on you and me, even if it appears that it’s on someone or something that only impacts a segment of the population. Don’t be fooled. Be informed. Read the initiatives closely. March 2020 will be here before you know it!

Next week I will provide you with an update to the SOS initiative, also scheduled for the March 2020 ballot.

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

Property taxes due for record-breaking 1 million properties

SAN DIEGO COUNTY – San Diego County Treasurer-Tax Collector Dan McAllister announced the delinquent date for a record-breaking number of property tax bills. He reminded property owners to visit sdttc.com to pay their bills before Dec. 10 or face a 10% penalty.

“San Diego County is now home to a record 1,001,029 parcels,” McAllister said. “Since the recession, we’ve seen the rate of building slow considerably, but last year, the county added 2,731 properties. That was enough to push us over the 1 million mark.”

Taxpayers across San Diego County owe nearly \$3.5 billion for the first installments of the 2019-2020 property tax bills. So far, more than \$2 billion has been paid, but \$1.5 billion is left to be collected for the first installment.

“The best way to avoid late

penalties is to go to our website now and pay property taxes,” said McAllister. “There’s no fee to use an e-check online, and you will get an immediate receipt that you wouldn’t receive paying by mail.”

McAllister listed other reasons to pay property taxes online:

- The website is secure.
- Paying online is better for the environment.
- The payment system is fast and easy to use.

The property tax bills are expected to generate \$6.9 billion by June 30, 2020. Property taxes fund schools, libraries and other services provided by local cities and the county. Visit <https://www.sdttc.com/content/ttc/en/tax-collection.html> to see how taxes are allocated.

Submitted by the San Diego County Treasurer-Tax Collector’s office.

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If one of our clients needs special assistance, all of our agents make themselves available to help.

Bob chose the tagline “because integrity matters,” and it shows in every aspect of how he runs his business. Sometimes agents can behave like adversaries in a transaction. Bob has always said, “the two agents should work together . . . cooperate to graduate (meaning to successfully get the deal closed.)”

His commitment to participating in Chamber events and supporting other Chamber businesses continues to inspire our agents to do the same and to be as involved as they can in supporting our small town.

I love working with Bob, and helping him to continually find new ways to keep our agents happy and fulfilled.

– Denise McFarland, Broker Associate/Office Manager

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Time to let rose bushes rest



In the first week of December, this small Fallbrook rose garden features the last buds of the season with signs that the bushes will move into dormancy shortly. Courtesy photo

Frank Brines
Master Consulting Rosarian

Depending on which side of the canyon gardeners live, the past few weeks have produced much needed rain and, for some folks, too much of a good thing. In any case, the roses are appreciating the break.

After being buffeted around, shoved from hither to yon and finally getting a great shower removing the dusty layer from more recent Santa Ana winds and rehydrated soil, a resting period will be a welcome state.

Most areas still haven’t had temperatures anywhere near frost. Roses could still be seen actively growing and blooming in many gardens during the Thanksgiving holiday. This cold rain and temperatures will cool the soil and reset the roses’ biological clock to slow down and go into some kind of dormancy.

Roses need a four- to six-week rest or “dormancy” period during the winter months. During dormancy, the plants go through natural hormonal changes that prepare them for the next growing season. Dormancy is triggered by a variety of factors. Cold temperatures, including frost, slow the plant’s metabolism while cold rains chill the soil further slowing growth rate.

Gardeners can help promote dormancy by not deadheading or pruning this month. Allow the rose “hips” to set and mature so they can send hormonal signals to the plant that it’s time to rest and marshal its energy for a vigorous growth spurt in the spring.

Just the same, be sure to monitor the plants when daytime temperatures are warm as they still need to be kept hydrated. Also, do not fertilize until after the major pruning in January or February and only after a couple inches of new growth.

On the topic of pruning, some gardeners are anxious to prune their roses in December. That’s understandable because the area hasn’t had a hard frost yet even though the average date for first frost in the area is Nov. 17.

Pruning now not only prevents dormancy, but also produces tender new shoots that will most likely be killed by the next hard frost. So, the bottom line is please wait four to six weeks after the first frost to do a major “spring” pruning.

In the event that there is no frost or freeze it is typical to prune by mid-February. Watch the Temecula Valley Rose Society website or local newspapers for the dates for free spring pruning workshops. I will be presenting a one-day, one-time pruning demonstration Jan. 26, at 10 a.m., at Rose Haven Heritage Garden, 30592 Jedediah Smith Road, in Temecula. Come prepared to learn and to participate

in this hands-on workshop. I mentioned in November that the Asian “chili thrip” is spreading rapidly in the Southwest and is becoming a global threat. This pest is extremely successful and particularly resistant to conventional control methods.

The chili thrip is even smaller than the thrips gardeners are familiar with. It works in similar ways, only more devastating and more difficult to control. It doesn’t seem to have any preferences except new growth of almost any plant and blossoms.

Gardeners with whom I’ve spoken use several different products to gain some control, but a regular program is necessary with applications weekly at least. Its damage resembles the effects of Roundup over spray or rose virus: severely stunted and very narrow leaves, stems and buds.

Cool, moist air promotes mildew and rust, so be watchful for these fungi. Be prepared also for spraying with a dormant spray immediately after the spring pruning. Read the label and be sure to buy enough to thoroughly cover plant and garden bed. I find that a 2-gallon pump sprayer with 2 gallons of mix will cover about 15 rose plants after pruning.

There is still time to order that new rose gardeners have been dreaming about. Garden stores may still be adding to their list of orders, or visit a favorite online nursery and make an order. There are many fine new roses that gardeners simply must have in their collection. Many are more disease resistant than in the past. Most nurseries or wholesalers no longer print catalogs, so for a list of current roses available from each gardeners will have to go online.

A few new varieties I find of interest are: At Last (floribunda, good apricot color, fragrance, disease-resistant); Bordeaux (floribunda/wine red, large blooms, heat tolerant, disease resistant); Easy Spirit (floribunda/white, hybrid T form, fragrance, hybridizer Tom Carruth, disease resistant, lasting form); Frida Kahlo (floribunda/scarlet red-striped gold, small clusters, mild fragrance, disease resistant, compact, hybridizers Christian Bedard and Tom Carruth); Gaye Hammond (bright yellow with touches of orange, slight fragrance, disease resistant, bloom making machine); Parade Day (grandiflora/fuchsia pink striped white, strong fragrance, hybridizer Christian Bedard, holds color); Flowerland (shrubby, pink, low (1.5-foot) growing habit, 60-65 petals, fragrant; it would be great for small spaces or enmass); Golden Iceberg (mild spicy fragrance).

For more information, visit www.TemeculaValleyRoseSociety.org/index.shtml.

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Try these 5 expert-approved tips for holiday decorating



It is time to decorate for the holidays.

FALLBROOK – It’s getting colder outside – the holidays are coming, and it’s the time of year to transform the home into a festive wonderland. Decorating for this particular season brings such pleasure; although sometimes, it can be overwhelming too. But there are ways to make it feel less like work. We asked some experts on tips to make decorating for the holidays merry.

Use what you have. Before rushing to the nearest store and spending any additional money on holiday decor, take stock of current inventory. Discard any broken items or anything past its prime and set aside things to use this upcoming season.

Cindy Murphy of Murphy’s Design said, “If you don’t check your existing stash first, you end up with no theme or cohesiveness and a box of extra stuff in the basement. Before setting it all up, I also do a thorough cleaning first.”

Get wrapping. Use gifts as décor before giving them to friends and family.

