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Superintendent  
to leave BUSD

Bonsall Unified School District Superintendent David Jones has announced that he will be leaving the school district at the end of the school year. Jones initially notified the BUSD board at the Feb. 10 board meeting, and additional remarks about approaching the end of his BUSD career were made at the March 10 board meeting. Jones has been hired elsewhere, although that entity will not be disclosed until a contract is finalized.

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County to drop  
into red tier this  
week

San Diego County was looking likely to drop down into the second-highest “red” tier of the state’s coronavirus reopening framework as of press time Monday, March 15. California’s Department of Public Health modified the Blueprint for a Safer Economy to lead with opening activities once the state delivers a minimum 2 million doses to what it considers the hardest-hit Californians, a threshold that the state estimates it will hit this week.

Page B-5

Community  
Enhancement  
funding  
approved

Due to the delay in the passage of the 2020-21 County budget, a Community Enhancement allocation for each supervisorial district was included in the budget, but the actual grant awards were separated from the budget approval. Supervisor Jim Desmond recommended his Community Enhancement grants for docketing at the March 2 San Diego County Board of Supervisors meeting, and a 5-0 vote approved the allocation of \$1,146,388 in District 5 Community Enhancement awards.

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BUSD parents protest reopening delay

Christal Gaines-Emory  
Writer

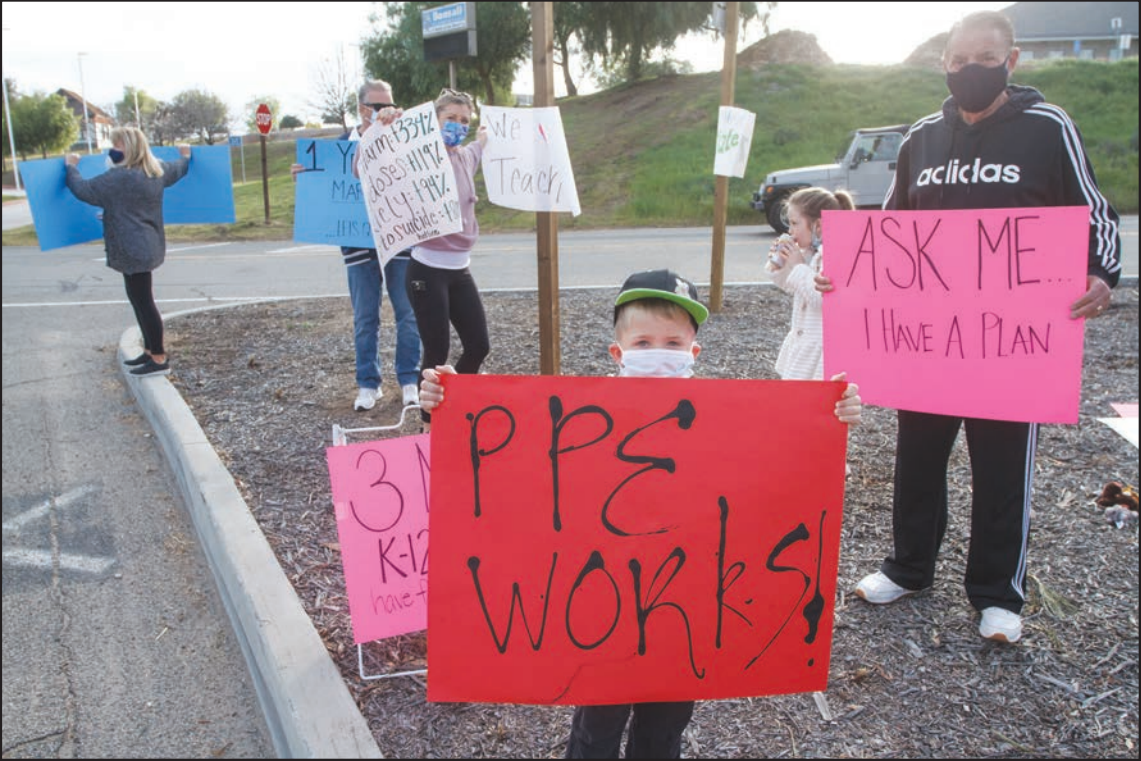
The main focus of the March 10 Bonsall Unified School District board meeting, via Zoom, was whether or not the school district would be allowing students to return to in person education five days a week.

After the peaceful protest by Bonsall parents all week, BUSD decided that the options needed to be considered and discussed further at a negotiation meeting with the Teachers Union and Bonsall parents on Friday, March 12.

No decisions were made at the March 10 meeting; however, many different opinions were highlighted in the public comments portion of the meeting. Parents, students, teachers, and board members all urged each other to consider both sides.

During the meeting, the co-president of the Bonsall Teacher’s Associating, Olivia Haro, addressed

see **PROTEST**, page A-8



A group of members of the community gather in front of Bonsall Union School District to rally support in encouraging the school district to allow in-person learning for students, March 8. Village News/Shane Gibson photo

Health district holds first vaccine event

Will Fritz  
Staff Writer

Fallbrook Regional Health District held its first vaccination clinic Friday, March 12, inoculating more than 200 people in a partnership with Cal Fire.

The clinic was held throughout the day on Friday at Palomar College’s Fallbrook Education Center on Horse Ranch Creek Road.

The health district first announced the event in an email at about 1 p.m., Wednesday, March 10. Health district CEO Rachel Mason said the district is continuing to work to schedule additional vaccine events, but she does not yet have any indication on when those will be – she did not even receive word on the vaccines being allocated for this first clinic event until Tuesday, she said.

“It is such a challenge getting more than a few days’ notice,” Mason told Village News. “There’s such limited supply from the state to the county to the (vaccination) partners.”

Mason said Cal Fire, which is

see **VACCINE**, page A-8



Firefighter/paramedics help administer COVID-19 vaccines to local residents during a vaccination event at Palomar College North Education Center in Fallbrook, March 12. Village News/Shane Gibson photo

Found by Chattels opens downtown

Dave Fenn is in his new store Found by Chattels. Locals who have lived in Fallbrook for more than 10 years will remember Dave and his wife Diane from their store Chattels, which was famous for their Christmas decor and flower arrangements. Their new store is different. Dave said, “Found by Chattels is a Pop up Shop. Our goal is to bring you unique and eclectic home decor we’ve found through our 35 years of experience and networking with the industry. We reopened the store with furniture, lighting accessories and artificial florals purchased from manufacturers at great prices with the goal of offering wholesale pricing to our customers. As a pop-up store we intend to open twice a month for 4 days, our next event date is March 25-28. Open from 9 a.m. to 5 p.m. Thursday-Saturday and 11 a.m. to 5 p.m. on Sunday. Dave said, “We are really excited to be back on Main Avenue. Our opening was like old home week, so much fun to see so many familiar faces. We hope we can bring more interest and energy to the downtown area as well as fill a need for home furnishings and accessories to the community.”



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Village News/Shane Gibson photo



OPINION

Hazardous materials disposal appointments open



Supervisor Jim Desmond  
5th District

I have great news for North County. Starting Saturday, March 20, North County unincorporated residents will have a new location to dispose of household hazardous waste and old electronics, for free. San Diego Environment Health has reserved 30 appointments on two Saturdays a month, strictly for those in the unincorporated area. Appointments must be made, by going to <http://www.sdhhw.org> or by calling 877-713-2784. The

location will be at the Escondido Household Hazardous Waste Facility, 1044 W. Washington Ave., in Escondido. If you're unable to make it to the Escondido location, Poway and Vista both have locations that are open most Saturdays and do not require appointments. If you live in a city, or have any questions, visit <http://wastefreesd.org>. Also, if you're over 65 years old, or disabled, you can call 877-713-2784 and schedule door-to-door pick ups of the hazardous waste. Hazardous products include, paints, stains, household cleaners, computer monitors, TVs and more. It's vital that hazardous waste be disposed in a proper way to reduce emissions of greenhouse gases as well as lessen the impact on the environment. It's imperative that we all do our part to keep our planet clean and safe for future generations. As always, if you have any questions about this, or any other community topics, feel free to email me, [Jim.Desmond@sdcounty.ca.gov](mailto:Jim.Desmond@sdcounty.ca.gov).

'Rare' disease awareness is important



Assemblymember Marie Waldron  
AD-75 (R)

As co-chair of the Assembly Rare Disease caucus, I recognize the struggle of patients and their families living with rare diseases. Among these are almost 7,000 diseases and conditions considered rare, with 80% of those considered ultra rare. By definition, a disease is considered rare when it affects fewer than 200,000 people. Since only a relatively small number of people are involved, treatments for these diseases can be limited, have sky-high costs or are completely unavailable. That's where orphan drugs come in. In 1983, President Ronald Reagan signed the Orphan Drug

Act to encourage development of medical treatments for rare diseases that affect small numbers of persons. Because these diseases affect relatively few people, the usual economic incentives for drug development don't apply. These drugs are developed solely in response to public need, since the huge costs of developing a new drug are unlikely to be recovered. The Food and Drug Administration said that more than 600 drugs and treatments have been approved for treating these diseases in the United States. Even so, no treatments exist for the vast majority of rare diseases. Millions of American patients and their families bear a huge burden, facing long delays in diagnosis, in finding medical experts capable of providing treatment and a lack of access to ancillary services, with many going untreated simply because treatments aren't available. An estimated 30 million people in the United States suffer from rare diseases/conditions. That's why raising public awareness about this problem is so important. The National Organization for Rare Diseases has organized a national Rare Disease Day for many years, and I was happy to join Assemblymembers Rob Bonta and Brian Maienschein to jointly write House Resolution 25, proclaiming Feb. 28 as Rare Disease Day in California.

AFS seeks host families

AFS has been a leader in the field of student exchange for more than 60 years. Each year we like to place one or more students in Fallbrook who will attend Fallbrook High. We are receiving applications now for students who will be arriving in mid-August for the either fall semester or for the next school year. We have some outstanding candidates with varied interests and many countries of origin. I would like to talk to any families that might be interested in hosting. We are also interested in talking

to high school students and their parents if there is interest in studying abroad. Merit-based and needs-based scholarship opportunities are available. My family has hosted several students and found it enriching and enjoyable. This year I am serving as Volunteer Hosting Coordinator for the San Diego Area. If you would like to learn more about the program please contact me ([JimDooley@gmail.com](mailto:JimDooley@gmail.com)) or visit [afsusa.org/](http://afsusa.org/).

Jim Dooley

Re: 'Are we living in a culture of fear?' [Village News, Letter, 3/4/21]

Dear Ms. Reeder,

I read your editorial of March 4, but did not respond as you might have wished. I "fear" that you have become ensnared in an increasingly small information trap. You seem to find great credibility in the words of self-proclaimed experts who enjoy the maverick attention they garner from using their professional titles to disseminate opinions that set them apart from their more respected professional colleagues. This perspective comes from limiting your information sources chiefly to those that fit your own existing biases and desires with the occasional outside excursion just to confirm how crazy everyone else is. I agree that there is a "culture of fear," one that has been created for you and to which you have succumbed. Those who have suffered most in this pandemic are the poor and the "essential

workers" who have been less able to protect themselves from this virus while the rest of us whine about mask wearing and not going to indoor restaurants. Right wing politics focuses on "the economy" as a whole over the welfare of individuals. It is this political force that is behind the disinformation you are spreading about masks and vaccines. In short, it needs you to believe we must maintain business as usual and not to take this pandemic seriously. If a few hundred thousand people, or a few million people die and/or are disabled for the rest of their lives in the process, that's just collateral damage to the economy. And as for the culture of fear, far right politics encourage us to fear losing our jobs to immigrants, violence by strangers, democrats taking our guns, strangers kidnaping our children, being forced to have an abortion, having to provide service to gay people, not being allowed to practice

fundamentalist Christianity, having our taxes used to help people, paying our fair share in taxes, receiving the social benefits that first world nations around the world enjoy and Americans do not, poor people voting in proportion to their numbers, people of color voting in proportion to their numbers and not being seen as exceptional and deserving of most of the world's bounty, etc. The right wing philosophy that engulfs you tells us that there is not enough to go around for everyone if everyone gets a fair shot. So we need to make sure we keep what we have, what we believe we earned and deserve, by making sure that the "undeserving," the "lazy," the "foreigners" don't take it from us. That's what the fear is for. It's about the economy, the stock market and keeping the bulk of the wealth exactly where it is, in the hands of the very few.

Cynthia Young

Ms. Reeder's response

Ms. Young, there is so much mischaracterization and misrepresentation there it would take far too much time to respond to each accusation. I can tell you that I don't fear any of those things and it's too bad that your

preconceived ideas about what the "others" (whoever you think that is) has been so grotesquely misconstrued by whoever you are listening to. But, I do believe in your right to voice your opinion and I thank you for reading mine

as well. My guess is that we agree on vastly more than what it appears from your letter and maybe someday we will have the opportunity to discuss it.

Julie Reeder

Re: 'All I really need to know about you' [Village News, Terrell letter, 3/11/21]

While it is not my desire to argue with Mr. Terrell in print, it is clear to me that it would be a fulfilment to assist him in "seeing the light" i.e., evidence of voter fraud, although I fear it would be futile. I noticed you said you skip right by the things you already know. Interesting. Do you know what Fox News and Newsmax are talking about or is that what you are skipping? I do try to listen to the other side but realize in short order that the thoughts are so biased and

hypocritical, i.e. Don Lemon and Rachel Maddow. Your question "Can we do better?" Yes, we can, but it takes listening and talking with calm solutions in mind. It has been my experience that the "left" knows what they know and by God nobody can change it no matter what. Therein lies the rub! The left shuts down when asked to voice their opinion and defend it. You talk of "hate groups." When did you see conservatives break windows and loot businesses? These are not conservatives, they

are Antifa and militants of the "left." On Nov. 6, I was watching the coverage and saw people breaking windows and otherwise destroying property and said those are not our people. We do not resort to violence because it ruins our cause and our resolve for God and Country. I am a conservative by choice because I have listened and observed the other side. Vive la difference.

Orolie Gubser

Issa opposes one-sided and partisan election legislation, declares H.R. 1 'most misleading political bill in history'



WASHINGTON – Rep. Darrell Issa, CA-50, released the following statement March 3, in opposition to House Resolution 1: "States made sweeping changes to election practices leading up to Election Day 2020, even circumventing state legislatures in favor of executive decrees and court-ordered variations. There is no dispute some of these changes were done in violation of state constitutions and state law. "Mistrust of election integrity is at an all-time high. Rather than tackling the flaws in the system

that we know exist, H.R. 1 is an end-run around common sense laws and a full sprint to give Democrats an unfair and illegal advantage. If signed into law, this strictly partisan legislation will only ensure that tens of millions of Americans will lose even more confidence that our elections are as fair as they are said to be free," Issa said. H.R. 1 cements some of the worst election practices of California, including its pandemic response and other troubling components including: banning state voter ID requirements; creating a FEC "Speech Czar;" forcing states to automatically register convicted felons upon release from prison; mandates states automatically register 16- and 17-year-olds despite federal law requirements that voters be 18 years of age; removing bipartisan makeup of the FEC; giving taxpayer dollars to political candidates, even if the taxpayer does not support a candidate; mandating states to allow ballot harvesting and weaponizing the IRS to investigate the political beliefs of organizations seeking nonprofit status.

"H.R. 1 is a federal power grab that only benefits politicians," Issa said. "It mandates unconstitutional changes that are designed to ensure that one political party has overwhelming advantages in all future elections. Congress must turn away from something as destructive as H.R. 1 and instead work to restore trust in our elections by ensuring the sanctity of one man, one vote, one time." Darrell Issa is the representative of California's 50th Congressional District. The district encompasses the central and northeastern parts of San Diego County and a portion of Riverside County, including the communities of Fallbrook, San Marcos, Valley Center, Ramona, Escondido, Santee, Lakeside, El Cajon, Temecula and the mountain and desert areas of the San Diego-Imperial County line. Issa served as the chair of the House Committee on Oversight and Government Reform from 2011-2015.



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## Non-COVID death epidemic of the future

**Dr. Parvez Dara, MD, FACP, MBA**

*American Institute for Economic Research*

Consider the possibility that science is a process of questions and answers. Not all answers are correct and not all questions are valid. Yet all need to be considered and evaluated separately and carefully. Within that context we broach the subject of this COVID-19 debacle that stands in our way to a free and productive life. The draconian measures undertaken have had profound and lasting impressions on the American psyche that will not be washed away any time soon. But we wish to explore the unscientific labors of a few minds that compelled the nation and indeed the world to point to a far worse intermediate term future of the health of our citizens. Although, non-COVID-19 related deaths include the psychological trauma to the society as a whole, including suicides, drug addiction and harm related to physical abuse and their future impact, we will focus on the non-psychological medical harm to the people as a whole.

### Was this flawed science?

What has COVID-19 wrought on our nation and the entire planet? What has become a daily treadmill of fear and peril at every fork in the road? While we do not minimize the enormous loss of life from the pandemic, we certainly argue against the mechanics used to mitigate the pandemic. We have climbed through the hoops of shutdowns and lockdowns and found that wanting. The fact that lockdowns have done harm is not in question. Entire companies have gone bankrupt, and households have lost loved ones via the egregious efforts of confinement and proximity. Restaurants have closed, movie theaters are threatened and brick and mortar stores have shuttered. Millions have lost their jobs, and most others are skating on thin ice that keeps getting thinner by the day. We were told that masks were not helpful once, not too long ago, but then they suddenly defied all previous principles of apolitical science and became helpful in mitigating the viral onslaught. But that was not enough because what one mask couldn't seem to do in regards protecting the individual, two were recommended as "common sense." Suddenly we were told "science" had proven the fidelity of such a declaration.

More policy mandates were promulgated, and schools were shutdown to "protect the young." Dr. John Ionnadis from Stanford University linked such arbitrary, yet draconian shutdowns to a greater harm on society. Skepticism of such motives would be considered blasphemy, after all the policy was made to protect the young from acquiring the infection. Somewhere in the new science world, the whole idea of facts was lost. The data showed that children less than 10 years of age had a 0.002% chance of severe illness and those under 20 years of age had less than 0.1% chance. Even UNESCO reiterated that school closures cause harm to the young. And the 1.9 billion children were directly impacted by such measures, harming the lower income far worse. Within this dichotomy of action and reaction was buried the 1840 Farr's Law about pandemics that everyone seemed to have missed: "Epidemics (also holds true for pandemics) events rise and fall in a roughly symmetrical pattern. The time-evolution behavior could be captured by a single mathematical formula that could be approximated by a bell-shaped curve."

Further irregularities in reporting occurred in February and March 2020, when the infection fatality rate was conflated with case fatality rate. The difference between IFR and CFR is in the denominator: infections or cases. All cases are infections, but not all infections are confirmed cases related to the virus, so the number of infections always exceeds the number of cases, making IFR less than CFR. The IFR for the seasonal flu is 0.13% (0.1-0.18%) yet in March 2020 that number was reported by the media and confirmed by Dr. Anthony Fauci in his testimony to be 3%. The difference between the numbers is an order of magnitude that not only was alarming but overnight created enormous fear.

### The failing diagnostics

In all this hubbub of the "new science" where the previous research was considered to not add to the current vogue concepts, something was lost: facts. The data mining of the COVID-19 infections

was cluttered with miscues. The data mined, created a bucket of "cases both asymptomatic and symptomatic," "hospitalizations" and "deaths." The "cases," we have come to know are not as were assumed in the early phase of the pandemic. Not everyone with a fever, a cough or those feeling listless was infected with the virus.

Even those tested positive with the reverse transcriptase-polymerase chain reaction or RT-PCR method were not truly infected, were based on diagnostic methodology and did not represent the actual incidence of infection. We discovered that the thermal cycle threshold used in the PCR method was the hidden arbiter determining an infection "case." The higher the number of thermal cycles used for amplification of the RNA, the higher the degree of probability that the test would be rendered positive. In other words, a person with a non-infectious fragment of an RNA from a previous coronavirus infection could be counted positive due to the high sensitivity and low specificity based on high amplification cycles. This inherent weakness brought into question the very accuracy of the case-count.

But what of the deaths? Since deaths are considered the "lagging indicator" in the disease and determine the deadly virulence of the virus itself. What did that number actually represent? And this is where we lay our tale.

### Excess mortality data

The Centers for Disease Control and Prevention data suggested and continues to show the "excess mortality numbers" on a weekly basis. Any spike above the mean is considered excess and suggests that the increased mortality is from the virus itself. Science again asks us to remain skeptical. So, we are going to question with rational arguments and factual data these questions that sound good.

Excess mortality depends on the structure of the population demographics. The older the population, the higher the excess mortality numbers. These age structures, however, can be standardized to make valid comparisons. Based on this standardization the United States has an excess mortality of 12.9% with expected age-standardized mortality in 2020 per 100,000 of 1,020; age-standardized total excess mortality per 100,000 of 1,152 and excess age-standardized mortality per 100,000 of 132.

### What constitutes COVID-19 death?

How does a physician categorize death on a death certificate? If a person has a diagnosis of terminal cancer but on the last day of their life, the organ failure from the ravages of the cancer ends their life. How would one account for that death? Is it the organ failure, such as heart failure, kidney failure or liver failure etc.? Or is it the cancer itself? Any logical mind would say the latter. But then if the physician would write heart failure as the cause and cancer as the extenuating secondary causal event, would he be wrong? The answer is simple, yes. And that problem has been circulating in the medical world for a long time. Death certificates are full of errors, as much as 51% based on the data, both by interpretation and sometimes by intent.

We have over the past year seen COVID-19 being labeled as the cause of death in car accidents, in gunshot-related traumatic deaths and other organ failure maladies. Were these all COVID-19 deaths? The answer is no. Was it contributing in nature, perhaps? But definitely not as a proximate cause. It is a fairly remarkable statement to make, yet the facts seem to agree with that assertion. Several cases in the newspaper articles account for such blatant incongruities.

We have also ascertained over the similar one-year period of time that normal causal reasons of death have decreased dramatically. The numbers of deaths related to cancer have plummeted as have heart attacks, diabetes and other chronic diseases related events. In a similar vein, the number of influenza cases have also dramatically been reduced. And in the latter case, one wonders if we are testing the RNA fragments common to other coronaviruses and calling every influenza-like illness a COVID-19 infection? Since data exists that the SARS-CoV2 shares 96.2% homology to other coronaviruses including the bat virus and other coronaviruses such as MERS and influenzas. A question that should keep experts researching?

### The declining screening measures

Non COVID-19 deaths are taking a back seat in counting these days. There is a large price yet to pay and has been paid if we place this concept in the crucible of reality. We have unfortunately turned back the time on preventative medicine. Several studies have identified a substantial drop in health care utility in March and April as most medical offices closed or dramatically scaled back operations, and people have generally avoided interactions with the health system in the hopes of not contracting the virus. It included reductions in outpatient visits, emergency department visits, and elective surgeries like lower joint replacement. Lesser number of colonoscopies are being performed. It is a proven fact that colonoscopy examinations save lives by removing a polyp that will over time turn into cancer. Colonoscopies declined by almost 90% at one point in mid-April 2020 compared to 2019 and as of November 2020 are still down about 10-15% compared to last year.

Similarly, mammogram and breast examinations have been reduced to a trickle. Mammograms and Pap smears were down nearly 80% in April 2020 compared to 2019. Both services, however, recovered throughout the summer and fall, with Pap smears and mammograms rebounding above 2019 levels in August and November, respectively. And for males, PSA tests, which are used for prostate cancer screening, while down approximately 70% in early April, have seen a strong rebound, with delivery of PSA tests returning to 2019 levels starting in June and reaching 25% above 2019 levels in September 2020.

What follows is that a treatable and potentially curable malignancy, with delay, will usually reveal itself as late stage incurable cancer. In fact, the legal profession prides itself in suing physicians for negligence due to delay in diagnosis. Our fear of catching a virus is leading us inexorably to the fate we dread the most. Who or what one faults is not the premise that we intend to uncover? We are merely bringing the conscience of all to bear on this potentially formidable looming tragedy.

### The actual harm and the science

A Lancet study from the U.K. revealed: "We collected data for 32 583 patients with breast cancer, 24 975 with colorectal cancer, 6744 with oesophageal cancer and 29 305 with lung cancer. Across the three different scenarios, compared with pre-pandemic figures, we estimate a 7.9-9.6% increase in the number of deaths due to breast cancer up to Year 5 after diagnosis, corresponding to between 281 (95% CI 266-295) and 344 (329-358) additional deaths. For colorectal cancer, we estimate 1,445 (1,392-1,591) to 1,563 (1,534-1,592) additional deaths, a 15.3% to 16.6% increase; for lung cancer, 1,235 (1,220-1,254) to 1,372 (1,343-1,401) additional deaths, a 4.8% to 5.3% increase; and for oesophageal cancer, 330 (324-335) to 342 (336-348) additional deaths, 5.8% to 6.0% increase up to five years after diagnosis. For these four tumour types, these data correspond with 3,291-3,621 additional deaths across the scenarios within five years. The total additional YLLs across these cancers is estimated to be 59 204 to 63 229 years."

What is even more appalling is that these non-COVID-19 excess deaths are most apparent in the 25- to 44-year age group for women and 15- to 54-year age group for men as revealed.

"There are several potential reasons for this undercount," Dr. Steven H. Woolf said in a university news release. "Some of it may reflect underreporting; it takes a while for some of these data to come in. Some cases might involve patients with COVID-19 who died from related complications, such as heart disease, and those complications may have been listed as the cause of death rather than COVID-19."

"But a third possibility, the one we're quite concerned about, is indirect mortality - deaths caused by the response to the pandemic. People who never had the virus may have died from other causes because of the spillover effects of the pandemic, such as delayed medical care, economic hardship or emotional distress."

"The demographic and time patterns of the non-COVID-19 excess deaths point to deaths of despair rather than an undercount of COVID-19 deaths. The flow of NCEdDs increased steadily from March to June and then plateaued. They were disproportionately experienced by working-age men,

including men as young as 15 to 24. If deaths of despair were the only causes of death with significant net contributions to NCEdDs after February, 30,000 NCEdDs would represent at least a 45% increase in deaths of despair from 2018, which itself was high by historical standards," Woolf said.

The fears projected onto the public by the public health policy experts and the Media may have created the greatest tragedy of our times.

"Due to fears of contracting COVID-19 or taking up space in hospitals, patients experiencing a heart attack or stroke are delaying their essential care, causing a new public health crisis," Dr. Martha Gulati, editor-in-chief of CardioSmart.org, said.

S.H. Jacobson and J.A. Jokela discussed non-COVID-19 report on excess deaths by age and gender in the United States during the first three months of the COVID-19 pandemic in Public Health in 2020; 189: "At COVID-19's peak for March and April, diabetes deaths in those five states rose 96% above the expected number of deaths when compared to the weekly averages in January and February 2020. The five states also had spikes in deaths from heart disease (89%), Alzheimer's disease (64%) and stroke (35%). In New York City, there was a 398% increase in heart disease deaths and a 356% increase in diabetes deaths. "

To complicate the picture, the British Medical Journal suggested, "During March, while age standardised death rates for COVID-19 show it was the third most common cause of death, ischaemic heart disease was 26% lower than the five-year average for March, and cerebrovascular and chronic lower respiratory diseases were 18% and 10% lower, respectively."

That conclusion is emerging from new research showing deaths are increasing from causes such as heart disease, stroke and diabetes - while emergency room visits for those conditions are down. A JAMA study found huge increases in excess deaths from underlying causes such as diabetes, heart disease and Alzheimer's disease in Massachusetts, Michigan, New Jersey, New York and Pennsylvania - the five states with the most COVID-19 deaths in March and April. New York City experienced the biggest jumps, including a 398% rise in heart disease deaths and a 356% increase in diabetes deaths.

In May 2020, Bob Anderson, chief of the mortality statistics branch at the CDC's National Center for Health Statistics, said, "The data, based on death certificates from states, shows a spike in so-called 'excess deaths' in the United States, split between confirmed COVID-19 fatalities and undiagnosed or unrelated deaths. Amid the pandemic, at least 66,081 more people in the United States have died than expected since Jan. 1. More than 32,300 of the excess deaths have not been attributed to COVID-19. When you put it in context with the weekly deaths over the last couple of years, you see quite a remarkable jump."

The CDC reported in late June 2020 that in the 10 weeks after the pandemic was declared a national emergency March 13, hospital emergency department visits declined by 23% for heart attacks, 20% for strokes and 10% for uncontrolled high blood sugar in people with diabetes.

Another JAMA study in July 2020, found approximately 781 000 total deaths in the United States from March 1 to May 30, 2020, representing 122,300 (95% prediction interval, 116,800-127,000) more deaths than would typically be expected at that time of year. There were 95 235 reported deaths officially attributed to COVID-19 from March 1 to May 30, 2020. The number of excess all-cause deaths was 28% higher than the official tally of COVID-19-reported deaths during that period.

More data from the JAMA Network Join Point analysis revealed October 2020, "Of the 225,530 excess deaths, 150,541 (67%) were attributed to COVID-19. The analyses revealed an increase in deaths attributed to causes other than COVID-19, reaching statistical significance. U.S. mortality rates for heart disease increased between weeks ending March 21 and April 11 (APC, 5.1 [95% CI, 0.2-10.2]), driven by the spring surge in COVID-19 cases. Mortality rates for Alzheimer disease/dementia increased twice, between weeks ending March 21 and April 11 (APC, 7.3 [95% CI, 2.9-11.8]) and between weeks ending June 6 and July 25

(APC, 1.5 [95% CI, 0.8-2.3]), the latter coinciding with the summer surge in sunbelt states."

New data from a research letter showed that U.S. deaths per month - a commonly consistent rate - increased by 20% from March to July 2020. COVID-19 was a documented cause of death in two-thirds of these excess cases. Woolf sought to update previous analysis which showed COVID-19 was cited in just 65% of excess deaths in March-April from this year, while non-coronavirus causes of deaths increased sharply in the five states reporting the most COVID-19 deaths. From March 1 to Aug. 1, investigators observed 1,333,561 excess deaths in the U.S. - a 20% increase over the estimated expected 1.1 million deaths (1,111,031; 95% CI, 1,110,364 - 1,111,697). Of the 225,530 estimated excess deaths, 150,541 (67%) were attributed to COVID-19. The three states to account for 30% of all excess deaths in this period - New Jersey, New York and Massachusetts.

In October 2020, a StatNews article showed, "There were also differences among different age groups, with the largest increase occurring among people ages 25 to 44, who saw excess deaths that were 26.5% higher than average. People 45 to 64 had 14.4% more deaths, while those 65 to 74 had 24.1% more deaths. Deaths among people 75 to 84 were 21.5% higher and 14.7% higher for people 85 and above. Deaths this year for people under 25, however, were 2% below average."

A more recent article in January 2021 confirmed that 78% of cancers were missed due to lack of screening. Dr. Scott Atlas extrapolated this percentage to 1 million people in the U.S. to be impacted from such lack of detection.

Estimates from Centers for Disease Control and Prevention and reported in The New York Times, revealed that, "40,000 extra deaths from diabetes, Alzheimer's, high blood pressure and pneumonia. Nationwide, deaths from Alzheimer's disease, which usually affects older adults, are 12% above normal this year, with several Southern states seeing larger increases. 40,000 extra deaths from diabetes, Alzheimer's, high blood pressure and pneumonia."

The total deaths make the virus look deadlier. But so far this year, three times as many people have died of heart ailments.

"I've got about 1 million deaths from January to April," Bob Anderson, chief of the mortality-statistics branch of the National Center for Health Statistics, said. "About 230,000 are from heart disease. Nearly 200,000 are cancer deaths, 61,000 are chronic lower-respiratory diseases, 55,000 are accidents and 52,000 are strokes."

Recent research confirms that excess all-cause mortality was 2.4 per 10,000 individuals in the United States in April 2020 - the first full month of the pandemic - which represents about 30% more deaths than the number of COVID-19 deaths reported in that month

Meanwhile in the United Kingdom, according to the Imperial College data, "Around 9,000 non-COVID-19 deaths in England during three months of the pandemic would not have occurred had the pandemic not happened."

It brings us back to the question of reason and reality. Masking reality without reason lays bare the profundity of the harm that is before us. All this will be accounted for as the doctors are allowed to go back to their business of saving lives. There will be a rash of deaths that could have been prevented in the recent past and more so in the coming future, from not-screening, not diagnosing and not being able to care for. We might all rue the day when the public health policy experts did not consider the ramifications of their singular tunnel-vision focus.

Dr. Parvez Dara is a medical hematologist/oncologist. His certifications include in Internal medicine and medical oncology. He has a master's degree in business administration with honors. He focused on medical genetics, biologics and intracellular signal transduction mechanics. He continues to explore the issues in biostatistics and relevancy of the medical literature. Parvez also explored mechanics of aviation safety and lectures extensively on advanced decision making, loss of control, risk mitigation and aviation physiology.

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# ANNOUNCEMENTS

## Learn to fly radio-controlled aircraft for free

FALLBROOK – The Palomar Radio Control Flyers are hosting free flight lessons Mondays from 5 p.m. until sunset from Monday, March 22, to Oct. 25. Weather permitting during daylight saving time.

Palomar Radio Control Flyers provides the airplanes. Anyone who is not sure they want to get into the hobby and doesn't want to spend money on an airplane now, can train

on the members' planes. Then, when they get hooked, the members will guide them in the right direction for their first plane.

Palomar Radio Control Flyers is located close to the intersection of Interstate 15 and Route 76/Pala Road in Fallbrook. From I-15, go east on Pala Road approximately 1/4 mile to Pankey Road and turn north onto the dirt road to the field.

If anyone has ever considered becoming an RC pilot, take this opportunity to learn more about this engaging hobby.

Sign up for either Session 1, starting Monday, March 22, or Session 2, starting Monday, April 12, on the Palomar Radio Control Flyers website at <https://www.palomarrcflyers.com/>.

Future session start dates will be announced soon.

*Submitted by the Palomar Radio Control Flyers.*

## Pentecostals of Fallbrook moves to Fallbrook Woman's Club

FALLBROOK – Pentecostals of Fallbrook moved recently, and the church is meeting at the Fallbrook Woman's Club at 238 W. Mission Road in Fallbrook.

Services are held Sunday mornings at 10 a.m., and all are welcome. It's an apostolic church under the leadership of D.L. Beverson.

They are creating home bible studies and welcome any prayer requests. They're also creating a fellowship of oneness people who are seeking a closer relationship with the Lord.

For more information, leave a message at 760-451-0567 and someone will call you back.

*Submitted by Pentecostals of Fallbrook.*

## Fallbrook Garden Club to present the 'Queen of Succulents'



Debra Lee Baldwin is an award-winning garden author and horticulturist, with experience in succulents.

FALLBROOK – Debra Lee Baldwin will be the guest speaker at the Fallbrook Garden Club's general meeting Tuesday, March 30, via Zoom. The topic is "Success with Succulents."

Baldwin is an award-winning garden author and horticulturist. Her three books on succulents are bestsellers. She lives near San Diego and spent a decade contributing to Sunset magazine. She also spreads the word about "plants that drink responsibly" via articles, photos, videos, social

media, public speaking, radio, podcasts and TV.

Non-members who would like an invitation to this program can send their full name and email address to [fallbrookgardenclub@gmail.com](mailto:fallbrookgardenclub@gmail.com). The general meeting begins at 1 p.m. with a short business meeting followed by the guest speaker.

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

*Submitted by the Fallbrook Garden Club.*

## Bottom Shelf books to be available in parking lot

FALLBROOK – The Bottom Shelf Bookstore at the Fallbrook Library will hold a fundraising Book Sale Saturday, March 20, from 9:30 a.m. to 2 p.m. The sale will be located at the Fallbrook Library lower parking lot. Look for the balloons in the parking lot.

Fallbrook readers have been waiting for a year for the Bottom Shelf to open, but San Diego County hasn't given the green light yet. Meanwhile, books have piled up, according to staff.