“Make them beautiful and enjoy them yourself for as long as you can,” expert event planner David

Stark said. Select a coordinated group of papers, bows and adornments that complement the theme.

It doesn’t have to be expensive.

People may say “It’s beginning to cost a lot like Christmas,” but it doesn’t necessarily have to. Reuse the decorations from last year. Check out Christmas gems at a local dollar store. Go to craft stores for cheaper holiday decor versus big box stores. Families can even get creative and make their own decorations using natural items found outside like pine cones, branches, etc.

“I love incorporating natural elements like garlands, pine cones, fruit and flowers, like narcissus or white poinsettias. I like to buy one white poinsettia plant and cut the blooms off and put them in water all over the house. They last longer than the season and are so pretty,” Lauren Liess said.

Less is more. “The holidays are about tradition and family, and if it feels like you’re just creating a picture-perfect photo versus a memory, then maybe it’s too much,” Cindy Murphy said.

This season can be about extravagance, but if a home becomes overwhelmed with too much decor, it can distract from the really beautiful and special pieces. Tone down the themes, such as all whites or all blues, or the traditional reds and greens and consider tying together specific themes with complementing colors. For instance, use a winter wonderland as inspiration and use both white and blue items. Or go Scandinavian-inspired using neutral colors and natural textures.

Don’t forget the outside. Try to keep an aesthetic vision connected between the outside and inside of the home.

“They should, again, relate, and it’s all about what you see from the inside out,” interior designer Megan Pelar said.

Make the home’s exterior as festive as the inside. Get inspired by gorgeous greenery, twinkling light displays and other outdoor Christmas decorations that bring seasonal cheer right to the doorstep.

Remember that this season is all about making memories and getting to see and bond with family



Use gifts as décor before giving them to friends and family.

and friends. Ask for help from friends or family and decorate together. Take a deep breath and enjoy the process of decorating.

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

Submitted by broker associate Elisabeth Hartig Lentulo, who can be reached at (760) 532-1057, elisabeth@ehlentulo.com or www.ehlentulo.com. CalBRE #01904564

BULB

from page C-2

helping me in my quest for the rare and unusual types of plants that I would purchase.

My hunting was very successful and I supplied these bulbs to the doctor in Germany for many years. It opened up many fabulous gardens that I had a chance to investigate and meet really nice and generous plant people in the Santa Barbara area.

If you want to explore other

bulbs that do really well in our San Diego region, here is a small sampling: sea squills, naked ladies, clivia, ismene, crinums, amarcrinums, eucomis, babiana, nerines, amaryllis, bearded iris, paper-white narcissus, ranunculus, freesia and ixia, to mention a few.

There are bulb societies around the globe to hook up with, but one that I favor is the Southern California Day-lily and Bulb Society.

One great local source of imported bulbs from around the globe is the Easy to Grow Bulbs

Company in Oceanside, which has great internet offerings throughout the year.

Many of these bulbs are threatened in their native habitats and, perhaps in your garden, you just might be growing some of these rare plants into the future.

“He who sets out plants in their garden reaps many benefits to enjoy for years.”

Roger Boddaert creates eco-friendly landscapes and does professional certified tree work here in San Diego. He can be reached at (760) 728-4297.



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BUSINESS

Invest in your family and community



Brian Schrock is a local financial advisor with Edward Jones.

FALLBROOK – Why do you invest? For many people, here’s the answer: “I invest because I want to enjoy a comfortable retirement.” And that’s certainly a great reason, because all of us should regularly put money away for when we’re retired. But you can also benefit by investing in your family and your community. Let’s start with your family members, particularly the younger ones. How can you invest in their future? One of the best ways is to help send them to college. A college degree is still a pretty good investment: The average lifetime earnings of a college graduate are nearly \$1 million higher than those of someone with a high school degree, according to a study by the U.S. Census Bureau. To help your children or grandchildren pay for any college, university, vocational school or other postsecondary education,

you may want to open a 529 savings plan. With this account, withdrawals are federally tax free, as long as the money is used for qualified higher education expenses, including those from trade and vocational schools. (However, if you withdraw some of the earnings on your account, and you don’t use the money for qualified expenses, it will be taxable and can also incur a 10% federal tax penalty.) Plus, you retain control of the funds until it’s time for them to be used for school, so if your original beneficiary chooses not to pursue some type of higher education, you can name a different eligible beneficiary. Another way to invest in your family is to help your adult children avoid feeling obligated to provide financial assistance to you. For example, if you ever require some type of long-term care, such as an extended stay in a nursing home, could you afford it? The average cost for a private room in a nursing home is more than \$100,000 per year, according to a study by Genworth, an insurance company. And Medicare typically pays very few of these expenses. So, to avoid burdening your adult children – while also preserving your own financial independence – you may want to consider some type of long-term care insurance. A financial advisor can help you determine what coverage may be appropriate. Moving beyond your family, you may want to invest in the social fabric of your community



Parents or grandparents can invest in their children or grandchildren’s future by opening a savings plan for college. Photo courtesy of Edward Jones

by contributing to local charitable, civic, educational or cultural groups. Of course, now that we’re in the holiday season, it’s the perfect time for such gifts. Furthermore, your gift will be more appreciated than in years past because one of the chief incentives for charitable giving – a tax deduction – was lost for many people due to tax law changes, which raised the standard deduction so significantly that far fewer people chose to itemize deductions.

However, you might still be able to gain some tax benefits from your charitable gifts. To name one possibility, you could donate financial assets, such as stocks that have risen in value, freeing you of potential capital gains taxes. In any case, contact your tax advisor if you’re considering sizable charitable gifts. Saving for your retirement will always be important. But don’t forget about investing in your family and your community – because these investments can

provide satisfying returns. Edward Jones financial adviser Brian Schrock is located at 1434 S. Mission Road, Suite B, in Fallbrook. For more information, call (760) 731-3234. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

Crime prevention tips for the holiday season

Yvette Urrea Moe
County of San Diego
Communications Office

Everyone looks forward to making new, wonderful memories during the holiday season, but for anyone who has ever been a victim of a crime, it could quickly turn into a year they would rather forget. The San Diego County District Attorney and Sheriff’s Department remind residents to take precautions to avoid becoming a theft victim whether online, in malls or store parking lots, or at home. Here are steps you can take to reduce the likelihood that you’ll be targeted in any of those situations.

Online
Fraud investigators with the

District Attorney’s Office recommend the following:
Use one credit card for all online purchases to avoid exposing other cards.
Do not click on links from unsolicited emails. Go to the website instead.
Make sure the website is legitimate and secure. Check for the lock icon in the address bar, and make sure the address begins with https.
Make sure the browser, anti-virus and malware protection software are updated on the computer you are using.
Avoid using a public computer. Shop at home on a secured network.
Avoid using open Wi-Fi for financial transactions. Password protect your Wi-Fi and use a firewall.
Create a unique password for

every online account. Use at least eight characters and a combination of numbers, letters and symbols.
Update your passwords frequently.
Do not trust sellers who ask you to pay by wire transfer or prepaid debit cards.
Lock your smartphones and tablets with a password or code feature to prevent thieves from stealing and using them to make purchases.
Only download apps from a trusted app store or online platform such as Amazon, iTunes and Google Play.
Use a security app to protect your smartphone or tablet device against malicious apps and malware.
Monitor your bank statements for unauthorized transactions.

take valuables with you.
When storing items purchased at the stores, place them out of sight. The best place is in a locked trunk.
If you absolutely must drop purchases off at your car and continue shopping, consider moving your car to another parking spot in case there are criminal spotters who might have seen you loading up your car with bags. This extra step could make a criminal think you are leaving.