The sale will give the community a chance to do some Bottom Shelf shopping and give volunteers some relief for their storage facilities.

Items available will include adult fiction and nonfiction, children's books, and DVDs and CDs. Cash only for this sale.

In case of rain, the sale will be postponed until Saturday, March 27. The Fallbrook Library is located at 124 S. Mission Road.

*Submitted by Friends of the Fallbrook Library.*

Please note that the Fallbrook Food Pantry is taking the Coronavirus (COVID-19) very serious and here is how we are addressing/preventing the food insecurity concern.

As of MONDAY MARCH 16, 2020, we made our food distributions a "NO TOUCH" service.

**HERE'S HOW:**

1.) Moving our market style distribution to the LEARNING CENTER (which is located at the pantry – 140 N. Brandon Road, Fallbrook) for food pick up only: all food (dry goods, canned, frozen meats, dairy items, bread and fresh produce) will be pre-bagged.

**SERVING: MON-FRI 9:30AM-12:30PM**

2.) No one is allowed to open bags and remove items that are unwanted – we cannot risk contamination. All food in bags must leave with each family/individual.

3.) Asking clients to stand 6 feet apart while standing in line for food.

4.) Asking both volunteers and clients to wear gloves at all times while in the pantry.

5.) Any new clients will be treated as an "emergency" and will be able to receive food with just an ID (YOU MUST HAVE either a driver's license, state ID, military, school, etc.).

6.) Our hours of operation will remain the same: Monday-Friday 9:30-12:30.

If clients show up early to stand in line – we will begin serving them as soon as possible – even earlier than 9:30 to prevent "loitering" or too much contact with others.

7.) As long as staff/volunteers are willing and able to serve, we will not have to change days and/or hours of operation – but in the case of this situation changing due to a variety of possible obstacles, we will keep the public apprised of our decisions and make it known if and when we need EXTRA HELP from the community!

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

Monday-Friday 9:30am-12:30pm

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[www.fallbrookfoodpantry.org](http://www.fallbrookfoodpantry.org)

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3.97 acre lot Zoned Village 7.3 is at the corner of Fallbrook St and Golden Rd is currently the Fallbrook Garden Center. Seller will sell property including current inventory or will negotiate to customize transaction for your needs. Directly across Golden is the location for Fallbrooks newest county park. Plans have been drawn up for this property to divide it into 15 residential lots. The lot split hasn't been completed and is only a concept drawn up by an engineer for future 15 lot housing project.

### JUST LISTED



29075 NAVIGATOR WAY, MENIFEE

Seller will entertain offers between \$435,000 & \$500,000

### Heritage Lakes

Come and explore what the master planned community of Heritage Lakes has to offer. This home has 4BD with 2.5BA, 3 car garage, gourmet kitchen including granite counter tops, beautiful maple cabinets, stainless appliances and new stunning laminate floors on the lower level. Modern master planned development.

### LAND



33 EL CEREZO ROAD, MURRIETA

Seller will entertain offers between \$310,000 & \$350,000

### Pristine 9.42 Acres

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Seller will entertain offers between \$696,000 & \$765,000

### Unobstructed Views!

Absolutely stunning unobstructed views! Bring your dreams and enjoy the architectural home with an absolutely 1.25 flat acre that sits back off the road on the Sleeping Indian side of Fallbrook. Vaulted tongue and groove knotty pine ceilings and wide open kitchen that enjoys 2 sided fireplace in the family room. Study also enjoys two sided fireplace and vaulted ceilings. This home was designed with expansion in mind.

### WE CAN SELL YOURS TOO!



1143 MORRO RD, FALLBROOK

Seller will entertain offers between \$635,000 & \$710,000

### California Bungalow

Charming 3BD red tile roof California bungalow with hardwood floors, fireplace and walk out basement that could be a family hangout retreat, Vacation Rental or extended family dwelling. Big westerly views from deck off of the kitchen bonus/dining room. Enjoy our famous Fallbrook sunsets. Big half acre lot.

### WE CAN SELL YOURS TOO!



7250 RAINBOW HEIGHTS, FALLBROOK

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

### Nearly Level 11.7 Acres

Located off a paved road. Just 7 minutes to the 15. Property is fenced and is currently growing hemp but is suitable for growing flowers, grapes or any truck crop. There is irrigation in place, 4 3,000 gallon water storage tanks, a greenhouse and storage shed. The home is a manufactured home on a permanent foundation.

### WE CAN SELL YOURS TOO!



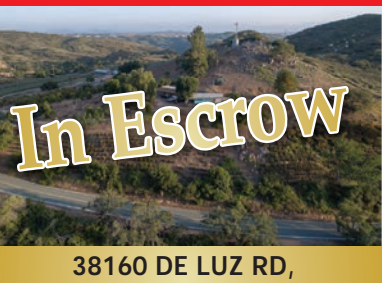
339 S. MAIN AVE, FALLBROOK

Seller will entertain offers between \$429,000 & \$499,000

### Village Live/ Work Zoning

This country cutie is zoned Village-4, which means it is both commercial and residential use. The original structure faces Main Avenue and is a prime location to promote your local business or retail store. Behind this structure are two additional buildings that can be used for residential or additional small business ventures.

### WE CAN SELL YOURS TOO!



38160 DE LUZ RD, FALLBROOK

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

### WE CAN SELL YOURS TOO!



3915 PALOMAR DR, FALLBROOK

Seller will entertain offers between \$745,000 & \$835,000

### WE CAN SELL YOURS TOO!



1016 N. STAGE COACH LN, FALLBROOK

Seller will entertain offers between \$725,000 & \$800,000

### WE CAN SELL YOURS TOO!



416 WOODCREST LANE, FALLBROOK

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

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# Real Estate Round-Up: G is for guest house



**Kim Murphy**  
*Murphy & Murphy Southern California Realty*

Guest house has a new name: Accessory Dwelling Unit. I don't know if this new name has anything to do with the "woke" community or if it was a broader term created to define more uses, but either way, the ADU is a great way to add value to your property and perhaps more harmony to your extended family.

California's Accessory Dwelling Unit Law, Assembly Bill 68, took effect on Jan. 1, 2020. Under this law, homeowners can add an accessory dwelling unit to their property – even if the HOA's governing documents state otherwise.

(1) The Planning and Zoning Law authorizes a local agency to provide, by ordinance, for the creation of accessory dwelling units in single-family and multifamily residential zones and requires such an ordinance to impose standards on accessory dwelling units, including, among others, lot coverage.

Existing law also requires such an ordinance to require the accessory dwelling units to be either attached to, or located within, the living area of the proposed or existing primary dwelling or detached from the proposed or existing primary dwelling and located on the same lot as the proposed or existing primary dwelling.

This bill would delete the provision authorizing the imposition of standards on lot coverage and would prohibit an ordinance from imposing requirements on minimum lot size. The bill would revise the requirements for an accessory dwelling unit by providing that the accessory dwelling unit may be attached to, or located within, an attached garage, storage area, or an accessory structure, as defined.

(2) Existing law requires a local agency to ministerially approve or deny a permit application for the creation of an accessory dwelling

unit or a junior accessory dwelling unit within 120 days of receiving the application.

This bill would instead require a local agency to ministerially approve or deny a permit application for the creation of an accessory dwelling unit or junior accessory dwelling unit within 60 days from the date the local agency receives a completed application if there is an existing single-family or multifamily dwelling on the lot, and would authorize the permitting agency to delay acting on the permit application if the permit application is submitted with a permit application to create a new single-family or multifamily dwelling on the lot, as specified.

(3) Existing law prohibits the establishment by ordinance of minimum or maximum size for an accessory dwelling unit, or size based upon a percentage of the proposed or existing primary dwelling, if the limitations do not permit at least an efficiency unit to be constructed.

This bill would instead prohibit the imposition of those limitations if they do not permit at least an 800 square foot accessory dwelling unit that is at least 16 feet in height with 4-foot side and rear yard setbacks to be constructed. This bill would additionally prohibit the imposition of limits on lot coverage, floor area ratio, open space, and minimum lot size if they prohibit the construction of an accessory dwelling unit meeting those specifications.

(4) Existing law requires ministerial approval of a building permit to create within a zone for

single-family use one accessory dwelling unit per single-family lot, subject to specified conditions and requirements.

This bill would instead require ministerial approval of an application for a building permit within a residential or mixed-use zone to create the following: (1) one accessory dwelling unit and one junior accessory dwelling unit per lot with a proposed or existing single-family dwelling if certain requirements are met; (2) a detached, new construction accessory dwelling unit that meets certain requirements and would authorize a local agency to impose specified conditions relating to floor area and height on that unit; (3) multiple accessory dwelling units within the portions of an existing multifamily dwelling structure provided those units meet certain requirements; or (4) not more than two accessory dwelling units that are located on a lot that has an existing multifamily dwelling, but are detached from that multifamily dwelling and are subject to certain height and rear yard and side setback requirements.

So, what's this mean for you? Opportunity is knocking at your door. Do you have adult children who have boomeranged home? Maybe having a little space between you and them would add to the harmony you share with them.

It's tough having family members live under the same roof, once they haven't. Or what about your aging parents? It would be great to be able to provide care

for them, while still giving them their own space. An ADU might be the answer.

San Diego County has removed the permitting fees through 2025 and will provide three different floorplan options, if you think this might be a good opportunity for you. That will save you \$30,000.

In Fallbrook, one big consideration is the size of your septic tank and the septic layout on your property. Adding an ADU with two or three bedrooms will require a larger tank and additional feet of leach-line. Location on your lot is a paramount consideration. You can pump up to a septic tank, but you need to be prepared to deal with that.

Not that long ago, guest houses were considered a unique amenity reserved only for expensive homes on large lots. Now, adding an ADU is an amenity you might want to consider.

It will give you more space for extended family. It might also provide an opportunity for income if you choose to rent it out or move into it and rent your primary residence.

This new freedom allows you to convert your garage to an ADU. You could then build a new garage, which is a less expensive process. As I stated above, opportunity knocks. Is this one for you?

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

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## Anderson children move to Fallbrook

**Christal Gaines-Emory**  
*Writer*

On Feb. 17, 2021, the Anderson children suffered a tragic loss when their father, John Anderson, died suddenly from a genetic defect. Anderson was a father of five and an experienced photographer. He owned a photography business called JME Portraits, specializing in taking photos of newborn babies.

Six years ago, the Andersons lost their mother, Jamie Anderson, to a fatal brain aneurysm. Jamie was raised in Fallbrook; she attended La Paloma Elementary School and graduated from Fallbrook High School before attending San Diego State then relocating to Texas. Jamie was also recognized as one of the top 10 photographers in the world after her death; she was ranked sixth.

The Anderson children were raised in Texas, but after their father's passing, four of the children moved to Fallbrook to live with their legal guardian, Laurie Kelly and her daughter and son-in-law, Mandie and Tyler Jentztch. Kelly is the great-aunt of the children, Jamie was her niece. Eldest daughter Hunter, who is now a mother herself, is staying in Texas.

The four younger children have spent 6-8 weeks in Fallbrook every year since their mother's passing, and when John died, Fallbrook was the best fit for them since they were already familiar with the area and they felt comfortable with Kelly and her daughter.

"Right after their dad died, I received a call from John Jr.," she said. "The first thing he asked me was when would I be picking him up. We wouldn't want the kids to be anywhere else."

Hailey, 12; Caleigh, 10; John, 8,



The Andersons spend time together before the death of parents John and Jamie.

and Aubree, 7, travelled from their childhood home in Houston, Texas to their new home in Fallbrook on March 1. Many of their belongings had to be left behind during the move, and the Kelly/Jentztch family is asking for the support of Fallbrook residents.

The children have created an Amazon wishlist with a few items they need, including toys and school supplies. They are having to adapt to a new home, environment, school, and the Kelly/Jentztch family believes that having these items will help the children keep their spirits up during this trying time.

There is also a GoFundMe fundraiser circulating in order to raise money for the children and their well-being. The funds raised will go towards clothes, shoes, furniture, toys, school supplies, as well as legal fees the Kelly/Jentztch family will face as they finalize the process of becoming the legal guardians.

"They're settling in well considering the circumstances," said Kelly. "They've just started school and they're beginning to adjust."

Along with helping Kelly take care of the Anderson children, Mandie and Tyler Jentztch are also new parents and business owners. They own "Ruffhouse Dog Rescue," a business focused on rescuing dogs from kill shelters, rehabilitating them, and adopting them out. "Ruffhouse Dog Rescue" has adopted out more than 200 dogs in need.

The Kelly/Jentztch family has a passion for helping others, and after hearing about John's passing, there was no hesitation. Kelly said that she knew they needed to be with her.


She said the children are feeling positive and in good spirits, and the Kelly/Jentztch family feels very grateful for the support they have received from the community.

To donate to the Anderson children's Amazon wishlist, visit [https://www.amazon.com/hz/wishlist/genericItemsPage/1YV-G7KAQB1IBS?ref=wl\\_fv\\_lc](https://www.amazon.com/hz/wishlist/genericItemsPage/1YV-G7KAQB1IBS?ref=wl_fv_lc).

To support the GoFundMe fundraiser, visit <https://www.gofundme.com/f/help-the-4-anderson-kids-adjust-through-tragedy>.

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# Old pipe bursts, floods three Main Avenue businesses

## FPUD paying for the damage



Flood damage in the back of Jewelry Connection, 101 N. Main Ave, from a pipe that burst late Feb. 25.

Village News/Shane Gibson photo

**Will Fritz**  
Staff Writer

Three downtown Fallbrook businesses were met with an unwelcome surprise one Friday morning a few weeks ago – a burst pipe left all three with varying amounts of flood damage.

Jamie Mathieu, owner of Jewelry Connection at 101 N. Main Ave, said he arrived at the store the morning of Friday, Feb. 26, to find quite the commotion.

“We came in and we noticed a bunch of debris in the parking lot,” he said.

Mathieu noticed a Fallbrook Public Utility District crew was in the area, and that’s when he was told what happened.

“There was a main line that broke,” he said. “And with all the paving that’s been going on in town, they repaved the alley behind the store and in doing so they covered the storm drains, so it was kind of a perfect storm.”

Much of Jewelry Connection was flooded as a result, leaving

damages that Mathieu said are still being added up but likely will have “lots of zeroes” – damages that FPUD, fortunately, is paying for, the utility district confirmed to Village News in a statement.

According to FPUD, the pipeline break was reported about 11:20 p.m. the night before, on Thursday, Feb. 25.

“A crew member was on site, shutting down the pipe and making repairs just before midnight. By the time the second crew member arrived, the leak was mostly shut down,” according to a statement from FPUD. “A team of crew members began repair work on the six-inch pipeline in the morning.”

The utility district said that the paving that was going on in the alleyway behind Jewelry Connection and other businesses was being done by the San Diego County Department of Public Works.

“It was a routine paving project,” according to FPUD’s statement. “It is standard procedure to cover the storm drains when paving to keep

sediment, pavement and pollution out of the storm drains. It was an unfortunate coincidence that the storm drains were covered when the pipeline broke.”

Jennifer Paprock, who owns JP Framing in the back of Brandon Gallery, next door to Jewelry Connection, said she had severe damage as well.

“I came in Friday morning at 10 o’clock and there was about two to three inches of water in my whole area,” she said. “I lost museum glass, which was like 500 dollars for a box. All my moulding about two feet up is warped ... everything that’s in here that touches the floor is a total loss.”

She said the restoration company that FPUD hired to fix the damage had worked quickly, though.

“They came in and did the floors and resealed and sanitized everything,” Paprock said. “This last Friday (March 5) they came in and put everything back.”

Her son worked quickly, too – she said he already built her a new table on Saturday, March



A storm drain behind Jewelry Connection, Brandon Gallery and Caravan on Main Avenue. Storm drains had been covered on Feb. 25 for repaving by the San Diego County Department of Public Works at the exact same time a 54-year-old pipe burst, resulting in flooding at the nearby businesses.

6, to replace her old one that had become wobbly from water damage.

And of the affected shop owners, Leslie Sommers was the luckiest – a slight slope in her back room prevented water from getting into the front of her store.

She said she was in San Francisco when the flooding happened, and employee Juleen Ruttan was the one who came in to open and found what happened.

The water, Ruttan said, “went over the top of my feet.”

Sommers said the only flood casualties were some clothing being stored in the back, and her bathroom.

“They (the restoration company) have a whole bunch of my stuff from the back room – there was some clothing but it wasn’t my retail clothing,” Sommers said. “They have a whole container full of my back room stuff. They even stripped my bathroom down.”

She said she was very grateful, though, for FPUD’s professionalism in getting the damage fixed.

“They hired the right people, because the people who are handling it have been really professional and nice and smooth,” Sommers said, “and the guy in charge is A plus, they’re very lucky – we’re all very lucky that we’ve got a nice guy who’s helping. He’s the mediator, he gets the companies in and they get everything cleaned up.”

As for the origin of the problem, FPUD said the pipe that burst was quite old – 54 years old, in fact.

“We have miles and miles of very old pipelines in Fallbrook and we are working proactively to replace them before they break and cause damage to properties. This takes time to do,” Jack Bebee, FPUD general manager, said. “We are, and have been, assessing the vulnerability of these pipes and replacing them in the order they are in danger of breaks.”

“This is unfortunate,” Bebee said, “and we are working with the businesses and our insurance company to repair the damage as quickly as possible.”

# Service member raises money for fallen soldiers through 4x4x48 challenge

**Christal Gaines-Emory**  
Writer

LaMarr Valentine began the 4x4x48 challenge Friday, March 5, to raise money for his fundraiser, Penny for your Thoughts. This fundraiser aims to raise money for fallen soldiers and their families, as well as to show the families that the soldiers and their sacrifices are being remembered.

The 4x4x48 challenge was created by David Goggins, a retired U.S. Navy SEAL and former U.S. Air Force Tactical Air Control Party member, in his memoir “Can’t Hurt Me.” The 4x4x48 challenge encourages the audience to run 4 miles every four hours for 48 hours to support a fundraiser. After reading this book, Valentine said he wanted to try the challenge for himself.

Being active duty member in the U.S. Navy, Valentine is experienced in fitness and the field of physical health, so he said he felt prepared to face this challenge. Along with being active duty military, Valentine is working as a hospital corpsman, financial adviser and a delivery driver. He is also pursuing his master’s degree in public health care.

In December 2019, Valentine was volunteering at Miramar National Cemetery for Wreaths Across America when he was inspired to start his fundraiser,

“Penny for Your Thoughts.” During Wreaths Across America, veterans traditionally places coins on the tombstones when they visit to show their loved ones that the soldier is remembered.

Each coin has a different meaning. If you leave a penny, it means you visited. A nickel means that you and the deceased soldier trained together. If you served with the soldier, you leave a dime. Placing a quarter has the largest impact because it means that the visitor was there when that soldier was killed.

When Valentine learned of this tradition, he said he was deeply affected and wanted to share it with others through his fundraiser.

“This fundraiser touched my heart, and I wanted to help it grow. I wanted to give back to the people who have given so much to us,” he said. “It got me thinking about my family members who are buried, and I wondered how they were being remembered.”

Valentine said he began raising the word about his 4x4x48 challenge via social media and encouraged friends and family to donate to his cause. His goal was to raise \$1,200, but he exceeded his goal by raising more than \$1,400 so far.

Starting at 8 p.m. Friday, March 5, Valentine began his 4x4x48 challenge and ran 4 miles every four hours for 48 hours. He stuck to

it, running 4 miles in the dark at 4 a.m. He said he was determined to finish the challenge, completing all twelve 4-mile runs. He dedicated each of his runs to a fallen service member and their family.

Valentine said he was pleased with the positive feedback from the public during his runs as well as the comments left on social media.

“A few people from the community stopped me during my runs to show support,” he said. “The feedback was all very positive, everyone liked what I was doing and supported the cause.”

The funds donated will go to the Miramar National Cemetery Support Foundation in remembrance of fallen soldiers, and he said the fundraiser may become something more: a nonprofit organization or an annual fundraiser. Valentine said he intends to keep this tradition alive and continue remembering the fallen soldiers.

“This challenge gave me the opportunity to remember all of the fallen service members. They are no longer here, but we are,” he said. “We still have air in our lungs. We’ve made it through what will probably be the most difficult year as a species that we will ever have in our lifetime. So what are you going to do with that air? Are you going to stay in your comfort zone and not worry about pursuing



LaMarr Valentine pushes through his final run for the 4x4x48 challenge.

Village News/Courtesy photo

those dreams? Or are you going to realize that it is up to you to make the moves toward what it is you really want?”

To learn more and donate

to the “Penny for your Thoughts” fundraiser, visit <https://www.facebook.com/donate/865561247597873/>.

# Jones announces departure from BUSD

**Joe Naiman**  
Village News Reporter

Bonsall Unified School District Superintendent David Jones has announced that he will be leaving the school district at the end of the school year.

Jones initially notified the BUSD board at the Feb. 10 board meeting, and additional remarks about approaching the end of his BUSD career were made at the March 10 board meeting. Jones has been hired elsewhere, although that entity will not be disclosed until a contract is finalized.

“It just means a lot to me that

the staff and the board have been supportive of my decision,” Jones said. “We have a great working relationship.”

Jones opted to notify the board in February so that the process for a new superintendent can be put in place. “They can take their time to do a thorough search,” Jones said. “I really wanted to make sure that I’m doing the right thing for the district and for the board.”

“BUSD wishes Mr. Jones success in his next position and appreciates the early notice to do a thorough superintendent search,” said BUSD Board President Larissa Anderson. “We

look forward to securing another dynamic leader, one who will propel progress and encourage trust with all constituents. With change comes opportunity for Bonsall Unified School District to be an even more brilliant beacon of educational excellence in North County.”

BUSD hired Jones as the district’s superintendent in August 2017 to replace Justin Cunningham, who retired. Jones had been the Vallecitos School District superintendent for the previous six years.

Jones has been in the education field for 26 years. “I will be in

education and making a difference for kids and for teachers and for administrators. Education is my love,” he said. “I will be in it to the end.”

In 1994, Jones began his education career in Minnesota as a teacher. He taught in Minnesota for seven years. His sister lives in Carlsbad, and Jones joined her in Southern California when he took a position as an assistant principal for the Orange Unified School District in Orange County.

After three years as an assistant principal he moved to Solana Beach and became the principal at Carmel Del Mar Elementary

School in the Del Mar Union School District. He was the principal at Carmel Del Mar for seven years before the Vallecitos School District hired him in 2011.

Jones’ son, who is now a junior at La Costa Canyon High School, is on the Mavericks’ basketball team and hopes to play basketball in college at a school to be determined. “Part of my decision and next steps will support my son,” Jones said. “He’s ready for that next step, and this change will help me support him.”





Lindsay Jones speaks to Bonsall Union School District Superintendent David Jones and board members in an effort to encourage them to support getting students back to learning in class.

PROTEST

from page A-1

the parents and explained that the teachers want nothing more than to be back in their classrooms with all of their students.

“I’m disheartened by the personal attacks us teachers have received on social media,” said Haro. “The teachers are not in charge of this decision.”

Haro also touched on the reasons why the school district has not gone back to in person education five days a week yet, saying that there is a lack of manpower and space needed to comply with the COVID-19 regulations.

Parents expressed their frustration with the school district, and many even said that they have considered pulling their children out of the Bonsall school district entirely.

Rachel McGlew, a parent of two students attending Bonsall Elementary school, expressed her desire for the schools to reopen due to her children and the damage that has been done to their routine.

“We are a military family, and my children had to say goodbye to their father less than a week ago for another deployment,” McGlew said. “What helped them in the last deployment was the routine, social interaction, and school. The teachers were there, the classroom was there, and there was nothing that could take that away. Now they only get 12 hours a week with their teacher. Compared to 30, it is not enough. The kids are falling behind; our system has failed this past year.”

Many parents also highlighted the mental health problems their children have experienced due

to the lack of social interaction and consistency from school. This includes students feeling more depressed, anxious, and experiencing a decline in performance in school.

Others expressed their support for the teachers and their efforts to bring a sense of normalcy to the classrooms, in person and online.

Superintendent David Jones thanked the Bonsall Teachers Association for helping to improve the schedule, and he urged parents to refrain from attacking the teachers on social media, stating that there are more appropriate ways to raise concerns.

“We all need to be on the same page,” said Jones. “Your voices are heard; we want to do what is best for the students.”

While many of the parents and students voiced their opinions about opening school completely, others were still remaining cautious and wanting the district to continue to provide online education for their children.

Jennifer Howell, a parent of a student in the Bonsall district, said that the students and parents that would rather continue education online until the pandemic ends deserve to be heard too.

“Please do not take away the online teachers from the kids,” she said. “Many of us parents weren’t at the corner protesting because we’re in the middle of a pandemic, but our voices deserve to be heard too.”

The tensions were high as the meeting progressed, but Bonsall Unified Board of Trustees President of Trustees President Larissa Anderson encouraged everyone to consider both sides, and reminded the parents, students, and teachers that their voices were being heard.



A group of members of the community gather in front of Bonsall Union School District to rally support in encouraging the school district to allow in-person learning for students.



A group of members of the community gather in front of Bonsall Union School District to rally support in encouraging the school district to allow in-person learning for students.

“We’re listening,” she said. “There are many pieces to this puzzle, but I encourage you to consider both sides.”

Negotiations took place on March 12 and 26, and the Board of Trustees is hopeful that everyone will bring an open mind and that a consensus will be reached.

VACCINE

from page A-1

tasked with organizing testing and vaccine rollout in rural areas of San Diego County, let the health district know late Tuesday that Johnson & Johnson doses had been earmarked for the Fallbrook area, prompting a scramble to ensure Palomar College’s Fallbrook campus could be used as a vaccination site.

Mason had been told just last week that it could be up to two weeks before enough vaccine supply was available for local vaccination events to take place in Fallbrook – which she said in an email announcement on March 5. She said the sudden notice of available vaccine supply may have been due to help from Supervisor Jim Desmond’s office and Cal Fire.

“I’m not entirely sure how we finally got the County to get us prioritized, but I’m sure the voice of Desmond’s office didn’t hurt,” Mason said in an email. “I’ve been bugging our Cal Fire contact, Desmond’s office and pretty much anyone who would listen.”

A total of 285 people were vaccinated at the Fallbrook clinic on Friday – short of the more than 400 appointments that were available.

Mason said she knew there were “a bunch of no-shows” for the clinic, and that Cal Fire also had to cancel appointments for some people who were not eligible to receive vaccine doses yet.

“It is extremely important that people confirm their eligibility before they grab an appointment slot,” Mason said in an email. “The scheduling software doesn’t weed everyone out because there may be extenuating situations that allowed those individuals to be eligible.”

The vaccinations administered at the Friday clinic event were the one-dose Johnson & Johnson vaccine – among the first to be distributed in San Diego County.

In announcing the arrival of the first Johnson & Johnson doses in the county on Tuesday, March 9, county health officials assured the public that while research trials showed that vaccine to be about 72% effective, compared to upwards of 90% effectiveness for the Moderna and Pfizer vaccines, the Johnson & Johnson vaccine remains just as effective at preventing

serious illness from COVID-19. All currently available vaccines were 100% effective at preventing hospitalizations and deaths during trials, county health officials said.

“San Diegans should get whichever vaccine is available when it’s their turn to get vaccinated,” San Diego County Public Health Officer Wilma Wooten said. “All three vaccines are excellent at preventing people from getting seriously ill from COVID-19.”

With vaccine supplies still short, Mason said the health district was still directing local residents who were not able to get a vaccination appointment at the Friday event or through the county to try seeking vaccines through Tri-City Medical Center, Rite Aid or Palomar Health.

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

FRHD said Rite Aid is currently only doing first dose appointments

and has had to cancel many appointments, but recommended local residents check their website (<https://www.riteaid.com/pharmacy/covid-qualifier>) to see if new appointments become available.

Palomar Health opened up a vaccination clinic in downtown Escondido, which will be open between 9 a.m. and 4 p.m. Tuesday through Saturday, with appointments required. The hospital’s website notes that appointments may be cancelled if supply is unavailable. Palomar Health’s vaccination webpage can be accessed at <https://www.palomarhealth.org/about-us/covid-vaccine>.

Apart from vaccinations, FRHD has one COVID-19 testing event in March, which will take place from 9 a.m. to 3 p.m. March 26 at Vallecitos Elementary School, 5211 5th St., Rainbow.

Registration opens three days prior to the testing date, according to FRHD. Appointments, which the health district said are “advised, not required,” can be made by calling 211 or online at COVIDtest.SanDiegoCounty.gov.



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Working together to bring the COVID-19 vaccine to our community.

While the vaccine is not yet widely available due to limited County supplies, we are preparing for when our agencies are allowed access.



To be placed on our local vaccination interest list, please contact us at [hello@fallbrookhealth.org](mailto:hello@fallbrookhealth.org) or at 760-731-9187.

For more information about vaccine eligibility, testing, and other resources, please visit [www.fallbrookhealth.org](http://www.fallbrookhealth.org).



# Warriors excel in football scrimmage



The Fallbrook Warrior varsity football team begins their spring season with a scrimmage against Classical Academy, March 12.
Village News/Shane Gibson photos

**Joe Naiman**  
Village News Reporter

Normally the scores of CIF football scrimmages aren't reported, but Fallbrook High School head coach Troy Everhart didn't mind mentioning that the Warriors defeated Classical Academy by a 36-0 score March 12 on the Fallbrook field.

"I felt pretty good. We did a lot of good things," Everhart said. "The staff did an excellent job getting the guys ready. The kids have done an excellent job."

Coronavirus restrictions limited preparation opportunities, but the Warriors' attitude March 12 was not a casualty of reduced practices. "I'm very pleased about the effort, which is the one thing we can control," Everhart said.

In 2019, Classical Academy participated in the CIF Division III playoffs. Fallbrook dropped down from Division IV in 2019 to Division V for 2020-21, although the CIF San Diego Section will not have football playoffs this spring.

Practices are scripted while a scrimmage provides experience against an opponent whose plays are unknown to the team the opponent faces. "There was a lot of guesswork, what they were going to run against us," Everhart said of Classical Academy.

That forced the Warriors to adapt on short notice. "Kids adjusted very well," Everhart said.

"I was just very, very impressed," Everhart said. "I was very excited about the way the staff executed and got the kids to execute."

Each player is allowed a small number of family members and friends who can watch the game in person. The only coronavirus-related change on the field was the elimination of the post-game congratulations to the other team. "When the game was over we just kind of walked away. It goes against everything you've grown up knowing about sports,"

Everhart said.

In an effort to maintain separation of players and coaches from each other, the bench area has been widened by 40 yards. "The sidelines have been extended to the 10," Everhart said.

Normally the players and coaches on the sidelines are restricted to between the 30-yard-line on each side of midfield. The additional 20 yards on each side allowed coaches to be closer to plays near the end zone. "It doesn't affect the kids," Everhart said.

Had the 2020-21 seasons not been delayed, football would have been a fall sport along with boys water polo and boys cross country, three boys sports would have been played during the winter season, and seven boys CIF sports would have taken place in the spring. "I'm a big advocate of kids playing more than one sport," Everhart said.

No CIF sport began practice prior to February for the 2020-21 seasons. "They've compressed three seasons into one because they've opened everything up at one time," Everhart said.

Players who play multiple sports must thus choose one. Fallbrook ended the 2019 season with 31 players on the varsity, but Everhart currently has 48 boys

on his varsity roster. Another 51 student-athletes are on the junior varsity football team. "As of right now we're okay," Everhart said.

Fallbrook will not have a freshman team for 2020-21.

What was supposed to have been Everhart's first spring practice with the Warriors didn't occur in 2020, although during the summer the Ingold Sports Center opened to allow some conditioning. Even before the cancellation, Everhart had no plans to have Fallbrook participate in a summer passing league.

The 2020-21 Valley League for football consists of Fallbrook, Escondido, Ramona, Rancho Buena Vista, San Pasqual, and Valley Center. The Warriors' first actual game is scheduled for tomorrow at Valley Center.

Fallbrook was winless in the Warriors' 10 games in 2019. The Warriors only scored 39 points for the entire season while allowing 493. Seven of the Fallbrook losses were by shutout.

Although the shutout win against Classical Academy isn't official, the Warriors last blanked an opponent in the regular season in 2016. "Just a tremendous improvement," Everhart said. "Hopefully we can continue to build on that and, if we do, we're going to be fine."



Warrior Thomas McShee attempts to tackle a Classical Academy opponent.



Fallbrook's Lloyd Marshbanks finds an opening and makes a run for the endzone against Classical Academy.



Warrior Caden Eidson tackles a Classical Academy opponent.



Fallbrook's Jonathan Bermudez makes the tackle on his Classical Academy opponent.



Warrior Thomas McShee makes a run for the endzone against Classical Academy.



Fallbrook's Ryan Farish faces off against the Classical Academy Caimans defense.



Immediate family members of varsity football players sit socially distant during a scrimmage against Classical Academy at the Fallbrook High School stadium.



Warrior QB Kenneth Spring makes a run with the ball against Classical Academy.



# LEGALS

## Fictitious Business Name

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9002136  
Name of Business  
**a. LOS ANGELES COUNTY REGIONAL TRAINING CENTER**  
**b. LACRTC**  
**c. LA REGIONAL TRAINING CENTER**  
**d. THE REGIONAL TRAINING CENTER**  
**e. THE RTC**  
705 Porter Street, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
California Multi-Agency Support Services, 705 Porter Street, Fallbrook, CA 92028  
This business is conducted by a Corporation  
This Corporation is registered in the state of California  
Registrant first commenced to transact business under the above name as of 12/28/10  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 05, 2021  
**LEGAL: 5391**  
**PUBLISHED: February 25, March 4, 11, 18, 2021**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9002301  
Name of Business  
**FALLBROOK MOTORS INC**  
549 E. Alvarado Street, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Fallbrook Motors Inc, S Corp # 2623082, 549 E. Alvarado Street, Fallbrook, CA 92028  
This business is conducted by a Corporation  
This Corporation is registered in the state of California  
Registrant first commenced to transact business under the above name as of 01/27/04  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 09, 2021  
**LEGAL: 5392**  
**PUBLISHED: February 25, March 4, 11, 18, 2021**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9002611  
Name of Business  
**FALLBROOK GATEWAY APARTMENTS**  
519 W Ammunition Road, Fallbrook, CA 92028  
Mailing Address: PO Box 2016, Vista, CA 92085  
County: San Diego  
This business is registered by the following:  
J&V Vozza #1, LLC, 4755 Oceanside Blvd #120, Oceanside, CA 92056  
This business is conducted by a Limited Liability Company  
This LLC is registered in the state of California  
Registrant first commenced to transact business under the above name as of 02/10/21  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 11, 2021  
**LEGAL: 5395**  
**PUBLISHED: March 4, 11, 18, 25, 2021**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9002669  
Name of Business  
**ECM NOTARY SERVICE**  
4805 Frazee Rd #306, Oceanside, CA 92057  
County: San Diego  
This business is registered by the following:  
Anayansi Rivas, 4805 Frazee Rd #306, Oceanside, CA 92057  
This business is conducted by an Individual  
Registrant first commenced to transact business under the above name as of 06/08/2020  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 17, 2021  
**LEGAL: 5396**  
**PUBLISHED: March 4, 11, 18, 25, 2021**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9003080  
Name of Business  
**a. FALLBROOK OVERHEAD DOORS**  
**b. FALLBROOK GARAGE DOORS**  
**c. FALLBROOK OVERHEAD DOORS AND GATES**  
4065 Calle Canonero, Fallbrook, CA 92028  
Mailing Address: PO Box 991, Fallbrook, CA 92088  
County: San Diego  
This business is registered by the following:  
Frederick Access Systems, Inc., 4065 Calle Canonero, Fallbrook, CA 92028  
This business is conducted by a Corporation  
This Corporation is registered in the state of California  
Registrant first commenced to transact business under the above name as of 07/26/2001  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Mar 01, 2021  
**LEGAL: 5401**  
**PUBLISHED: March 11, 18, 25, April 1, 2021**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9002124  
Name of Business  
**A RUIZ FLOWERS**  
966 E. Alvarado St., Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
a. Veronica Alegria Ruiz, 966 E. Alvarado St., Fallbrook, CA 92028  
b. Alejandro Ruiz Soto, 966 E. Alvarado St., Fallbrook, CA 92028  
This business is conducted by a Married Couple  
Registrant first commenced to transact business under the above name as of 04/18/11  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 5, 2021  
**LEGAL: 5394**  
**PUBLISHED: March 4, 11, 18, 25, 2021**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9002854  
Name of Business  
**KEITH DECUIR MANUFACTURING**  
429 Industrial Way Suite A, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
a. Holly Raye DeCuir, 1321 S. Stagecoach Lane, Fallbrook, CA 92028  
b. Keith Adolph DeCuir, 1321 S. Stagecoach Lane, Fallbrook, CA 92028  
This business is conducted by a Married Couple  
Registrant first commenced to transact business under the above name as of 12/1/96  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 23, 2021  
**LEGAL: 5403**  
**PUBLISHED: March 11, 18, 25, April 1, 2021**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9002891  
Name of Business  
**ART & FRAME STUDIO**  
610 E. Vista Way, Vista, CA 92084  
County: San Diego  
This business is registered by the following:  
Gina Lou Osborne, 610 E. Vista Way, Vista, CA 92084  
This business is conducted by an Individual  
Registrant first commenced to transact business under the above name as of 2/6/06  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 24, 2021  
**LEGAL: 5400**  
**PUBLISHED: March 11, 18, 25, April 1, 2021**