Package delivery
Now that you’ve shopped, there are more precautions to take at home.
For those who ordered online, schedule package deliveries when you are going to be home, but if it is not possible, consider the following suggestions:
Leave special instructions to the delivery person to put the package in a backyard, or somewhere where it’s not visible from the street.
Require that the delivery driver get a signature for the package (from a trusted neighbor).
Track the package.
Sign up for email or text message alerts with estimated delivery times.
Have USPS, Amazon, FedEx or UPS hold your package at their pick-up facility so you can pick it up in person at your convenience.
If purchasing from a large retailer, request that your package be delivered to a local branch or

store so you can pick it up in person.
Get to know your carriers. If there’s been a problem of thefts in the past, tell them about it.
Insure your packages.
Ask a neighbor or retired relative (who is home) if they will accept your package for you at their home.
Have the package delivered to your workplace if it is permitted.
Buy a locking mailbox big enough for packages.
Consider installing a camera security system that photographs people who come to your door and allows you to communicate with them without opening the door or being home.

At home
And lastly, once the gifts are safely inside your home, they may not stay safe if a thief takes notice of valuable items under your tree.
Always lock your doors and windows, especially at night and when you’re away.
Avoid opening doors to strangers.
Place gifts where they cannot be seen from outside your home.
After opening presents, don’t pile up empty gift boxes outside. This gives burglars a hint of expensive items in your home. Instead, keep boxes inside until the night before your garbage pickup.
If you see someone casing your neighborhood, report suspicious activity to the Sheriff’s non-emergency line at (858) 565-5200.

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HomeLife Housekeeping receives 2019 Best of Vista Award

VISTA – HomeLife Housekeeping, which has offices in both Fallbrook and Vista has been selected for the 2019 Best of Vista Award in the House Cleaning Service category by the Vista Award Program. Each year, the Vista Award Program identifies companies that they believe have achieved exceptional marketing success in their local community and business category. These are

local companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make the Vista area a great place to live, work and play. Various sources of information were gathered and analyzed to choose the winners in each category. The 2019 Vista Award Program focuses on quality, not quantity. Winners are determined

based on the information gathered both internally by the Vista Award Program and data provided by third parties. HomeLife Housekeeping was started 35 years ago by Barbara and Norman Jarnes of Fallbrook. Their daughter and son-in-law, Grace and Chris Mathewson, run the Vista office.

Submitted by HomeLife Housekeeping.

Chamber Member Business Expo planned for January

FALLBROOK – The Fallbrook Chamber of Commerce will host its annual Chamber Member Business Expo Wednesday, Jan. 15, at Pala Mesa Resort from 4-7 p.m. All are invited to attend to “Discover Your Community.” Local chamber member businesses have a lot to offer, and the chamber wants to ensure that whatever residents are looking

for, it can most likely be found right here. Exhibitor booths are for chamber business members only and can be reserved by calling the Fallbrook Chamber of Commerce office at (760) 728-5845. Fallbrook chamber members who wish to market their business without being an exhibitor may provide flyers and/or coupons for all

attendees for a nominal fee. Details for the expo can also be found at www.fallbrookchamberofcommerce.org. The event is free to all attendees. There will be free food, a no-host bar, giveaways and more. Submitted by Fallbrook Chamber of Commerce.

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*All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. Vehicle will only be sold at advertised dealer. Offers expire 12/18/19 unless otherwise shown.

Warriors Girls Basketball ready to take next step

Jeff Pack
Staff Writer

Fallbrook Union High School varsity girls basketball head coach Jessica Ramirez has three goals for her team this season – be disciplined, show commitment and show character.

The second-year head coach, assistants Trae Harrison and Nick Cardona, and the Warriors are coming off a 7-20 season last year and have designs on improving this winter.

“They have progressed greatly on the defensive end of the floor,” Ramirez said. “They are motivated and aggressive.”

The coach said the keys for success this season will depend on whether her players can follow directions, execute and trust each other. She wants them to show offensive discipline and show great character whether they win or lose.

Ramirez pointed toward Antonia Rosario as a leader on the team.

“She has great character, commitment, and discipline on both ends of the floor,” she said. “She is a natural leader who motivates through action and communication.”

Another key athlete is Kate Calhoun.

“She is resilient in every aspect with a very high basketball IQ,” Ramirez said. “She never fails to execute and motivate through

action and communication.”

Naiya Kurnik is another key player on the team.

“She is our point guard and is a natural scorer,” Ramirez said. “She has a high basketball IQ and commitment to the game and team.”

Elley Ahrend, Queen Bernadino and Julianna Blas will be important parts of the team, as well as newcomer Brooke Quintana.

The Warriors lost big in their season opener on Dec. 2 to Mission Hills, struggling to get on the scoreboard throughout the game.

However, they rebounded to thump Escondido Charter at Fallbrook High on Dec. 4. They outscored the visitors 35-18 in the first half and never looked back in a 63-48 win.

The Warriors were scheduled to take on Del Norte at Fallbrook High on

Dec. 6, but the results of the game were not available by press time. They were set to take on Sage Creek on Wednesday, Dec. 11, also after press time.

The Warriors will next go on the road to take on Mira Mesa, Monday, Dec. 16, then go up against El Camino at Army Navy Academy, Wednesday, Dec. 18, before playing host to San Dieguito Academy at Fallbrook High, Friday, Dec. 20.

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



Fallbrook's Antonia Rosario shoots a layup against Escondido Charter during a varsity girls basketball game, Dec. 4.

Village News/Shane Gibson photos



Lady Warrior Elley Ahrend makes a drive to the net against Escondido Charter.



Lady Warrior Taylor Evans looks for a teammate to pass to during the game with Escondido Charter. Fallbrook won 63-48.



Fallbrook's Naiya Kurnik shoots a three pointer against Escondido Charter.



Fallbrook's Faith Pilbin faces off against an Escondido Charter opponent.

SPORTS

Wildcats win both 8th-grade cross-country championships

West and Lynas individual champions



The Sullivan Middle School varsity girls' cross-country team accept the first place championship title for the third year in a row, from left, Maya Khoury, Madeleine Dahlgren, Abby Petersen, Avery Lynas, Rori Gartner, Ava Papoulis, Sahara Khoury and Coach Miller.



The Sullivan Middle School varsity boys' cross-country team accept the first ever championship title for their school, from left, Nicolas Schumann, Riley Waddell, Aragon Elkins, Aiden Bernier, Fisher Phillips, Tony Cortez, Devin Huntington, Benjamin Ho, Braden West, Nathan Sarigumba, Dominic Sales and Coach Miller.

Joe Naiman
Village News Correspondent

Sullivan Middle School won both eighth-grade cross-country championships at the North County Middle School Cross-country League championship, Oct. 30, at Kit Carson Park in Escondido, and Sullivan eighth-graders won both individual championships at that level.

The Wildcats won the eighth-grade girls' race by a 39-point margin and the eighth-grade boys' race by seven points. Cross-country team scores add the positions of a school's first five finishers; the sixth and seventh runners are not scored but can add points to other teams' totals.

Braden West won the boys race with teammate Devin Huntington placing second and Avery Lynas was the winner of the girls' competition.

The growth of the North County Middle School Cross-country League to 29 schools and more than 1,000 runners caused the league to be split this year. Sullivan remained in the North County Middle School Cross-country League as did Valley Center Middle School and the San Marcos schools.