## Fictitious Business Name

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9003522  
Name of Business  
**a. EAVA DRAINS**  
**b. MY HOUSE SOLUTIONS**  
4098 Ivey Vista Way, Oceanside CA 92057  
County: San Diego  
This business is registered by the following:  
Abelardo Lopez Barroso, 4098 Ivey Vista Way, Oceanside CA 92057  
This business is conducted by an Individual  
Registrant first commenced to transact business under the above name as of 01/01/21  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON March 4, 2021  
**LEGAL: 5404**  
**PUBLISHED: March 18, 25, April 1, 8, 2021**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9003413  
Name of Business  
**AUTOMOTRIZ PAREDES**  
231 N Wisconsin St, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Edward Paredes, 231 N Wisconsin St, Fallbrook, CA 92028  
This business is conducted by an Individual  
Registrant first commenced to transact business under the above name as of 04/01/19  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON March 4, 2021  
**LEGAL: 5406**  
**PUBLISHED: March 18, 25, April 1, 8, 2021**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9003246  
Name of Business  
**BENEFIX**  
33 Gateview Drive, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
AveNew Solutions LLC, 33 Gateview Drive, Fallbrook, CA 92028  
This business is conducted by a Limited Liability Company  
This LLC is registered in the state of California  
Registrant first commenced to transact business under the above name as of 02/10/21  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON March 3, 2021  
**LEGAL: 5407**  
**PUBLISHED: March 18, 25, April 1, 8, 2021**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9003239  
Name of Business  
**SEVEN SIXTY FREIGHT LINES**  
537 Alturas Rd, Apt C, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
Jesus Acosta Raya, 537 Alturas Rd, Apt C, Fallbrook, CA 92028  
This business is conducted by an Individual  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON March 3, 2021  
**LEGAL: 5408**  
**PUBLISHED: March 18, 25, April 1, 8, 2021**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9003532  
Name of Business  
**ROCKZZ BOUTIQUE**  
11994 Knoeffler Dr., Riverside, CA 92505  
County: Riverside  
This business is registered by the following:  
Roxanne V Zuniga, 11994 Knoeffler Dr., Riverside, CA 92505  
This business is conducted by an Individual  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON March 4, 2021  
**LEGAL: 5409**  
**PUBLISHED: March 18, 25, April 1, 8, 2021**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9002148  
Name of Business  
**U.S. BOAT AND RV SUPPLY**  
4065 Oceanside Blvd., Suite Q, Oceanside CA 92056  
County: San Diego  
This business is registered by the following:  
Daddybug, Inc., 4065 Oceanside Blvd., Suite Q, Oceanside CA 92056  
This business is conducted by a Corporation  
This Corporation is registered in the state of California  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 5, 2021  
**LEGAL: 5388**  
**PUBLISHED: February 25, March 4, 11, 18, 2021**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9002495  
Name of Business  
**ACTION RECRUITING**  
1678 Camino de Nog, Fallbrook, CA 92028  
County: San Diego  
This business is registered by the following:  
JG ACTION Enterprises, 1678 Camino de Nog, Fallbrook, CA 92028  
This business is conducted by a Corporation  
This Corporation is registered in the state of California  
Registrant first commenced to transact business under the above name as of 02/01/16  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Feb 10, 2021  
**LEGAL: 5389**  
**PUBLISHED: February 25, March 4, 11, 18, 2021**

**FICTITIOUS BUSINESS NAME STATEMENT**  
File Number: 2021-9001104  
Name of Business  
**CHAMPELLELY COLLECTIVE**  
16387 Bernardo Center Dr., San Diego, CA 92128  
County: San Diego  
This business is registered by the following:  
a. Gerald Christopher Layug, 593 Iona Ct., Escondido, CA 92027  
b. Mark G. Lopez, 8023 Alava Circle, San Diego, CA 92126  
This business is conducted by a General Partnership  
THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Jan 27, 2021  
**LEGAL: 5390**  
**PUBLISHED: February 25, March 4, 11, 18, 2021**

## Change of Name

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
Case Number: 37-2021-00005230-CU-PT-NC  
TO ALL INTERESTED PERSONS  
Petitioner:  
**VICTORIA MERISE RUSSELL**  
Present Name:  
**VICTORIA MERISE RUSSELL**  
Proposed Name:  
**VICTORIA MERISE MURO**  
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.\*

**NOTICE OF HEARING**  
Date: 3/23/2021 Time: 8:30 am Dept: 25  
The address of the court is 325 South Melrose Dr., Vista, CA 92081, North County Division  
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News  
\*Due to the COVID-19 pandemic, which poses a substantial risk to the health and welfare of court personnel and the public, rendering presence in, or access to, the court's facilities unsafe, and pursuant to the emergency orders of the Chief Justice of the State of California and General Orders of the Presiding Department of the San Diego Superior court, the following Order is made:  
**NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.**

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120). If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to the petitioner. If all requirements have not been met as of the date specified, the court will mail the petitioner a written order with further directions. If a timely objection is filed, the court will set a remote hearing date and contact the parties by mail with further directions.

**A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED.** Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date.

Any Petition for the name change of a minor that is signed by only one parent must have this Attachment served along with the Petition and Order to Show Cause, on the other non-signing parent, and proof of service must be filed with the court.  
Date: Feb 04, 2021 Signed: Pamela M. Parker, Judge of the Superior Court.  
**LEGAL: 5397**  
**PUBLISHED: March 4, 11, 18, 25, 2021**

## Change of Name

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
Case Number: 37-2021-00005239-CU-PT-NC  
TO ALL INTERESTED PERSONS  
Petitioner:  
**IAIN JOSEPH RUSSELL**  
Present Name:  
**IAIN JOSEPH RUSSELL**  
Proposed Name:  
**IAIN JOSEPH MURO**

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

**NOTICE OF HEARING**  
Date: 3/23/2021 Time: 8:30 am Dept: 25  
The address of the court is 325 South Melrose Dr., Vista, CA 92081, North County Division  
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News  
\*Due to the COVID-19 pandemic, which poses a substantial risk to the health and welfare of court personnel and the public, rendering presence in, or access to, the court's facilities unsafe, and pursuant to the emergency orders of the Chief Justice of the State of California and General Orders of the Presiding Department of the San Diego Superior court, the following Order is made:  
**NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.**

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120). If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to the petitioner. If all requirements have not been met as of the date specified, the court will mail the petitioner a written order with further directions. If a timely objection is filed, the court will set a remote hearing date and contact the parties by mail with further directions.

**A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED.** Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date.

Any Petition for the name change of a minor that is signed by only one parent must have this Attachment served along with the Petition and Order to Show Cause, on the other non-signing parent, and proof of service must be filed with the court.  
Date: Feb 04, 2021 Signed: Pamela M. Parker, Judge of the Superior Court.  
**LEGAL: 5398**  
**PUBLISHED: March 4, 11, 18, 25, 2021**

## Change of Name

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
Case Number: 37-2021-00005221-CU-PT-NC  
TO ALL INTERESTED PERSONS  
Petitioner:  
**NGAN KHANH LE**  
Present Name:  
**NGAN KHANH LE**  
Proposed Name:  
**ABRI KHANH LE**

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

**NOTICE OF HEARING**  
Date: 3/23/2021 Time: 8:30 am Dept: 25  
The address of the court is 325 South Melrose Dr., Vista, CA 92081, North County Division  
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News  
\*Due to the COVID-19 pandemic, which poses a substantial risk to the health and welfare of court personnel and the public, rendering presence in, or access to, the court's facilities unsafe, and pursuant to the emergency orders of the Chief Justice of the State of California and General Orders of the Presiding Department of the San Diego Superior court, the following Order is made:  
**NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.**

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120). If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to the petitioner. If all requirements have not been met as of the date specified, the court will mail the petitioner a written order with further directions. If a timely objection is filed, the court will set a remote hearing date and contact the parties by mail with further directions.

**A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED.** Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date.

Any Petition for the name change of a minor that is signed by only one parent must have this Attachment served along with the Petition and Order to Show Cause, on the other non-signing parent, and proof of service must be filed with the court.  
Date: Feb 04, 2021 Signed: Pamela M. Parker, Judge of the Superior Court.  
**LEGAL: 5393**  
**PUBLISHED: February 25, March 4, 11, 18, 2021**

## Change of Name

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
Case Number: 37-2021-00008314-CU-PT-NC  
TO ALL INTERESTED PERSONS  
Petitioner:  
**FRANCISCA CORDOVA ESCALERA**  
Present Name:  
**FRANCISCA CORDOVA ESCALERA**  
**AKA FRANCISCA CHRISTINA ESCALERA**  
**AKA FRANCES CHRISTINA DURAN**  
**AKA FRANCES ESCALERA DURAN**  
**AKA FRANCISCA DURAN**  
**AKA FRANCES C. DURAN**  
**AKA FRANCES C DURAN**  
**AKA FRANCES E. DURAN**  
**AKA FRANCES E DURAN**  
Proposed Name:  
**FRANCES C. DURAN**

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

**NOTICE OF HEARING**  
Date: 4/20/21 Time: 8:30 am Dept: 25  
The address of the court is 325 South Melrose Dr., Vista, CA 92081, North County Regional Center  
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News  
\*Due to the COVID-19 pandemic, which poses a substantial risk to the health and welfare of court personnel and the public, rendering presence in, or access to, the court's facilities unsafe, and pursuant to the emergency orders of the Chief Justice of the State of California and General Orders of the Presiding Department of the San Diego Superior court, the following Order is made:  
**NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.**

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120). If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to the petitioner. If all requirements have not been met as of the date specified, the court will set a remote hearing date and contact the parties by mail with further directions.

**A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED.** Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date.

Any Petition for the name change of a minor that is signed by only one parent must have this Attachment served along with the Petition and Order to Show Cause, on the other non-signing parent, and proof of service must be filed with the court.  
Date: Mar 01, 2021 Signed: Pamela M. Parker, Judge of the Superior Court.  
**LEGAL: 5402**  
**PUBLISHED: March 11, 18, 25, April 1, 2021**

## Change of Name

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
Case Number: 37-2021-00005304-CU-PT-NC  
TO ALL INTERESTED PERSONS  
Petitioner:  
**LISSETTE MURO RUSSELL**  
Present Name:  
**LISSETTE MURO RUSSELL**  
Proposed Name:  
**LISSETTE CLAUDIA MURO**

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

**NOTICE OF HEARING**  
Date: 3/23/2021 Time: 8:30 am Dept: 25  
The address of the court is 325 South Melrose Dr., Vista, CA 92081, North County Division  
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News  
\*Due to the COVID-19 pandemic, which poses a substantial risk to the health and welfare of court personnel and the public, rendering presence in, or access to, the court's facilities unsafe, and pursuant to the emergency orders of the Chief Justice of the State of California and General Orders of the Presiding Department of the San Diego Superior court, the following Order is made:  
**NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.**

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120). If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to the petitioner. If all requirements have not been met as of the date specified, the court will mail the petitioner a written order with further directions. If a timely objection is filed, the court will set a remote hearing date and contact the parties by mail with further directions.

**A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED.** Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date.

Any Petition for the name change of a minor that is signed by only one parent must have this Attachment served along with the Petition and Order to Show Cause, on the other non-signing parent, and proof of service must be filed with the court.  
Date: Feb 04, 2021 Signed: Pamela M. Parker, Judge of the Superior Court.  
**LEGAL: 5399**  
**PUBLISHED: March 4, 11, 18, 25, 2021**

## Change of Name

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
Case Number: 37-2021-00008873-CU-PT-NC  
TO ALL INTERESTED PERSONS  
Petitioner:  
**ALISSA CERISE QUAM**  
Present Name:  
**ALISSA CERISE QUAM**  
Proposed Name:  
**ALISSA CERISE LOVE**

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

**NOTICE OF HEARING**  
Date: 4/21/21 Time: 8:30 am Dept: 25  
The address of the court is 325 South Melrose Dr., Vista, CA 92081, North County Regional Center  
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Village News  
\*Due to the COVID-19 pandemic, which poses a substantial risk to the health and welfare of court personnel and the public, rendering presence in, or access to, the court's facilities unsafe, and pursuant to the emergency orders of the Chief Justice of the State of California and General Orders of the Presiding Department of the San Diego Superior court, the following Order is made:  
**NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE.**

The court will review the documents filed as of the date specified on the Order to Show Cause for Change of Name (JC Form #NC-120). If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (required at least two court days before the date specified), the Petition for Change of Name (JC Form #NC-100) will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to the petitioner. If all requirements have not been met as of the date specified, the court will mail the petitioner a written order with further directions. If a timely objection is filed, the court will set a remote hearing date and contact the parties by mail with further directions.

**A RESPONDENT OBJECTING TO THE NAME CHANGE MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED.** Do not come to the court on the specified date. The court will notify the parties by mail of a future remote hearing date.

Any Petition for the name change of a minor that is signed by only one parent must have this Attachment served along with the Petition and Order to Show Cause, on the other non-signing parent, and proof of service must be filed with the court.  
Date: March 2, 2021 Signed: Pamela M. Parker, Judge of the Superior Court.  
**LEGAL: 5410**  
**PUBLISHED: March 18, 25, April 1, 8, 2021**





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HEALTH

Palomar nursing students assist in vaccination effort

ESCONDIDO – Inside the parking structure at Palomar Health’s downtown Escondido campus, nursing students from Palomar College have been assisting with one of North County’s COVID-19 vaccination sites to earn crucial clinical hours.

Amid the ongoing challenges of the COVID-19 health crisis, the college’s Nursing Education Department has been forced to find creative ways for its students to earn the requisite hours, after most hospitals suspended academic access because of the virus.

Julianne Van Houten, chair of the Nursing Education Department, said that by the end of the semester all 136 students in the program will have rotated through the vaccination site.

“The students are learning valuable nursing skills, such as coordination of a vaccination event during a pandemic,” Van Houten said. “They get to practice giving intramuscular injections, and they get to assess patients for any adverse reactions post-vaccination.”

Van Houten said a similar partnership with Tri-City Medical Center is still in the planning stages, and students have also been able to earn hours screening employees, students and visitors

for COVID-19 symptoms at Palomar College’s San Marcos campus.

To earn their nursing credentials, students must log 144 clinical hours during their first semester and 160 hours in their last three terms. Currently, only 25% to 50% of those hours have to be spent performing direct patient care. Van Houten said Scripps Green in La Jolla is the only hospital in the area accepting students for clinicals this semester.

“Since we opened, we have had a key partnership with Palomar Health, and we greatly appreciate the experiences provided to our students by Palomar Health, in all aspects,” she said. “I’m really hopeful we’ll be back in the fall, and we look forward to resuming our clinical partnership at the hospital.”

“I am really proud of the work and dedication of our nursing program faculty and leadership as they have been extremely diligent in resolving the challenges around providing clinical hours for our nursing students,” Jack Kahn, interim superintendent and president of Palomar College, said.

Jennifer Miller, a second-semester nursing student at Palomar College, said she got some hospital experience in the



Nursing students at Palomar College earn requisite hours by assisting at one of North County’s COVID-19 vaccination sites. Village News/Courtesy photo

spring before the pandemic began, but she has been earning her clinical hours this semester at the vaccination site and at the campus COVID-19 symptom screening stations.

“It’s exciting to be able to help,”

Miller, who lives in Oceanside, said. “I really enjoyed it. We were actually giving the vaccine, and that’s a skill we’re learning this semester, so now I feel like I have mastered that skill.

“Everyone who is there to get a

vaccine wants to be there,” Miller said. “Aside from the fact that we want to be training in the hospital, given the situation we’ve been handed, this made it a little better.”

Submitted by Palomar College.

Learn how to navigate the world post-vaccination

SAN DIEGO –With each passing day, vaccinations are being distributed and California is slowly opening back up. Older adults, who so often were categorized as a high risk population to contract COVID-19, are receiving their vaccinations and are now able to venture out, with some doing so for the first time since the pandemic began a year ago.

The community is once again facing another new normal, which can bring about many questions and fears. To help overcome this new challenge, nonprofit San Diego Oasis will host a free online community conversation in collaboration with Sharp Healthcare and West PACE Friday, March 26, from 1 p.m. to 2:30 p.m. This is a free event, but registration is required. To register go to <http://san-diego.oasiseverywhere.org>.

“As the pandemic becomes less dominant, many people, especially our older adults, have many questions that have yet to

be answered,” Simona Valanciute, president and CEO of San Diego Oasis, said. “We want to ensure our members and other older adults in our region and around the country feel safe and prepared to journey back out into the community and meet with friends and family. We’re excited to team up with like-minded individuals and local organizations that also work hard to support and empower our older adult community.”

**Who are the panelists and what to expect**

Valanciute will moderate the virtual panel discussion with professionals and field experts who will provide insights, perspectives and answers to the question “What now?”

The panelists will be Ken Druck, bestselling author of “Courageous Aging” and expert on resilience; Dr. Daniel Hoefer, family physician at Sharp Healthcare; April Hall, registered nurse care

coordinator at Gary & Mary West PACE – Program of All-Inclusive Care.

The webinar will reflect on and review the past year, and how it challenged the older adult community, as well as discuss what we face now as the pandemic becomes less dominant.

Attendees will have an opportunity to talk about their fears, experiences and mourn their losses during this challenging year. The panelists will also discuss the best approaches and plans to prepare for reopenings and what it will look like for older adults even once vaccinated.

**Why this topic is important**

Everyone has a parent, grandparent, neighbor, friend or family member who has been isolated and alone during the pandemic. But when other senior recreation programs closed their doors, San Diego Oasis never slowed down.

The nonprofit moved all of its classes online successfully, quickly becoming a “senior center without walls,” offering hundreds of workshops to combat social isolation among older adults and to encourage community, connection and conversation.

San Diego Oasis knew how critical it was to keep older adults moving and stimulated during such an uncertain time and by shifting its classes online, San Diego Oasis has attracted an audience from all over the U.S., not just San Diego, and is also hosting instructors from world-class institutions.

The nonprofit works year-round to change the way people experience aging and encourages older adults to pursue meaningful lives through education and service, as well as strives to provide engagement, learning and peer communication to the older adult population to keep them active, healthy and involved in the world.

For nearly 40 years, San Diego Oasis has been the pioneers of senior engagement.. Through its upcoming online community conversation, the organization hopes to provide relief to older adults that are curious, nervous or excited to explore the community once again.

“Many more people need to be vaccinated and it may take a while longer to reduce the threat that the COVID-19 virus has posed for a year, but we will continue to progress and encourage our older adults to remain hopeful and confident as we transition into the next phase of the pandemic,” Valanciute said. “We want older adults throughout our region to know they’ve never been alone and that San Diego Oasis is here to help keep them connected, engaged and independent.”

Learn more at <http://www.SanDiegoOasis.org> or call 619-881-6262.

Submitted by San Diego Oasis.

Exposure to pollution has long-term effect on multiple generations

WASHINGTON – When severe forest fires blanketed Oregon and California in 2020 with a thick layer of smoke, the high concentrations of fine particulate matter created one of the worst air pollution events in recent history.

A large body of research has documented that breathing in these fine particulates has severe negative health impacts, leading to cardiovascular disease and respiratory illness, and, in some cases, death.

Exposure to fine particulates has also been linked to lower educational attainment and reduced earnings.

New research by the U.S. Census Bureau suggested that exposure to fine particulates not only harms those directly exposed but may also indirectly impact the economic health of their children and grandchildren.

In a recent U.S. Census Bureau working paper co-written with Jonathan Colmer, an assistant

professor at the University of Virginia, the bureau explored the long-term and multigenerational effects of pollution.

The work found that pollution affects not only individuals exposed directly and those exposed while in the womb but also the “second generation” or children of those directly exposed.

In other words, if a woman is exposed to pollution while pregnant, it may affect both the child she’s carrying and her grandchildren.

For example, according to the findings, children whose parents were exposed to less air pollution were more likely to attend college as adults and, consequently, have higher expected earnings.

To examine this, the Census Bureau first identified hundreds of millions of links between parents and children in the 2000 and 2010 decennial censuses. The bureau used the American Community Survey to measure whether the

children later attended college and administrative records to identify where the parents were born.

By combining these stats with measures of outdoor air quality from the Environmental Protection Agency, the bureau measured exposure to particulate matter when parents were in the womb.

**Effect of pollution**

To examine what drives the effects of pollution exposure across generations, bureau first compared adopted second-generation individuals to biological children in the second generation.

We found no substantial differences, suggesting that the intergenerational effects of pollution exposure do not work through a biological channel.

But the Census Bureau did find that how much parents earn and invest in their children has an impact. When the first generation was exposed to less pollution, they tended to have higher earnings and spend more time on child-enrichment activities, suggesting that the effect on the next generation is driven by these parental investments.

**Pollution and demographics**

This research is especially important in light of several other recent papers that have shown there are substantial disparities in pollution exposure across different demographic groups.

A Census Bureau working paper from 2020 shows that African Americans were exposed to higher levels of particulate matter than Whites, although this gap has narrowed in the last two decades.

Another paper, recently published in Science, shows that while air quality has improved dramatically since the 1980s, the most polluted neighborhoods in 1981 were still the most polluted 30-40 years later.

Together, these results suggest that disparities in exposure to environmental hazards may be an important driver of differences in economic opportunity. Poor people are exposed to more pollution but pollution also harms the economic well-being of poor people and their children.

**Connecting the dots with census data**

Census Bureau data is invaluable

in the study of the connections between the environment, population and the economy.

To facilitate the use of this data, researchers in the Center for Economic Studies formed the Environment, Natural disasters and Energy Research Group. The group works to foster new innovative research and disseminate environmental insights produced from census data with a goal of developing new public-use data products.

The research and statistics show how the environment – air and water pollution, a changing climate and increasingly damaging natural disasters – affects America’s people and businesses.

An important part of this research is to understand how these effects interact with issues of environmental justice and the disproportionate environmental burden on disadvantaged communities. Answering these questions offers an exciting new opportunity for the Census Bureau.

Submitted by the U.S. Census Bureau.



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# FRHD Chair Salmon receives award



FALLBROOK – Howard Salmon, chair of the Fallbrook Regional Health District’s board of directors, received the 2020 American College of Healthcare Executives Recognition Program Service Award acknowledging his contributions to health care leadership excellence.

The ACHE Recognition Program celebrates members’ commitment to the health care management profession. Recognition is bestowed at three levels, based on a range of specific volunteer

Howard Salmon of the Fallbrook Regional Health District receives 2020 American College of Healthcare Executives Recognition Program Service Award.

Village News/Courtesy photo

activities that demonstrate leadership and contributions to furthering professional excellence. All active ACHE members are eligible to be recognized.

Salmon was initially elected to the FRHD board of directors in 2014 and is currently in his third year serving as chair. In addition, he serves as the Association of California Healthcare District’s chair of the board.

Fallbrook Regional Health District is a special district covering affordable community health

needs for residents of Bonsall, De Luz, Fallbrook and Rainbow. The district supports community health services addressing top health disparities, including behavioral health, cancer, diabetes, heart disease and stroke. Beginning in 2020 and continuing is 2021, the district helps to facilitate COVID-19 testing sites working with San Diego County, Cal Fire and North County Fire Protection District.

*Submitted by the Fallbrook Regional Health District.*

# Wreaths Across America Radio to host first radio roundtable on veteran healing

COLUMBIA FALLS, Maine – Wreaths Across America Radio announced the first in a series of four roundtable discussions focused on veteran healing through sharing stories of resilience, purpose and success. This live discussion will take place Thursday, March 25, at 7 p.m. Eastern time and can be heard on WAAR, <https://wreathsacrossamerica.org/radio>.

The goal of the roundtable series is to help reduce barriers for veterans by supporting generational bonds between service veterans through stories of service and success; destigmatizing issues faced by veterans and asking for help; combating inaccurate perceptions of veterans by discussing the diverse experiences, challenges and success of service members, veterans, and their families and connecting veterans with valuable resources.

This first roundtable, “Service,

Resilience, Success,” will include two guest panelists.

Retired Army Maj. Gen. Peter “Pete” Aylward is the director of The United States of America Vietnam War Commemoration. As such, he leads the daily operations of this Secretary of Defense program, authorized by Congress, to thank and honor Vietnam veterans and their families for their service and sacrifice. Aylward held a variety of command and staff assignments including commander of the 26th Infantry Brigade (Light) 29th Infantry Division; deputy director of plans and policy for Northern Command in Colorado Springs and deputy director of domestic operations for the National Guard Bureau in Arlington, Virginia.

He also served on the White House Homeland Security Council Domestic Resiliency Group and was the director of the Department

of Defense’s Pandemic Influenza Task Force.

Edward “Ed” McEvoy is the national outreach program specialist with the Department of Veterans Affairs’ Readjustment Counseling Service. He is responsible for developing national outreach policy, guiding national outreach efforts and establishing and maintaining national-level partnership efforts to improve outreach effectiveness. McEvoy began his VA career with RCS at the Center City Vet Center in Philadelphia, as an outreach specialist. Before his VA career, he served in the United States Marine Corps for seven years and deployed to Iraq in 2003, 2005 and 2008.

The guest panelists will be interviewed by retired Army Capt. Joe Reagan and Karen Worcester, executive director of Wreaths Across America.

“I think this is going to be a meaningful discussion,” Susan Patten, program manager for Wreaths Across America Radio, said. “As everyone involved has a synergy of mission and a deep understanding of veterans’ needs and the needs of their families. We look forward to this opportunity to offer stories and the importance in addressing veterans’ healing.”

Anyone can listen to Wreaths Across America Radio’s 24/7 internet stream anywhere at <http://www.wreathsacrossamerica.org/radio>, and most recently, via the iHeart Radio app or download it at the App Store or on Google.

Subsequent broadcasts will be Thursdays, June 24, Sept. 23 and Dec. 23. All panel discussions which will be held live on WAAR.

*Submitted by Wreaths Across America Radio.*

# COVID-19 hospitalizations reach new lows

Will Fritz  
Associate Editor

Coronavirus hospitalizations in northern San Diego and southwestern Riversiden counties now stand at their lowest points in months, according to the latest data released by the U.S. Department of Health and Human Services.

Per a data release from March 8, which is based on statistics from hospitals across the nation for the seven days preceding Feb. 26, individuals with COVID-19 now make up just 10% of patients at Temecula Valley Hospital and 11% of those at Southwest Healthcare System (which includes Inland Valley and Rancho Springs medical centers in Wildomar and Murrieta, respectively), Loma Linda University Medical Center Murrieta and Palomar Medical Center Escondido.

As recently as January, many local hospitals were reporting that upwards of half of all patients were coronavirus-positive. At the peak of the third wave of the pandemic in January, Loma Linda University Medical Center Murrieta reported more than two-thirds of its patients were coronavirus-positive.

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

**Temecula Valley Hospital**  
Total beds (7-day average): 138.7 (130.1 last week)  
Total inpatient beds used (7-day average): 129.0 (120.4 last week)  
Total adults hospitalized, confirmed COVID-19 positive (7-day average): 12.4 (18.7 last week)  
ICU beds (7-day average): 20.1 (20.6 last week)  
ICU beds used (7-day average): 18.7 (20.0 last week)

**Southwest Healthcare System (Inland Valley and Rancho Springs medical centers)**  
Total beds (7-day average): 210.7 (224 last week)  
Total inpatient beds used (7-day average): 200.9 (211.4 last week)  
Total adults hospitalized, confirmed COVID-19 positive (7-day average): 20.4 (27.7 last week)  
ICU beds (7-day average): 25.6 (24.9 last week)  
ICU beds used (7-day average): 23.0 (23.3 last week)

**Loma Linda University Medical Center Murrieta**  
Total beds (7-day average): 145 (132.6 last week)  
Total inpatient beds used (7-day average): 131.6 (121.1 last week)  
Total adults hospitalized, confirmed COVID-19 positive (7-day average): 14.6 (17.9 last week)

ICU beds (7-day average): 20.3 (21 last week)  
ICU beds used (7-day average): 17.0 (17.7 last week)

**Palomar Medical Center Escondido**  
Total beds (7-day average): 392.7 (400.9 last week)  
Total inpatient beds used (7-day average): 269.1 (293.4 last week)  
Total adults hospitalized, confirmed COVID-19 positive (7-day average): 32.9 (59.3 last week)  
ICU beds (7-day average): 36.7 (44.9 last week)  
ICU beds used (7-day average): 35 (44.9 last week)

*Will Fritz can be reached by email at [wfritz@reedermedia.com](mailto:wfritz@reedermedia.com).*

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[sales@reedermedia.com](mailto:sales@reedermedia.com)

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SPORTS

Lady Warriors tangle with Nighthawks



Fallbrook's Erica Garcia battles for the ball against the Del Norte Nighthawks during a varsity field hockey game, March 8.



Lady Warrior Hazel Rodriguez races with the ball against the Nighthawks.

Village News/Shane Gibson photos



Lady Warrior Taylor Sanchez faces off against a Nighthawk opponent. Del Norte won the game 8-0.



Lady Warrior Taylor Sanchez gains possession of the ball against Del Norte.



Fallbrook's Cassy Ramirez makes a pass to a Fallbrook teammate during a varsity field hockey game against Del Norte.



Fallbrook's Mallory Sehnert stays ahead of her Del Norte opponent in a race to control the ball.

Contreras fifth, Crain 16th in final home cross-country meet

Joe Naiman  
Village News Reporter

In 2013, the North County Conference changed from dual cross-country meets to league cluster meets in which all of the league's schools participate, but the coronavirus precautions returned this season's meets to the dual meet format to limit the number of people at one meet.

Fallbrook High School had two home meets for the 2020-2021 cross-country season, so the March

5 meet was the final meet at home for seniors Danny Contreras and Jacob Crain.

The seniors were not honored before the race, which was the case because spectators were only allowed to watch from their vehicles. Contreras finished fifth in the boys' race and Crain was the 16th boy across the finish line.

The two coaches at each meet determine what distance is most suitable for the two schools' athletes. Marco Arias is Fallbrook's boys' coach and also coached the

Warriors' girls' March 5, since girls coach Vickie Knox was in Texas. Arias along with Ramona coaches Sherri Edwards and Steve Albanese decided upon a 3.0-mile course for the boys and a 2.75-mile course for the girls.

"We hadn't run this course since the format change," Arias said.

Fallbrook also had a home meet Feb. 12, against Valley Center High School, and the coaches agreed upon a 2.0-mile course for both boys and girls. That was the first meet of the year, so the additional experience allowed the distance to be increased when Ramona High School's teams visited Fallbrook.

"They ran the traditional former course, and they liked it," Arias said. "They had a good time."

Cross-country team scores are derived by adding the positions of a school's first five finishers; the sixth and seventh finishers from each team are not scored but can add points to opponents' totals. If a school does not have at least five runners a team score is not given. Ramona's boys defeated Fallbrook by a 16-43 margin while the Warriors only had four girls. The results gave Fallbrook's boys a 1-3 season record while the Warriors girls forfeited their fourth consecutive meet. Ramona's boys and the

Bulldog girls both improved their season records to 4-0.

In each of Ramona's three previous meets, sophomore Travis Petton was the first boys' finisher while senior Brandon McGuinness took second place. It also occurred in Fallbrook when Petton won in 16 minutes, 55 seconds and McGuinness completed the race 17:02 after it began. Ramona junior Tyler Erautt had the third-place time of 18:02 while Ramona senior Scott Wiggins finished fourth at 18:05.

"They had four really strong boys," Arias said.

Contreras prevented a Ramona sweep with a time of 18:30.

"He went out and gave a pretty good performance," Arias said.

Arias said that Contreras excels on hills.

"All the courses we've been running have been pretty flat," Arias said.

The Fallbrook course utilized one hill, although the runners ascended and descended – not necessarily in that order – that hill twice.

"It's a challenging hill," Arias said.

Ramona junior Christopher Allen had a time of 18:41 for sixth place while Fallbrook junior Dawson Fluck finished in 18:47 to take seventh. A time of 19:21 gave

Ramona sophomore Ryan Pilar eighth place. Fallbrook freshmen took ninth and 10th; Fisher Phillips completed the course in 19:21 and Devin Huntington took 19:50.

Crain had a time of 24:35. Fallbrook freshman Braven Ford became the 17th finisher 25:54 after the starter's gun was fired.

Although Fallbrook only had four runners on the girls' team against Ramona, freshman Rori Gartner was second, freshman Avery Lynas finished third, freshman Abby Petersen was the fourth runner across the finish line and junior Maddy Gaul took ninth place.

"We would have definitely given them a run for their money with one more girl," Arias said.

Ramona senior Ariel Olvera-Kovacic won her third race of the season and finished in 18:07. "She has tremendous talent," Arias said.

Gartner posted a time of 18:59, Lynas raced for 19:00 and Petersen had a 19:09 performance. The fifth-place runner, Ramona junior Yvette Martinez, finished in 20:08. Gaul completed the race 22:23 after it started.

The Fallbrook team members said they would have preferred to have defeated their Ramona counterparts but settled for the opportunity to race at home.

"They seemed to really enjoy it," Arias said. "They really liked having the home turf aspect of it."

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



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# Warriors return to on-campus tennis courts with win

**Joe Naiman**  
Village News Reporter

A Fallbrook High School tennis match was played on the campus for the first time this century, and the Warriors defeated Tri-City Christian in the March 4 competition.

The match was also the first combined boys’ and girls’ tennis match in school history. The coronavirus shutdown compressed the three normal CIF seasons into two for 2020-2021, and boys’ and girls’ tennis were combined including mixed doubles sets for the first time in San Diego Section history.

“It went smoothly other than the fact that it got dark,” Fallbrook coach Bill Lenaway said. “The important thing is we are playing.”

Fallbrook obtained a 10-5 triumph over Tri-City Christian. Two of the sets were uncompleted, although the Warriors held a lead in both.

“We did OK. It’s going to be a learning process,” Lenaway said.

Girl’s tennis has been a fall sport ever since it became a CIF San Diego Section sport in 1974, and boys’ tennis has been a spring sport since the San Diego Section was founded in 1960. In a normal boys’ or girls’ season, three singles players from each school play sets against each of the other school’s singles players while three doubles tandems from each team face each of their doubles’ counterparts. One team point is given for each set won, and if each team wins nine sets the tiebreaker of games won is used to determine the team winner. This season’s format consists of three boys’ singles sets, three girls’

singles sets, three boys’ doubles sets, three girls’ doubles sets, and five mixed doubles sets.