"I like the split of the league for the reason that it makes meets run more smoothly and runners get to know their competitors more easily," Sullivan coach Tamara Miller said. "I don't like it for the reason that the races aren't as big, which presents more talent and more competition which is healthy. Also, your league title is not quite as prestigious."

This year the eighth-grade boys' race had 47 runners; the eighth-grade girls' competition had 45 harriers; the meet included 107 sixth-grade and seventh-grade boys, and the sixth-grade and seventh-grade girls' race had 91 participants.

Sullivan's eighth-grade girls accumulated 21 points.

"They had some close to perfect cross country scores throughout the season with the championship being nothing short of that," Miller said. "The five scoring runners finishing in the top 10 with places of first, third, fourth, fifth and sixth, it simply doesn't get much better than that in the world of cross-country."

A perfect score would be 15 points. San Elijo Middle School in San Marcos had the second-place score of 60 points, and San Marcos Middle School was third with 61 points.

The course was 2.0 miles. Lynas had a time of 12 minutes 14 seconds.

"Avery has won the majority of the races this season, so she was the favorite coming into the championship," Miller said. "She always worked hard and raced harder. She is a dedicated year-round runner who competes on a team outside of Sullivan as well. I am very proud of Avery to finish out her Sullivan career as the league champion. She deserves it."

Ashley Powell of San Elijo finished second at 12:20.

"Avery maintained the lead the entire race and pulled away from her a bit more the second mile, ensuring she was not going to have to deal with her close to the finish," Miller said.

Rori Gartner finished third at 12:43; Sahara Khoury had the fourth-place time of 12:55; Abby Petersen placed fifth and finished in 12:58 and Maya Khoury became



The Sullivan Middle School junior varsity girls' cross-country team poses while accepting their third-place championship plaque, from left, Coach Miller, Summer Knight, Samantha Kylestewa, Olivia Searle, Claire Bernier, Kylie West, Kaitlyn McKinney, Marin Eisenhauer, Jordynn Rogers, Allison Gaddis and Mary Ramirez.

the eighth finisher 13:18 after the race began.

The times gave Sullivan a 64-second split between the Wildcats' first and fifth finishers.

"A 64-second split between your first through fifth runner is a dream," Miller said. "I always coached them to push one another and always be on one another's tails. They listened, executed, and that is why they won the league with a score of 21."

The top 20 finishers in each race received medals and six Wildcats in the eighth-grade girls' race were given medals. Ava Papoulis had a time of 14:25 for 18th place.

Sullivan's seventh runner, Madeleine Dahlgren, took 35th place with a 15:57 performance.

"The championship title was awarded to a very caring, supportive, hard-working, determined, talented team of girls," Miller said. "This is now a hat trick with taking home the varsity girls' championship in 2017, 2018 and 2019. All three of my varsity girls teams have been very strong, but this was my best team yet."

Sullivan's eighth-grade boys totaled 38 points in this year's meet. San Elijo finished second with 45 points and San Marcos had the third-place score of 47 points.

"The boys bring tears of joy and pride to my eyes every time I think of them winning the championship," Miller said. "We knew early in the season it would be neck and neck with San Elijo because they beat us one time in league and only by 11 seconds of an overall team time at Mt. SAC."

The Oct. 18 Mt. SAC Invitational meet had two races for eighth-grade boys. Sullivan placed fourth in the Wildcats' race and first among San Diego County schools in that race. San Elijo was in a different race so the combined times of the first five runners were used for comparison.

West won the league championship race in 11:15. Huntington had a time of 11:35.

"Braden and Devin are like no other," Miller said. "Besides their natural running ability, work ethic, and determination that is above and beyond what I ever expected from them as a coach, they are two of the kindest kids I know. They are natural leaders who led their team with uplifting motivation every single day. Anyone on the team who watched or ran behind Braden or Devin was instantly motivated to do better. Braden and Devin were by



Devin Huntington displays his determined look and powerful, fast turn over stride as he finishes his career at Sullivan by placing a phenomenal second overall in the league.

far the best two runners in the league and deserve to carry that throughout their very bright future high school running careers."

The third-place runner, Dallin Nevendorf of Double Peak in San Marcos, finished in 11:41.

"Devin made a move to pull away on the hill just after the mile marker and it stuck," Miller said. "He continued to gain distance between him and the Double Peak third-place runner for the rest of the race, ending up six seconds faster."

A time of 12:03 gave Nathan Sarigumba eighth place. Tony Cortez was the 14th finisher and took 12:38. Aragon Elkins placed 21st at 13:17. Riley Waddell had a time of 13:24 which was worth 22nd place. Dominic Sales posted a time of 13:28 for 24th place. Fisher Phillips had the 25th-place time of 13:31. Nico Schumann became the 36th finisher 14:42 after the start of the race. Aiden Bernier finished in 15:37 for 41st place. Benjamin Ho placed 42nd with a time of 15:40.

"I knew these boys had the heart, determination and the work ethic to bring home the first-ever Sullivan varsity boys' championship and banner for our school," Miller said. "The team is filled with exceptional boys in life in general, and they are more than deserving of this fame and



The Sullivan Middle School junior varsity boys' cross-country team pose while accepting their third-place championship plaque, left, standing, Jake O'Callaghan, Conner Elliott, Aiden McKay, Grant Fukunaga, Christopher Ho, Austin Nord, Connor MacMillan, Jaques Rogers, Jason Martinez, Sawyer Phillips, Coach Miller, Chase Dalby; in front, Ajah Rameshwar, Henry Walter and Dante West.



Ava Papoulis finishes out her three-year career at Sullivan strong by placing 18th overall and earning a medal.

history for our school."

Sullivan placed third in both races for sixth-graders and seventh-graders.

"I am very pleased with the junior varsity teams finishing third," Miller said. "As a very competitive person myself and taking home both of those wins in 2018, I would have liked to finish first or second, sure, but these runners worked hard and fought hard to bring home third place against some very tough competition. I adore them all and look forward to developing their talent and teams more next year."

San Elijo won both lower-level races. The Eagles girls had 34 points. San Marcos placed second with 59 points. Sullivan's total was 67 points. A score of 84 points gave Valley Center fourth place.

Eva Thomas of San Elijo was the individual girls champion for sixth-grade and seventh-grade runners, posting a time of 12:45. The top Sullivan finisher, Kylie West, placed fourth overall at 13:26.

"Kylie West finished strong. She is a natural runner. I knew she had the potential to finish in the top five, and that she did," Miller said. "She had a setback early in the season due to needing to be out of town for three weeks. She also battled a cold this season. With those two factors

in play, to come out and place fourth in the league shows that she is a real contender to win the eighth-grade girls race at league championship next year."

Jordynn Rogers placed seventh with a time of 14:05. The 13th finisher, Summer Knight, posted a time of 14:41. Carleigh Rindfleisch, who was Sullivan's only sixth-grade girl in the race, had a time of 15:23 for 21st place. Marin Eisenhauer had the 22nd-place time of 15:29. Olivia Searle took 34th place with a 16:14 performance. Samantha Kylestewa completed the course in 16:41 for 37th place. Mary Ramirez was 42nd and finished in 17:13. Claire Bernier placed 49th and finished in 17:59. Kaitlyn McKinney had a time of 19:11 to take 58th place. Allison Gaddis became the 63rd finisher 19:41 after the race began.

The San Elijo boys finished with 27 points. Valley Center took second with 53 points, Sullivan had a score of 88 points and San Marcos had the fourth-place total of 93 points.

Andrew Fegenbush of San Elijo won the boys race in 12:00, Jayden Wassell of Valley Center placed second at 12:10, and Sullivan's Jacques Rogers was third with a time of 12:22.

"Jacques Rogers is a fighter with a natural and raw talent for running," Miller said. "He is competitive and fierce. When the championship rolls around each year, Jacques is always up to the challenge, puts his mind to it, and finishes strong. I admire his running ability and competitive nature and look forward to him going after the league win next year as an eighth-grader."

Sullivan's Dante West finished 11th with a time of 13:03. Austin Nord posted a time of 13:20 for 20th place. Jake O'Callaghan finished in 14:40 and took 33rd place. Aiden McKay had the 34th-place time of 14:04. A time of 14:23 gave Christopher Ho 40th place. Connor Macmillan was the 44th finisher and completed the course in 14:31. Chase Dalby had a time of 14:36 for 50th place. Henry Walter finished 53rd after a 14:55 performance. The 57th-place time of Jason Martinez was 15:06. Grant Fukunaga placed 70th at 15:38. Connor Elliott was the 82nd finisher and had a time of 16:46. Ajah Rameshwar had a time of 17:33 and was the 85th runner across the finish line. O'Callaghan, Walter, Fukunaga, and Rameshwar are sixth-graders and the other Sullivan boys are in seventh grade.

Fallbrook Girls Rugby starts season with friendly versus Rancho Bernardo



Fallbrook Union High School Girls Rugby team opened its 2019-2020 league season with a friendly against Rancho Bernardo High School Saturday, Dec. 7.



Julia Tippin drives through tackles against Rancho Bernardo.



Scrumhalf Tiahna Padilla gets ready to make a pass against Rancho Bernardo.



Jordan Duncan breaks away against Rancho Bernardo for a try.

Village News Staff

The Fallbrook Union High School Girls Rugby team played a friendly match against Rancho Bernardo High School Saturday,

Dec. 7, at Fallbrook High School. The Warriors started fast and furious scoring several tries against the Broncos while working on key aspects of their game and working young and new players in the program into the team.

A Lady Warrior initiates contact during a run against Rancho Bernardo.

Dana Duncan photos



Vorndam wins three races at Thanksgiving Invite

Joe Naiman
Village News Correspondent

Fallbrook Associated Swim Team member Emory Vorndam won three races at the Palm Springs Thanksgiving Invite meet Nov. 22-24, at the Palm Springs Swim Center. The 10-year-old Vorndam competed in the boys 9-10 division and finished first in the 50-yard freestyle, 50-yard butterfly and 50-yard breaststroke races. His seven competitions also included a second-place finish, two third-place results and a fourth-place time. FAST director of coaching Sean Redmond said that the goal for his swimmers was performance rather than places. "It was all about the racing. That's what we're looking at this time of year, to see what they can do and to have a good time," Redmond said.

The meet included 26 FAST swimmers. "Overall it was a fun meet. They did great," Redmond said. "For some of them it was their first time swimming outside of Fallbrook and San Diego, so they got good experience there." One FAST swimmer obtained a new qualifying cut for future Junior Olympics competition. "Every meet we swim in is an opportunity to qualify for JOs," Redmond said. Other swimmers had already qualified for the Junior Olympics. Vorndam won the 50-yard freestyle in 30.42 seconds, the 50-yard butterfly in 35.12 seconds and the 50-yard breaststroke in 44.61 seconds. He became the second finisher in the 100-yard butterfly race 1 minute 21.70 seconds after the starter's gun was fired. His third-place times were 2:32.91 in the 200-yard freestyle and 1:20.33 in the 100-yard individual medley.

His time of 1:10.25 in the 100-yard freestyle gave him fourth in that race. Thirteen-year-old Carson Vance had the new Junior Olympics cut when his time of 11:17.56 in the 1,000-yard freestyle met the qualifying standard along with giving him fifth place in the race for 13- and 14-year-old boys. Vance had already qualified for the Junior Olympics in the 500-yard freestyle and the 1,650-yard freestyle. "He's close to a couple of others. As a 13-year-old, that's pretty good," Redmond said. Doug Pearce and Kai Maestas both competed in the division for boys 15 and older, and each had six finishes in the top eight. Pearce was second in the 200-yard breaststroke at 2:20.81, third in the 100-yard butterfly with a time of 56.50 seconds, fifth in the 200-yard individual medley after a 2:06.66 performance, sixth in the

200-yard freestyle at 1:52.76, sixth in the 200-yard backstroke with a time of 2:11.43 and eighth in the 50-yard freestyle which took him 24.05 seconds. Maestas had fourth-place times of 51.22 seconds in the 100-yard freestyle and 1:03.77 in the 100-yard breaststroke, sixth-place marks of 23.87 seconds in the 50-yard freestyle and 2:06.96 in the 200-yard individual medley, a seventh-place performance in the 100-yard butterfly which took him 58.07 seconds and the eighth-place time of 1:55.63 in the 200-yard freestyle. Two FAST members in the races for girls 15 and older were among the top eight in more than one event. Jocelyn Jones was third in the 200-yard freestyle at 2:03.17, fifth in the 50-yard freestyle with

a time of 26.15 seconds and sixth in the 100-yard freestyle with a 57.43-second performance. Paris Dowden finished the 200-yard freestyle in 2:04.52 for fifth place and the 100-yard freestyle in 57.44 seconds for seventh place. Eight-year-old Emma Sue Martinez was in the division for 7-year-old and 8-year-old girls. She was sixth in the 50-yard freestyle with a time of 1:08.30 and seventh in the 100-yard freestyle after a swim of 1:43.40. Eight-year-old Mateya Mogilski was in the 25-yard freestyle race for girls ages five through eight and placed eighth at 20.87 seconds. She also competed in the 100-yard breaststroke for 7-year-old and 8-year-old girls and had a time of 2:18.54 to place seventh.

Senior softball opens registration

FALLBROOK – The Fallbrook Senior Softball League is now accepting new and returning players for winter 2020. New players interested in tryouts and practice sessions in December can call the number below for information. Registration fees are due by Jan. 6, and the draft is scheduled on the same day. After the draft,

players will be contacted by the team managers and notified of the league start date. This league is for adults age 50-plus. Games begin at 4 p.m., Monday through Thursday, with each team playing two games per week. The season begins shortly after the draft and runs through approximately March 16. The league fee of \$80 includes

two shirts and a hat. Games are played on Field 2 at Ingold Sports Park, 2551 Olive Hill Road, in Fallbrook. For more detailed information, registration forms and information, visit www.fallbrookseniorsoftball.org or call Chuck Mattes, (760) 751-8389. Submitted by the Fallbrook Senior Softball League.

the village beat

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CIF San Diego Section Cross Country Finals



Austin Alanis pushes past, and beats, Pablo Chapman at the CIF meet, placing seventh overall.

Courtesy photo



The three BHS seniors run in sync, from left, Abigayle Ford, Isabella Ford and Faith Gioia at the CIF meet.

Courtesy photo

Heather Holdo and Sara Barclay
Writer Interns

On Nov. 23, Bonsall High School took part in the CIF San Diego Section Cross Country Finals. Taking place at Morley Field in Balboa Park, BHS and its runners competed for the chance to move on to the 2019 CIF State Cross Country Championship. Out of the 23 boys’ teams in the Division 5 league, only the top

three would qualify for state, and only the top two girls’ teams out of 15 would qualify. The three boys’ cross country teams that went to the state meet were from Francis Parker School, Santa Fe Christian School, and Pacific Ridge School. Kenan Pala from Francis Parker School beat Riley Burns, the two-time Division 5 San Diego Cross Country Champion. Pala and the Francis Parker team were sent to compete at state,

while the two girls’ cross country teams that were sent to state were from Santa Fe Christian School and The Bishop’s School. Alaina Zamorano of Christian Academy won the championship title and she competed as an individual at state. The BHS girls’ cross country team performed well on the course, though they did not go on to state. Isabella and Abigayle Ford placed 49th and 50th respectively with times of 23:11 and 23:12. The Fords broke their personal records for the course. Milana Collier placed 53rd with a time of 23:25. Faith Gioia also broke her personal record with a time of 25:07 at the Morley Field course. This was the last cross country meet for the Fords and Gioia as they will be graduating this year.