“The new format is interesting. I’m still working my way to set my lineup,” Lenaway said.

A boy or girl is limited to two sets in a match, so a school must have at least seven boys and seven girls to avoid forfeiting any sets. This season Fallbrook has 14 girls and 10 boys. The Warriors do not have junior varsity teams.

Both the Fallbrook girls and the Warrior boys had played home matches at the Fallbrook Tennis Club before the return to the campus courts this year.

“We had all of our courts resurfaced,” Lenaway said.

The renovation of the on-campus courts also included new nets and new screening.

“It’s a brand-new facility,” Lenaway said.

Lenaway utilized senior Ethan Lenaway, junior Nolan Sim and junior Nash Youngren as Fallbrook’s boys’ singles players against Tri-City Christian, and all won 6-1 sets.

“I think our boys’ singles players played very well,” Bill Lenaway said.

The boys’ doubles team of sophomore Joseph Tygert and junior Daniel Winton prevailed by a 6-1 margin. Youngren and Sim had a 6-2 boys doubles win, as did juniors Angel Leon and James Smith.

Two Fallbrook girls won singles sets; junior Carly Hawkins obtained a 6-1 victory and freshman Angelina Palmerin began her high school career with a 6-4 triumph. Tri-City Christian’s Emma Lijenback took a 6-4 win at the expense of Fallbrook junior Alexa Guadarrama.

Hawkins and Palmerin teamed for a 6-4 girls doubles win. The girls’ doubles set involving Fallbrook sophomores Cynthia Flor and Tracy Lopez was tied at six game apiece, triggering a tie breaking game to seven points with the requirement that a win must be by at least two points. That two-point margin was not obtained until Flor and Lopez scored their ninth point of the game when their counterparts had seven points. A Tri-City duo defeated senior Vronie Serrano and sophomore Erin Rowan in a 6-3 girls doubles set.

Tri-City Christian won two of

the three mixed doubles sets.

“A lot of our singles players aren’t used to playing doubles,” Lenaway said.

Serrano and Tygert had the only mixed doubles victory for the Warriors, taking six games while holding the Tri-City tandem to one game won. Guadarrama and Ethan Lenaway lost a 6-3 set. Rowan and Winton were on the short end of the 6-1 score.

Bill Lenaway said that the March 4 match was Fallbrook’s first under coronavirus protocol, which limited his ability to observe his players.

“I spent most of the match being the COVID-19 protocol

watchdog,” he said.

Flor and Leon had a 5-0 lead when their mixed doubles set was called due to darkness. Lopez and Smith were leading five games to three.

“I’m reasonably happy,” Lenaway said of the Warriors’ first match.

The Valley League for tennis this season consists of Fallbrook, Escondido, Ramona, San Pasqual, Valley Center and Vista. League play is scheduled to begin April 6.

Joe Naiman can be reached by email at [jnaiman@reedermedia.com](mailto:jnaiman@reedermedia.com).



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# Golshani hired as Warriors’ boys basketball coach

**Joe Naiman**  
Village News Reporter

Moe Golshani has been hired as the new Fallbrook High School boys’ basketball coach.

“I am extremely excited about the opportunity,” Golshani said.

Golshani replaces Ryan Smith, who took the position as the Oceanside High School coach. Golshani was hired March 3.

“It’s a tremendous hire,” Pat Walker, athletic director at Fallbrook High School, said. “He is something special.”

Golshani did not coach during 2019-2020 but was the head boys’ coach at Bishop Manogue Catholic High School in Reno, Nevada, for the previous five seasons. During those seasons, the Miners reached the Northern Nevada championship game three times, and twice were undefeated in Sierra League play.

Bishop Manogue also reached the 2018 Nevada state championship game before losing to Bishop Gorman High School of Las Vegas, and in 2019 the Miners won the Northern Nevada 4A championship and were in the final four at the state tournament.

Golshani also coached the Northern Nevada All-Star team in 2019, and several Bishop Manogue players received offers to play at the four-year or two-year college level.

“I’m pretty impressed with him,” Walker said.

The path to the 2018 state championship game included a victory over top-seeded Canyon Springs High School of North Las Vegas.

“We did not have a player over 6-foot-3 that played,” Golshani said. “We found a way to pressure them defensively.”

Defeating Canyon Springs gave Bishop Manogue a berth in the final against Bishop Gorman. “We hung tough with them for three quarters,” Golshani said.

Golshani made a sufficient impression upon Grant Rice, the head coach at Bishop Gorman that Rice served as a reference in Golshani’s application to coach at Fallbrook High School. The other three references Golshani listed are assistant coaches at four-year colleges.

The references indicated that Golshani’s skills include mentorship as well as tactics.

“Those kinds of things are powerful,” Walker said.

The 6-foot-2 Golshani, who was raised in the Sacramento suburb of Roseville, was a three-sport athlete at Sacramento Lutheran High School before his 1998 graduation. Golshani was a point guard and shooting guard on the Panthers’ basketball team, primarily a tight end with some snaps at offensive line for the football team, and a third baseman and first baseman on the baseball team.

Tom Abatemarco, head basketball coach at Sacramento State University, offered Golshani a scholarship, but Golshani broke a bone in his foot. He opted against surgery, and with the support of Abatemarco, he played junior college basketball at Sierra College in Rocklin during his freshman year. He broke the same bone while at Sierra College, however, ended his playing career as well as his season.

His brother and his brother’s friends were on an Amateur Athletic Union team, so Golshani began coaching at the AAU level.

“I fell in love with the game as far as being a coach,” he said.

Before Golshani moved to Northern Nevada, he coached Check-Up AAU Basketball Club teams ranging from third grade to high school varsity. He also joined the coaching staff of Mira Loma High School in Sacramento in 1999, and he was the head junior varsity coach and assistant varsity coach for nine seasons.

Golshani was not an on-campus coach and professionally is in the automobile dealership business. He moved to Reno, Nevada, in 2009 and became the general manager of a Dodge dealership. In 2012 he founded the Reno Kings AAU Basketball Club and was involved in that until relocating to Orange County in 2019.

In Nevada, 4A is the highest classification, and like California, the divisions are based on competitive balance rather than enrollment. Bishop Manogue Catholic High School has an enrollment of approximately 600 students.

“Kids bought in. That’s the most



Coach Moe Golshani is seen with his Bishop Manogue Catholic High School basketball team in Reno, Nevada where he coached for five years.

Village News/Courtesy photo

important thing,” Golshani said. “You can’t compromise toughness and effort. Those are the things that will lead you to victory down the road as we develop as a team.”

Golshani cited a second important factor.

“You’ve got to have the parents’ support and understanding,” he said.

Golshani will seek a tough preleague schedule for the Fallbrook High School team.

“I feel like that makes us better mentally down the stretch,” he said.

The Dodge dealership was sold in 2019. Golshani moved to the Laguna Niguel/Dana Point border and took a year off from coaching.

“I saw the opening for the Fallbrook job,” he said.

A Fallbrook position also eliminated the conflict of coaching his daughter’s team. Golshani’s older daughter is a freshman at Santa Margarita Catholic High School in Rancho Santa Margarita. His younger daughter is in sixth grade at St. Mary’s in Aliso Viejo.

Golshani learned more about Fallbrook.

“It was about an hour drive each way,” he said.

The town itself rather than the location appealed to Golshani.

“You’re the coach for the community,” he said. “I’m excited

about the fact that it’s a small community.”

The interview for the Fallbrook High School position was by Zoom teleconference, but Golshani visited the high school itself.

“I drove down and took a look at the campus,” he said.

Fallbrook had an 18-9 record in 2019-20 after finishing 1-25 in 2018-2019. The 2019-2020 squad which reached the CIF Division V semifinals included six seniors.

“It’s kind of like a rebuilding situation,” Golshani said. “We have a lot of young kids. We can groom these kids into our system.”

Golshani experienced rebuilding a program with Bishop Manogue, whose records were 4-20 for the 2012-2013 season and 11-11 in 2013-2014 before the Miners posted an 18-9 record in his first season as head coach.

“I look forward to doing the same thing here and most importantly getting to know and being a part of the community of Fallbrook,” Golshani said.

“I’m excited that he’s going to be able to connect with the community,” Walker said.

“I want to build a culture with longevity,” Golshani said. “I want to build something stable.”

Golshani said that the hometown

feel of Fallbrook can augment success.

“I believe it’s going to be awesome,” he said. “It uplifts the entire community. That’s what I’m excited about, being part of the success of the entire community.”

Tryouts began March 13. “This year’s going to be a challenge,” Golshani said.

The coronavirus shutdown compressed the normal fall, winter and spring CIF seasons into two seasons, so athletes who play multiple sports will have to select a sport.

“I actually encourage my kids to play multiple sports,” Golshani said.

If the three-season format is returned for 2021-2022 the basketball program will likely have more players. Golshani said he prefers the current situation to not playing at all.

“I’m glad that the CIF decided to move forward with this,” he said.

“I’m asking the kids to get excited because the way we play is going to be fun,” Golshani said. “I’m really excited to get back in the gym.”

Joe Naiman can be reached by email at [jnaiman@reedermedia.com](mailto:jnaiman@reedermedia.com).

# County expected to drop into red tier this week, after press time

**Will Fritz**  
Staff Writer

San Diego County was looking likely to drop down into the second-highest “red” tier of the state’s coronavirus reopening framework as of press time Monday, March 15.

California’s Department of Public Health modified the Blueprint for a Safer Economy to lead with opening activities when vaccines have been deployed to the hardest-hit communities – the floor for the purple tier will drop to 10 daily cases per 100,000 population once the state delivers a minimum 2 million doses to what it considers the hardest-hit Californians, a threshold that the state estimates it will hit this week.

San Diego County Supervisor Nathan Fletcher said last week that he was confident case numbers would allow the county to post a sub-10-per-100,000 case rate on Tuesday, March 16 – after Village News’ press deadline – which would allow the county to enter the red tier as early as the following day, Wednesday, March 17.

Once in the red tier, there will be limited allowances of indoor dining, gyms, movie theaters and other businesses and services.

Meanwhile, the California Department of Public Health updated reopening guidance on Thursday, March 11, to allow for outdoor breweries, wineries and distilleries to operate without having to serve food.

The change does not apply to bars in the purple or red tiers. For alcohol-producing businesses that already serve food, not much will change. Breweries, wineries and distilleries will still be able to operate as restaurants under the county’s current tier restrictions.

“I have been working with the San Diego Brewers Guild and the Governor’s Office for several weeks to establish a safe reopening plan, and I am glad breweries will now be able to open under the same guidelines as wineries,” Fletcher said. “This is good for brewers, good for our economic recovery and good for San Diego County.”

The new guidance, which went

into effect Saturday, March 16, also requires breweries to use a reservation system, limit patrons’ stays to no more than 90 minutes and end all on-site consumption by 8 p.m.

In the Fallbrook area, the 92028 ZIP code was already showing a coronavirus case rate of 6.4 per 100,000 as of the week of Feb. 21-27, the most recent week for which information is available, a level that would allow the area to move into the red tier were if measured as its own county.

That case rate is a drop from the 9.0 per 100,000 reported Feb. 14-20. The 92028 ZIP code showed 22 new coronavirus cases during Feb. 21-27,

down from 31 the week prior.

The county combines Bonsall’s 92003 ZIP code with Vista; the combined area had a case rate of 5.6 per 100,000 between Feb. 21-27, with 35 new cases reported in that timespan. Both of those statistics are down from the week prior – Bonsall-Vista had 44 new cases and a case rate was 11.7 per 100,000 in the week of Feb. 14-20.

There have been a total of 3,600 reported coronavirus cases in 92028, and 4,955 in the Bonsall-Vista jurisdiction, since the start of the pandemic last March.

Across San Diego County, health officials reported a total of 2,503 new coronavirus cases between

Monday, March 8, and Sunday, March 14 – about 300-400 per day until Sunday, when only 198 cases were reported.

With Sunday’s data, the total number of cases in the county rose to 265,471 and the death toll edged up to 3,452. Of 10,349 tests reported Sunday, 2% returned positive.

There were three community outbreaks reported Sunday with 15 reported in the last seven days. Cases associated with those outbreaks totaled 55.

Vaccine eligibility expanded again at press time Monday, this time to people with underlying health conditions, subject to vaccine availability.

All told, 709,220 – or 26.4% of San Diego County residents over the age of 16 – have received at least one dose of the two-shot vaccines and 430,376 people – or 16% – have been fully vaccinated.

The Del Mar Fairgrounds COVID-19 vaccination super site reopened Monday after vaccine shortages left it shuttered over the weekend. A vaccination event was also held at Palomar College’s Fallbrook campus last week, with more to be announced in the future.

Will Fritz can be reached by email at [wfritz@reedermedia.com](mailto:wfritz@reedermedia.com).

City News Service contributed to this report.

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# Golf season tees off for Native youth



Murrieta Valley Golf Range's resident golf professional, Jenn Holt, assists Antoine Warfield, 17, with his golfing technique during a recent Inter Tribal Sports golf clinic.

**Diane A. Rhodes**  
*Special to the Village News*

**TEMECULA** — As an organization designed to nurture well-rounded youth, Inter Tribal Sports combines athletics with wellness and cultural programs for Native youth in Southern California. It will host the opening day of its golf season April 3 at San Pasqual but is offering golf clinics through March at Murrieta Valley Golf Range to properly introduce the community to the new sport that ITS is offering.

The clinics are also designed to provide participants with the necessary tools and resources to allow them to have ultimate success during the season.

About a dozen golfers from age 14 to 18 were at the Feb. 27 clinic to work with some of the eight coaches that have signed up to be mentors throughout the season. Also on hand to work with the youth was Jenn Holt, resident golf pro at Murrieta Valley Golf Range.

"I just want to see kids have the opportunity to try this sport," she said. ITS Program Manager Raymond Santiago made sure things were running smoothly for the youth who attended the first clinic and focused on three areas of concentration: chipping, driving and putting. He said ITS offers different sports throughout the year to give those with previous skills a way to practice and improve and those with no experience to learn about the game.

"It's so great to start something new and see people excited about it," he said. "We have kids who are full-on high school athletes to some who have never participated in a sport before."

Raised on the Viejas Indian Reservation, Santiago has played on the Viejas ITS team since he was 12 years old. He has worked with tribal communities for the past 10 years and has been with ITS for the past three years. The Temecula-based nonprofit is dedicated to unifying tribal youth and communities through structured athletic programs along with providing necessary resources and developing a strong foundation in culture, leadership and wellness.

While learning and perfecting skills in various sports, ITS program participants are reminded of the values stressed by the nonprofit: having fun with a positive attitude while learning about leadership and healthy lifestyles and experiencing self-improvement and personal growth.

The day-to-day operations of the organization has been overseen since 2018 by executive director Isaiah Thompson, who began working for ITS in 2017 as its program coordinator.

"When I was a child growing up on the San Pasqual Reservation, I participated in multiple ITS programs such as basketball,

softball and all-star travel basketball," Thompson of San Diego said. "When I was younger, I participated in soccer, basketball, softball, cross country and track and field. Ultimately, cross country and track ended up being my calling as I won multiple CIF championships while attending Sherman Indian High School. Due to my athletic success in high school, I received an athletic scholarship to UC Irvine."

Thompson said knowing he is in a position to inspire future generations motivates him to be his best at all times.

"The ability to positively impact my own people has been the biggest satisfaction," he said. ITS staff work closely with the Board of Directors, coaches and tribal leaders to ensure that programs and activities are meeting the needs and expectations of the communities and that desired outcomes are being achieved.

Due to the pandemic shutting down so many sports, ITS sought community input in the form of a survey to help determine the needs of the people it serves.

"The ITS Board of Directors had a strategic planning meeting in 2020 to analyze the results and to determine what sports would have the most impact while being the safest for participants," Thompson said. "Golf is a completely new sport in our program. Traditionally, flag football would be during this time. A difficult decision was made to not offer flag football and offer golf instead in 2021. Golf is a great sport that allows individual competition and the ability for participants to keep a safe distance while competing."

He said during the COVID-19 pandemic, it was important for them to find ways to continue serving youth.

"The most difficult challenges have been the decrease in funding and the state restrictions that shut our program down," Thompson said. "In the state's eyes, we were deemed nonessential. We believe that our services are essential to the communities that we serve."



Antoine Warfield, of Sycuan, practices putting at the Murrieta Valley Golf Range during Inter Tribal Sports' first golf clinic ahead of its season opener on April 3.



Pritttye Pettiford, left and Antoine Warfield work on their driving skills during an Inter Tribal Sports golf clinic at Murrieta Valley Golf Range Feb. 27.

Village News/Diane A. Rhodes photos

ITS has very strong leadership at all levels and a great support system from our funders. The combination of both contributed to the organization's survival during the most challenging times."

Inter Tribal Sports is governed by a Board of Directors, comprised of a diverse group of individuals committed to youth interests in tribal communities. They are responsible for providing the overall direction of ITS.

Board president and Barona tribal member Brian Van Wanseele is one of about eight coaches working with ITS' inaugural golf season. He has been with the nonprofit since its infancy as a grass roots program in 2002 when a need was recognized for an organized, semi-competitive youth sports league. ITS earned nonprofit status in 2007 and Van Wanseele has served as president since 2008.

"I was not much of an athlete growing up, but I loved watching professional sports and went to college to become a PE teacher. I felt I could teach kids in a gentle way," he said. "What's cool about ITS is that it offers sports at a recreational level. Even if kids are not in shape or have never played a sport before, ITS is open and welcoming."

Inter Tribal Sports services 22 different tribes/tribal organizations throughout four different counties: Los Angeles, San Bernardino, Riverside and San Diego. In a typical year, ITS reaches 1,200-plus kids through its sports programs alone. ITS offers other enriching programs, including cultural gatherings, sports camps, group outings, wellness classes and leadership activities.