The girls’ cross country team placed 11th out of 15 teams and BHS boys’ cross country team placed 13th out of 23 teams. While the BHS cross country teams did not participate in the CIF State Championship this year, boys’ team captain Austin Alanis placed seventh in the San Diego Section Finals and was the third individual to qualify. “I was so excited that I was able to return to state this year. State



BHS Austin Alanis poses with his seventh place medal, Nov. 23.

Vanessa Alanis photo

Five make all-league, one all CIF for field hockey



Senior captain Erin Murray was named first-team all-league and second-team all-CIF last week.

Village News/Jeff Pack photo

Jeff Pack
Staff Writer

Fallbrook Union High School varsity field hockey team beat top-seeded San Marcos last month to complete a fairytale run to the CIF San Diego Section Field Hockey Division 2 Championship. Late last week, several players on the Warriors’ team received the icing on their championship cake by being named to all-league and All-CIF teams. Senior captain Erin Murray was the lone Warrior to make the All-CIF team as a second-team selection in addition to being named first-team all-league. Murray, a forward and center midfielder, was responsible for almost 50% of the Warrior goals this season, scoring 15 on her own and assisting on 6 others during the season. “Erin Murray has been a pleasure to coach this year,” said Warriors co-head coach Debora Berg. “The coaches have relied on her to be the primary captain of the team. Erin is well respected by her teammates and is a pleasure to be around. She is a leader and when you give her a task you know that it will be completed. A great player also keeps their finger on the pulse of the team and knows when they need a break or when they need more workouts in order

to maintain conditioning. “As coaches, we always have a plan, however, that may not suit the mentality or condition of the team at that time. Having someone responsible on this team to relay first-hand information is a huge bonus as a coach.” Senior captain Jaylyn Leeman was also named to the first-team all-league team. Center midfielder Leeman is described by Berg as “a quiet leader – well respected, is used in a variety of positions, and is in our defensive corners.” Senior center back Audrey Gillcrst, senior midfielder and forward Alexis Sanchez and senior sweeper Jessica Gonzales were named second-team all-league. “Audrey is a dedicated and determined player, a vocal leader and a hard worker,” Berg said. “Sanchez is fast and can read defense and offense formations well and Jessica controls the defensive scheme that is well respected by coaches and peers.” Gonzalez was also awarded the CIF Sportsmanship Award. Murray led the team in goals, followed by Delana Sehnert with 6 and Gillcrst with 5. Murray also led the team in assists with 6, followed by Jaedyn Huxtable and Sarah Real with 2 each. Jeff Pack can be reached by email at jpack@reedermedia.com.

Five Warriors given all-league water polo honors



Fallbrook High School sophomore Doug Pearce is an all-league first team honoree in water polo this year.

Village News/Shane Gibson photo

Joe Naiman
Village News Correspondent

Five members of Fallbrook High School’s boys’ water polo team received all-league recognition for the 2019 season. The Valley League coaches placed Doug Pearce on the first team and Jackson Richards on the second team while providing honorable mention accolades to Roman Honarvar, Kai Maestas and Kayden Trafford. “I’m very proud of such a young class doing so well,” Fallbrook assistant coach Austan Farkas said, who attended the all-league selection meeting in place of Fallbrook head coach Bill Richardson. Richards is a senior. Pearce,

Honarvar, Maestas and Trafford are sophomores. “The future of Fallbrook looks really bright,” Farkas said. Richards was an honorable mention all-league selection last year; Fallbrook’s other three all-league players in 2018 were seniors. All five of Fallbrook’s 2017 all-league players were seniors that year. Pearce played the hole set position for Fallbrook. “I’m super proud of him and his work ethic. What he did this year gives me a lot of hope for the future,” Farkas said. Richards was a driver. “I’m really proud of him for working so hard his senior year and making the second team,” Farkas said.

Honarvar played driver, Maestas was a wing during the 2019 season and Trafford started at the set defense position. The Warriors placed third among the six Valley League teams with a 3-2 record in league play. Fallbrook finished the season with an 11-17 overall record. The Warriors were 13th among Division II schools in the power rankings, which are the primary playoff seeding and selection criteria, and since only 12 Division II teams participated in the playoffs, Fallbrook had no post-season activity other than the all-league awards and the post-season banquet, Dec. 11. “I’m proud of everybody,” Farkas said.

WINE & DINING

Cozy up to a slow-cooked meal



Slow-cooked short ribs and mashed potatoes make for a tasty meal. Metro photo

FALLBROOK – Slow cookers are a handy tool for any home chef, particularly those who juggle busy daily schedules. With slow cookers, meals can be prepared in advance and then left to simmer for hours while they develop deep flavors as meats become tender

Short Ribs

- (Serves 4)
4 pounds bone-in beef short ribs, well-trimmed
1 teaspoon salt, plus additional for seasoning
1/2 teaspoon ground black pepper, plus additional for seasoning
1 tablespoon vegetable oil
6 ounces thick-cut bacon cut into 1/4-inch dice
1 large onion, halved and cut into 1/4-inch slices
1 tablespoon tomato paste
2 tablespoons all-purpose flour
2 tablespoons spicy brown mustard
1 bottle (12 ounces) Irish stout
1 bay leaf
1 cup beef broth
2 tablespoons finely chopped parsley leaves
Hot mashed potatoes or cooked egg noodles (optional)
Season beef with salt and pepper. Heat oil in large skillet over medium-high heat until almost smoking. Working in batches, cook short ribs in skillet, turning to brown on all sides. Transfer each batch to a slow

and succulent. When cooking recipes in a slow cooker, it's best to choose cuts of meats and poultry that can stand up to long cooking times. These cuts tend to be more fibrous and tough, but will tenderize with time. Short ribs, for example, are a prime option for slow cooking magic. They're the star of this recipe for "Bacon, Onion & Stout Braised Short Ribs" from "Crock-Pot, 365 Year-Round Recipes" (Publications International, Ltd.) from The Crock-Pot Kitchens.

cooker as it is finished. Wipe out pan with paper towels and return to heat. Cook bacon, stirring occasionally, until crisp, about four minutes. Transfer with a slotted spoon to a paper towel-lined plate to drain. Remove and discard all but 1 tablespoon drippings from pan. Reduce heat to medium and add onion. Cook until softened and translucent, stirring occasionally. Add tomato paste, flour, mustard, 1 teaspoon salt and 1 1/2 teaspoon pepper. Cook, stirring constantly, one minute. Remove from bottom of pan. Pour over short ribs. Add drained bacon, bay leaf and beef broth. Cover and cook on low eight hours, or until meat is tender and falls off the bone. Remove beef and skim fat from cooking liquid. Remove bay leaf and stir in parsley. Serve with mashed potatoes or egg noodles. Tip: This recipe can be cooked ahead and refrigerated overnight.

Tips and tricks for savory slow-cooked meals

FALLBROOK – Kitchen gadgets come and go, but one mainstay continues to deliver tasty meals with ease. The Crock-Pot®, dubbed the original slow cooker, was invented in 1940 by Irving Nachumsohn. This slow cooker was created to cook a traditional stew eaten on the Jewish sabbath. Because faithful Jews are forbidden from cooking on the Sabbath, Nachumsohn found the stew could easily be prepared prior and allowed to cook unattended, then carried to dinner, meeting the Sabbath requirements. It was another 30 years before the slow cooker garnered widespread acclaim. That newfound popularity developed when more women entered the workforce and needed convenient ways to prepare meals at home without affecting their work schedules. While slow cookers can make for successful meals, knowing how to use them to their fullest potential can increase the propensity for delicious, easy dishes. Here are some tips and tricks.

- Prepare ingredients the night before. By handling the mise en place for recipes the evening prior, you'll have everything you need ready to put in the slow cooker and set to cook for the day.
- Preheat the cooker. Add ingredients to a slow cooker that is already warmed up for best results.
- Arrange for easy cleanup. Specially designed slow cooker liners can cut washing time dramatically and help prolong the surface of the internal crock.
- Don't add dairy until the meal is almost finished cooking. Cooking dairy products for long periods of time can cause them to curdle. Save them for the last steps when using a slow cooker.
- Exercise caution with tender veggies. The same wait-until-

later approach should also apply to vegetables, beans and pastas, which can lose their integrity and become mushy if cooked for hours. Leave them for last.

- Inexpensive cuts of meat are fine. Inexpensive cuts are often high in fat or connective tissue, which will break down during long, moist cooking. Consider browning meat before putting it in the cooker for even more flavor.
- Layer ingredients appropriately. Place hard ingredients like potatoes, carrots and other root vegetables at the bottom of the cooker where they will cook more readily.
- Stick to the low setting. As much as possible, cook using the low setting to allow for slow, gentle heat to bring out the flavors. Ginny Thomas, a training manager for Crock-Pot®, says she has been sticking with this advice for over a decade as a key tip. Many traditionally prepared meals can be converted to slow cooker recipes. Utilize cookbooks and online resources to make delicious, slow-cooked meals.

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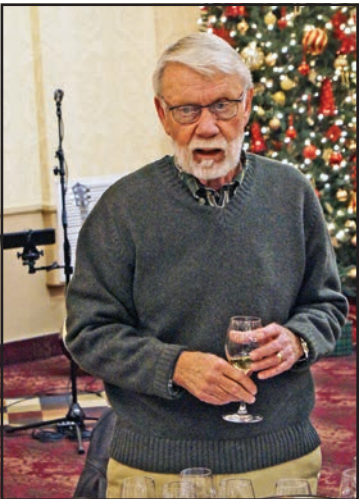
Blind Taste Temecula Valley a hit with wine lovers



A couple smiles as they admire a glass of wine at the Wiens Family Cellars table during the Blind Taste Temecula Valley event Thursday, Dec. 5 at South Coast Winery Resort.



Nick Palumbo of Palumbo Family Vineyards and Winery talks with one of his guests during the Blind Taste Temecula Valley event at South Coast Winery Resort.



Phil Baily of Baily Vineyard explains the wines to his guests during the Blind Taste Temecula Valley event at South Coast Winery Resort.



One half of the winners from each table are on display during the Blind Taste Temecula Valley event at South Coast Winery Resort.



Robert Renzoni talks wine with his guests the Blind Taste Temecula Valley event at South Coast Winery Resort.

Jeff Pack
Staff Writer

More than 200 wine lovers sipped and savored wines from some of their favorite wineries Thursday, Dec. 5, during Temecula

Valley Winegrowers Association's first Blind Taste Temecula Valley at South Coast Winery Resort. Tables of roughly 10 people enjoyed an evening of blind tasting wines provided by the wineries of their choosing with information

and descriptions provided by winery owners and winemakers. After the group sipped and judged each wine, the consensus was made as to which of the wines they enjoyed during the evening was their favorite.

After dinner, the winners were announced and people could try the wines chosen by neighboring tables.

The wines selected were: Akash Winery's 2017 Cabernet Sauvignon; Baily Winery's 2016 Cabernet Franc; Carter Estate Winery's (tie) 2015 Cabernet Sauvignon and 2015 Syrah; Danza del Sol Winery's 2015 Super Tuscan; Doffo Winery's 2016 Gran Tinto; Falkner Winery's 2016 Amante Super Tuscan; Fazeli Cellars's 2015 Hafez; Hart Winery's 2017 Syrah; Leoness Cellars' 2016 Signature Selection Eloquent; Maruce Car'rie's (tie) 2018 Van Roekel Sauvignon Blanc and 2017 Maurice Car'rie Barbera; Miramonte Winery's (tie) 2016 Tempranillo and 2016 Syrah; Oak Mountain Winery's 2015 Syrah; Palumbo Family Vineyards & Winery's 2015 Tre Fratelli Meritage; Robert Renzoni Vineyards's 2014 Fiore di Fano; South Coast Winery's 2018 Grenache Noir Rosé; Thornton Winery's 2017 Estate Syrah; Wiens Family Cellars's 2017 Perspective and Wilson Creek Winery's 2016 Family Reserve Petite Sirah.

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

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Old town breweries to hold Ugly Sweater Beer Crawl Saturday



Old Town Temecula establishments will be holding the second annual Ugly Sweater Beer Crawl Saturday, Dec. 14.

Jeff Pack
Staff Writer

What's better than an ugly sweater party? An Ugly Sweater Beer Crawl hosted by some of Old Town Temecula's best craft breweries.

"This is a very joyful event," Kirk D. Medeiros, president of Craft Brewing Company, said. "This will bring business to Old Town Temecula. Last year, it was a huge success just to see the expressions on everybody's faces on how good of a time they were having. I hope you will be able to make it down to participate and witness how fun it really is."

In addition to Craft Brewing Company, Stone Church and Ironfire are participating, as is Crush and Brew. The event will

take place from 4-8 p.m. Saturday, Dec. 14.

"We hold this event each year because it brings the community together and it's great way to support local businesses in a fun fashion," Medeiros said. "These events are important for Craft Brewing Company because we get the chance to interact with our customers and build awareness for us as a local brewery."

It's the second annual event and so far, more than 2,300 people have expressed interest via the brewery's Facebook event page.

"People are talking about it and how excited they are to come with their friends and family," Medeiros said. "We hope people just have a great time getting into the holiday spirit with friends and family while enjoying some great local beers."

The event is free to participate in, but obviously, it will cost money to partake in the craft brews available at each location. There will be a raffle held at each location, and once a participant has their punch card filled, which are available at each location, they can bring it back for a chance to win the raffle with prizes from each of the participating breweries and restaurants.

There will also be an ugly sweater contest, of course.

"We want to see who brought their "A" game to the crawl this year," Medeiros said.

For more information, visit www.facebook.com/events/413935976195983.

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

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Santa Paws visits Akash Winery and Vineyards



A family takes a photo with Santa Claus during Akash Winery and Vineyards' Santa Paws event Sunday, Dec. 8.



Two guests take photos with Santa Claus during Akash Winery and Vineyards' Santa Paws event.

Jeff Pack
Staff Writer

Hundreds of people and their pets turned out Sunday, Dec. 8, for Akash Winery and Vineyards' Santa Paws event.

Animals large and small were

dressed up in their holiday finest to snap a photo with the jolly old soul at the winery – in between sips.

Akash's next event will be the Ugly Sweater Competition from 11 a.m. to 8 p.m. Saturday, Dec. 21. The guest in the picture with the most likes will win a gift basket

full of goodies.

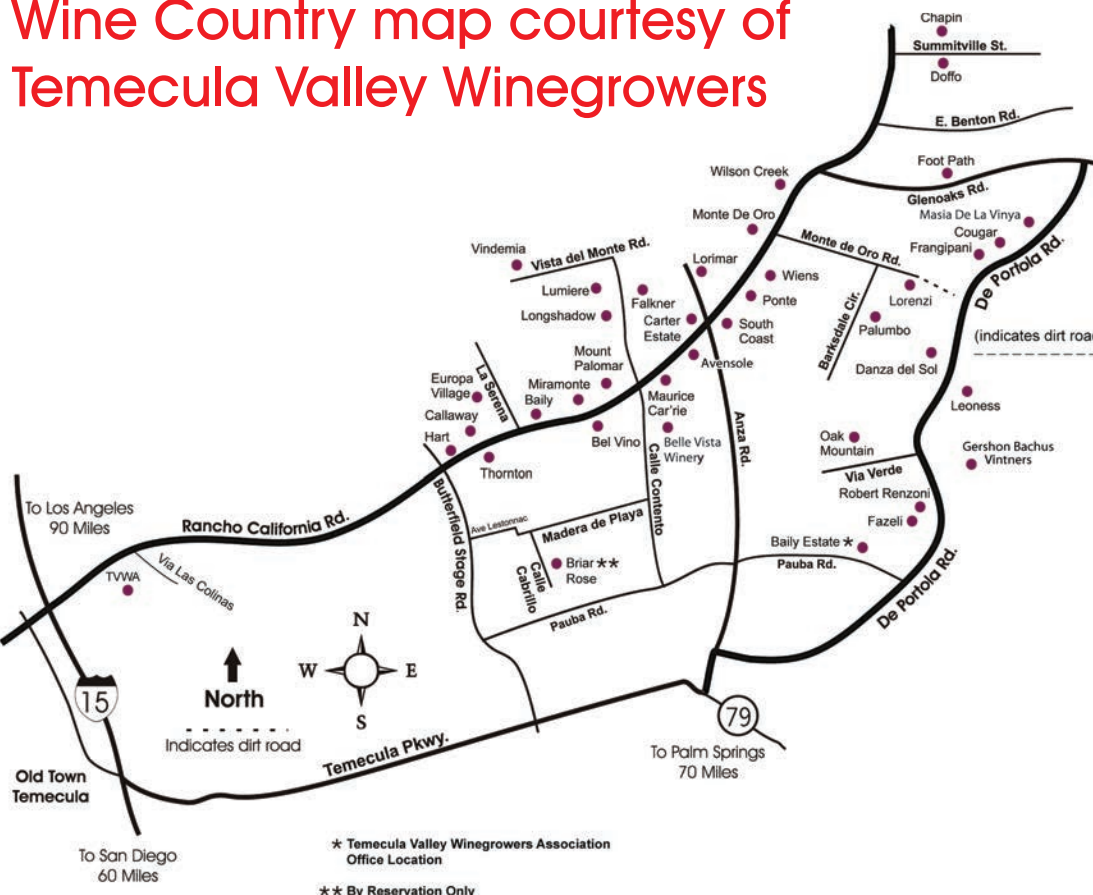
Akash Winery and Vineyards is located at 39730 Calle Contento in Temecula. Visit www.akash-winery.com.

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

Wine Country Events Calendar

FRIDAY, DEC. 13	
11 a.m. to 5 p.m.	Craft Faire, Maurice Car'rie Winery
1-2:30 p.m.	Behind the Scenes Wine Tour, South Coast Winery
3-5:30 p.m.	Happy Hour, Vineyard Rose, South Coast Winery
5-8 p.m.	Live Music, Son and Reynolds, Cougar Vineyard and Winery
6-8 p.m.	Live Music, Pete Goslow, Danza del Sol Winery
6-9 p.m.	Barrel Tree Lighting Celebration, Callaway Winery
6-9 p.m.	Live Music, Shea Givens, Avensole Winery
6-9 p.m.	Live Music, JD Priest, Miramonte Winery
6-9 p.m.	Live Music, Big Truth, Lorimar Winery
6-9 p.m.	Live Music, John Rankin, Lorimar Winery in Old Town Temecula
6-10 p.m.	Live Music, Monty Seward and Friends, Bel Vino Winery
SATURDAY, DEC. 14	
11 a.m. to 5 p.m.	Craft Faire, Maurice Car'rie Winery
Noon to 4 p.m.	Live Music, Child of War, Bel Vino Winery
Noon to 4 p.m.	Live Music, Alex Dunaway, Masia de la Vina
12:30-3 p.m.	Live Music, Charles Sacayan, Carol's Restuarant at Bailly Winery
1-4 p.m.	Live Music, John Lowery, Avensole Winery
1-5 p.m.	Live Music, John and Patrick, Fazeli Cellars
1-5 p.m.	Live Music, Astra Kelly, Danza del Sol Winery
2:30-5 p.m.	Chunky Wreath Workshop, Masia de la Vina
3:30-5:30 p.m.	Happy Hour, Vineyard Rose, South Coast Winery
6-9 p.m.	Live Music, Carbe & Durand – Incendio, Miramonte Winery
6-9 p.m.	Live Music, Lauren Arasim, Avensole Winery
6-9 p.m.	Live Music, Bodie, Lorimar Winery
6-9 p.m.	Live Music, Carlos Narajo, Lorimar Winery in Old Town Temecula
SUNDAY, DEC. 15	
11 a.m. to 1 p.m.	Mimosa's with Santa, Bel Vino Winery
11 a.m. to 2 p.m.	Brunch Specials at Meritage Restaurant, Callaway Winery
11 a.m. to 5 p.m.	Craft Faire, Maurice Car'rie Winery
11:30 a.m. to 2:30 p.m.	Dog Day Sundays, Carol's Restaurant at Bailly Winery
Noon to 4 p.m.	Live Music, Black Rock Candy, Bel Vino Winery
1-4 p.m.	Live Music, Astra Kelly, Europa Village
1-4 p.m.	Live Music, Sheila Sondergard, Avensole Winery
1-4 p.m.	Live Music, Soulshine, Lorimar Winery
1-5 p.m.	Live Music, Tim Apple, Fazeli Cellars
1-5 p.m.	Live Music, Desert Rose, Danza del Sol Winery
2-5 p.m.	Live Music, Helena Holleran, Cougar Vineyard and Winery
3:30-5:30 p.m.	Happy Hour, South Coast Winery
3-6 p.m.	Live Music, James Wells, Lorimar Winery in Old Town Temecula
UPCOMING	
Dec. 18-19 is the Yalda Celebration at Fazeli Cellars from 6-9 p.m.	
Dec. 20 is Cougar Winery's Santa Paws from 4-6 p.m.	
Dec. 20 is Smoke and Vine: an evening of cigars and wine at Lorimar Winery from 7-9 p.m.	

Wine Country map courtesy of Temecula Valley Winegrowers



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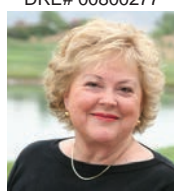
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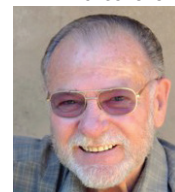
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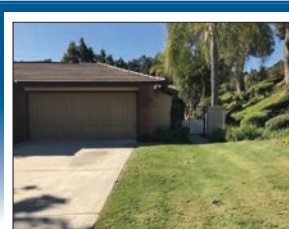
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