"We expect to have about 100 kids for the golf season, but that number continues to grow as the excitement builds throughout the communities," Thompson said. "The kids will play on tribal courses throughout our service area."

For more information, visit [www.intertribalsports.org](http://www.intertribalsports.org) or email [info@intertribalsports.org](mailto:info@intertribalsports.org).



Young golfers from the Barona Band of Mission Indians attended the first Inter Tribal Sports golf clinic at Murrieta Valley Golf Range. The season tees off April 3 at San Pasqual.



Inter Tribal Sports Executive Director Isaiah Thompson is pleased to be offering golf for the first time through the Temecula-based nonprofit.



Inter Tribal Sports board president Brian Van Wanseele is also serving as a coach for the nonprofit's inaugural golf season.







# Volunteers help provide shade for a healthful environment



Volunteers, including Bev Jones in the foreground, bring trees to the parking lot between Alvarado and Fig streets in 2006.



A shaded parking lot that produces a healthful environment is the work of a years long project of Save Our Forest.

FALLBROOK – The community parking lot between Alvarado and Fig streets now has trees creating real shade for cars that are often parked there all day or provide a parking place for those who shop on Main Avenue. This property owned by the Parking Lot Trust currently provides free parking for shoppers. These trees on Alvarado Street, Australian willows were planted by, and with continued maintenance by, Save Our Forest. This was through a grant and support from the Village Rotary Club in the year 2006.

The interior trees, Chinese elms, began with 15 gallon trees in 24” containers, then transferred into 36” boxes donated by Pardee Nursery. There followed years of growing in those containers, which were brightly and creatively painted by students from the Fallbrook High School Art Department to bring a little cheer to the wooden boxes. They were finally put into the ground in 2013.

Recently the Save Our Forest team had the help of a couple of community volunteers in preparing them for the summer months. They were Don Weeks of Village Rotary and Kevin Bresnahan, a great community volunteer who brought his small augur to dig into the dirt and remove old watering tubes.

Helping SOF downtown in the past, the Village Rotary has provided parking stops, helped with mulching and tree site cleanup.

This team attacked a problem that has developed over the years. That is loss of water. a precious commodity. The perforated watering tubes 3 feet long were placed in the tree wells when the trees were put into the ground. The purpose was to promote deep root growth to prevent eruption of the asphalt. Without this measure, tree roots will seek surface moisture.

Over the years, the capped pipes have been buried by dirt washing into and filling the tree wells and the pipes with dirt.

The trees are quite drought tolerant and will spread to a canopy width of 30 feet fulfilling the County standard for shade in parking lots. Breaking up the heat



High School Art Department students' work decorates the 36” containers to brighten the parking lot at the old library parking lot in 2008; the boxed trees were planted once the new library was built in 2010.

islands caused by large expanses of black asphalt is an important way to reduce pollution. Hot days in such a situation cause interior car temperatures of 140+ degrees.

Pollution from heated gasoline is released into the environment.

When asked, Jackie Heyneman said, “Twenty-five years of planting trees to promote a healthful environment requires that we continue to address any issues that destroy that purpose.”

Submitted by Save Our Forest.



SOF and community volunteers meet to correct loss of precious water at the parking lot between Fig and Alvarado streets, from left, Jackie Heyneman, Russ Heyneman, Don Weeks, and Kevin Bresnahan with his augur.

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# Three simple tips to save on pet expenses

Rebecca Gramuglia  
Special to Village News

As people continue to shop online for essentials, there’s one category that cannot be forgotten – pets.

And according to a recent survey conducted by TopCashback.com, the USA’s most generous cashback site, 27% of Americans spend between \$501 to \$1,000 on their furry friends per year. The survey polled a cross section

of 948 adults, aged 18 and over. **Furry friends?** For the question “Do you own a pet?” 83% answered yes, and 17% said no. The top four responses to “How

many pets do you own?” found people had one, 41%; two, 24%; three, 14%, and six or more, 9%. Me-ow much do you spend? On average, how much do people spend on their pet per year, including veterinarian expenses? According to the top five responses, 27% spent \$501 to \$1,000, 24% spent \$1,001 to \$2,500, 20% spent \$251 to \$500, 10% spent \$100 to \$250 and 8% spent \$2,501 to \$5,000. Do you spend more money on your pet than yourself? The survey found 20% answered yes, 45% said no and 35% responded sometimes. To the question, “What’s the biggest expense for your pet, aside from veterinarian expenses? The top five responses found daily food, 70%; accessories such as dog bed, collar, leash, etc., 9%; food treats, 9%; other, 5% and toys, 5%. Whether families have one pet or six pets, TopCashback.com suggested three simple tips to help save on pet expenses.

**Try to DIY.** With treats being a big expense for pets, try to save money and make them yourself. You may find that you already have nutritious ingredients in your kitchen. Plus, you’ll know exactly what is going into your furry friend’s food.

Pro-tip: Always check with your veterinarian to make sure the ingredients are safe. **Stack the savings.** There are lots of options for pets when it comes to food, accessories and even fun costumes. But it’s important to take the time to look for the item at its lowest price point by comparison shopping. Once you have the item at its lowest price point, see if you can stack on any additional savings with coupons, deals and credit card rewards. Plus, be sure to shop through a cashback site, like <http://TopCashback.com>, to score a percentage of your purchase in cash back from stores like PetSmart, Chewy, BarkBox and many more.

**Opt for in-store pickup.** Getting pet supplies delivered right to your doorstep may be extremely convenient. However, if you find yourself buying more products to reach the free shipping minimum, opt to pick up the items in-store. This option could help you score your typical online discounts while avoiding pesky shipping fees.

Rebecca Gramuglia is a consumer expert with TopCashback.com.



The Fallbrook/Bonsall

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### ORDINANCE NO. 349

#### AN ORDINANCE OF THE BOARD OF DIRECTORS OF THE FALLBROOK PUBLIC UTILITY DISTRICT SETTING THE AMOUNT OF PER DIEM COMPENSATION FOR THE BOARD OF DIRECTORS

\*\*\*\*\*

**WHEREAS**, Public Utilities Code Section 16002 provides that the Board of Directors may increase the amount of per diem compensation that may be received by members of the Board by an ordinance adopted pursuant to Water Code Section 20200, *et seq.*; and

**WHEREAS**, on February 24, 2020, the Board of Directors adopted Ordinance No. 346, setting per diem compensation at \$110.25 per day; and

**WHEREAS**, Water Code Section 20202 provides that the District may increase the amount of compensation which may be received by members of the Board of Directors in an amount not to exceed five percent (5%) for each calendar year since the effective date of the last adjustment; and

**WHEREAS**, a public hearing to consider an increase in the compensation of the members of the Board was duly noticed in accordance with Water Code Section 20203 and Government Code Section 6066, and said hearing was held on the date hereof.

**BE IT ENACTED BY** the Board of Directors of Fallbrook Public Utility District as follows:

**SECTION I.** The Board of Directors of the District hereby amends Ordinance No. 327, "An Ordinance of the Board of Directors of the Fallbrook Public Utility District Authorizing an Increase in Compensation of Governing Board Members," Section 4, "Director Compensation," as follows:

#### Section 4. DIRECTOR COMPENSATION

Compensation for the Directors of the Governing Board for regular, adjourned and special meetings, to include occurrences set forth in Section 12.1.1 of the Administrative Code, is established at One Hundred Fifteen Dollars and Seventy-Six Cents (\$115.76) per day for each day's attendance. A Director shall not receive compensation for more than 10 days of service in a month. Increases will be subject to the requirements of California Public Utilities Code Section 16002 and California Water Code Section 20200 *et seq.*

**SECTION II.** All other provisions of Ordinance No. 327, as adopted on January 26, 2009, shall remain unchanged and in full effect.

**SECTION III.** Ordinance No. 346, adopted February 24, 2020, is hereby repealed and shall no longer be of any force or effect.

**SECTION IV.** Section 2.12 of the District's Administrative Code shall be revised to replace "One Hundred Ten Dollars and Twenty-Five Cents (\$110.25)" with "One Hundred Fifteen Dollars and Seventy-Six Cents (\$115.76)." All other provisions of Section 2.12 shall remain unchanged and in full force and effect.

**SECTION V.** If any clause or provision of this Ordinance is found to be void or unenforceable by a court of competent jurisdiction, the remaining provisions of this Ordinance shall nonetheless continue in full force and effect.

**SECTION VI.** This Ordinance shall be posted at three public places in the District and shall be caused to be published pursuant to Section 6061 of the Government Code in the Fallbrook Village News, a newspaper of general circulation. This Ordinance shall take effect on April 26, 2021, which date is one year from the operative date of the last adjustment and is no less than 60 days after its passage.

**PASSED AND ADOPTED** by the Board of Directors of the Fallbrook Public Utility District at a regular meeting of the Board held on the 22<sup>nd</sup> day of February, 2021, by a roll call vote, as follows:

AYES:	Directors Baxter, DeMeo, Endter, McDougal, and Wolk
NOES:	None
ABSTAIN:	None
ABSENT:	None

President, Board of Directors

ATTEST:

Secretary, Board of Directors

Published March 18, 25, April 1, 8 2021

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Fallbrook

\$935,000 2759 Secret Lake

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# County advertises contract for Camino Del Rey bridge maintenance

**Joe Naiman**  
Village News Reporter

San Diego County will be issuing a contract for preventative maintenance on 14 bridges including two Camino Del Rey bridges.

The county Board of Supervisors voted 5-0, Wednesday, March 3, to authorize the advertisement for bid and subsequent award of a preventative maintenance contract. The bridges are eligible for Highway Bridge Program funding provided by the Federal Highway Administration, and the supervisors' action also appropriated \$2,655,900 of that federal funding for the

maintenance work.

Because the maintenance of existing bridges is unlikely to expand use, the county supervisors also found the project to be categorically exempt from California Environmental Quality Act review.

"Infrastructure maintenance and improvements are a core function of government. I'm pleased that the board took action to allocate \$3 million to repair bridges throughout the unincorporated area," Supervisor Jim Desmond said.

Because the work on the 14 bridges is similar the county's Department of Public Works proposed including all 14 in the contract to make the work

more cost-efficient. The total estimated cost for the work is \$3,000,000 including contingency, and the county will use \$344,100 of Highway User Tax Account revenue derived from the sales tax on gasoline along with the \$2,655,900 Highway Bridge Program grant.

DPW maintains 262 bridges which provide access over waterways, valleys or other obstacles. Characteristics such as state of repair conditions and total length – the bridge must be at least 20 feet long – make 208 of those bridges eligible for the Highway Bridge Program which funds 88.53% of the estimated cost. The Highway Bridge Program

is administered through state transportation departments, and the California Department of Transportation identifies funding eligibility as part of the Caltrans biennial local agency bridge inspection program. The Caltrans bridge inspection reports are provided to DPW and include recommendations for preventative maintenance activity which is eligible for Highway Bridge Program funding.

Caltrans identified 14 county bridges which need preventative maintenance including replacing damaged concrete to slow deterioration, sealing and resurfacing the bridge deck surfacing to prevent water

infiltration of the concrete surface and replacing bridge expansion joints. The 14 bridges included the bridges on Camino Del Rey over the San Luis Rey River and over Moosa Canyon Creek. The Federal Highway Administration and Caltrans approved funding for the design of the work in 2017, and funding for construction was approved in 2020.

All work will be performed within the existing county right of way, so no right of way acquisition will be required. Before the start of construction signage, mailings or notifications on doorknobs will be used to notify nearby residents and businesses. During construction, which is scheduled to begin in summer 2021 and be complete in early 2022, traffic control measures will be implemented to minimize the impacts to the community and the traveling public.

Joe Naiman can be reached by email at [jnaiman@reedermedia.com](mailto:jnaiman@reedermedia.com).



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3576 Diego Estates Dr, Fallbrook **\$1,495,000**



4711 Calle De La Vuelta, Fallbrook **\$850,000**



2492 Via La Orilla, Fallbrook **\$1,350,000**



2506 Dos Lomas, Fallbrook **\$1,300,000**



1056 Vista Valle Camino, Fallbrook **\$999,900**



3690 Lupine Lane, Fallbrook **\$899,900**



1215 Lorenzo Drive, Fallbrook **\$849,900**

## RECENTLY SOLD



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



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



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



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



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



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



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



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



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



2831 Nuestra Lane, Fallbrook **\$1,050,000**



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



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



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



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



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



4613 Sleeping Indian, Fallbrook **\$879,500**



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



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



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



3268 Sumac, Fallbrook **\$830,000**



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



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



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



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



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



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



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



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

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WINE & DINE

Chef Deden Putra becomes Pechanga Resort Casino’s new executive pastry chef



Chef Deden Putra is the new executive pastry chef at Pechanga

TEMECULA—Pechanga Resort Casino welcomes pastry and bread artist, cookbook author and well-known pastry chef Deden Putra as its new executive pastry chef. With more than 20 years of experience as a chef, Putra’s background in the culinary scene brings a diverse set of ideas and creations to the breads, pastries and confections served throughout Pechanga, according to the resort casino.

At Pechanga, Putra said he will lead his team of 22 on a journey to find the freshest ingredients and

add creative flair to some of the guest favorite pastry items.

“It’s not how you start; it’s how you finish. It’s about putting your mind into it and fine-tuning until you get what you want,” he said.

Putra competed in several pastry competitions and won many awards throughout the years. Select accolades include runner-up at the Chicago Restaurant Pastry Chef Competition, where he introduced his take on traditional Indonesian desserts to the world, and runner-up and Audience Favorites

Desserts at the Gateaux Pastry Competition, which doubled as a fundraiser to raise money for New Orleans nonprofit organizations.

Before Pechanga, Putra held pastry chef positions at luxury five-star resorts such as the Waldorf Astoria Beverly Hills and the Ritz-Carlton Bacara. His passion for desserts and how they are presented has taken him from Indonesia to some of America’s top tourist destinations such as New York City, Beverly Hills, Santa Barbara and Hollywood.

“Pechanga is a great opportunity for me to continue on with my culinary experience,” Putra said. “I’m excited to create that extra surprise and delight to guests through fresh and creative pastries. This is what I do best. I want my team to be a family and inspire each other with our creations and experiences. This is the vision I have for the Pechanga Bakery, and I plan to make this vision come to life. Working for the largest casino and resort property on the West Coast is a dream.”

“We’re incredibly excited to have Chef Deden on our team. As a cookbook author who has made national television appearances on the ‘Rachel Ray’ show and others and has been featured in magazine articles such as Esquire, Chef Deden’s credibility and knowledge in the kitchen is unmatched,” Pam Toscano, vice president of food and beverage at Pechanga Resort Casino, said. “Known mostly for his creative flair and quality baking, we know he can take Pechanga to another level of culinary excellence in the pastry arena.”

Putra graduated with a culinary degree from the National Hotel Institute of Indonesia. He is a member of the American Chef Federation.

When he is not creating new takes on the crowd favorites or managing his team of confection-

ary artists, he said he likes to spend time with his 2-year-old son playing outdoors. With his recent move to Temecula, he said he is looking forward to becoming active in the local community. Putra also enjoys reading to his son, crafting and drawing with him and playing sports. Putra said his favorite item

to bake for his family are chocolate chip cookies. Baking for his family and company is a Putra family tradition, and he has started to show his son how to bake as well, he said.

*Submitted by Pechanga Resort Casino.*

Wine Country Calendar of Events

FRIDAY, MARCH 19	
10 a.m. to 5 p.m.	Reserved Wine Tastings, Ponte Winery
10 a.m. to 5 p.m.	Wine Tastings, Wilson Creek Winery
4-7 p.m.	Live Music, Crazy Creek Life, Lorimar Loft in Old Town Temecula
4-8 p.m.	Fri-Yay! at Danza del Sol Winery
6-9 p.m.	Live Music, Kings of Karma, Lorimar Winery
SATURDAY, MARCH 20	
10 a.m. to 5 p.m.	Reserved Wine Tastings, Ponte Winery
10 a.m. to 5 p.m.	Wine Tastings, Wilson Creek Winery
Noon to 4 p.m.	Live Music, Kings of Karma, Bel Vino Winery
4-7 p.m.	Live Music, JD Priest, Lorimar Loft in Old Town Temecula
6-9 p.m.	Live Music, Kicking Giants, Lorimar Winery
SUNDAY, MARCH 21	
10 a.m. to 5 p.m.	Reserved Wine Tastings, Ponte Winery
10 a.m. to 5 p.m.	Wine Tastings, Wilson Creek Winery
Noon to 4 p.m.	Live Music, Daring Greatly, Bel Vino Winery
Noon to 4 p.m.	Home Grown Market, Bel Vino Winery
1-4 p.m.	Live Music, David Kopatz, Lorimar Winery
1-4 p.m.	Live Music, Tony Merlo, Prelude at Europa Village

UPCOMING:  
March 25 is Killer Dueling Pianos at Lorimar Winery from 7-10 p.m.  
March 27 is the UNOde50 Spring 2021 Trunk Show at the Brio Boutique at Bolero at Europa Village.  
ADVERTISE YOUR EVENTS WITH THE VALLEY NEWS and get exposure to over 140,000 readers! (only \$25 per event, calendar items due Friday noon of the week before print)

Give spring salads a fresh spin

Family Features  
Special to Valley News

With spring and warmer weather comes salad season, offering a perfect canvas for creating refreshing meals and appetizers centered around tasty greens, juicy tomatoes and crave-worthy dressings. Give your salads an update by avoiding the same tired mixes and instead create tasty meals fit for the season.

One easy way to up your salad game is by starting with quality ingredients like Fresh Express salad blends, NatureSweet Cherubs Tomatoes and Litehouse refrigerated salad dressings. These fresh, flavorful ingredients can be combined in a dish like this Chimichurri Chickpea Salad, a perfect way to go green this spring for nearly any occasion.

Part of the appeal of dishing up a homemade salad is the unlimited options you have at your fingertips to make the bowl of greens uniquely “yours.” For many, it means one thing: the more toppings, the better. With grilled chicken, crispy bacon, tomatoes, ripe avocado, hard-boiled eggs, blue cheese and a bed of fresh lettuce, this classic Cobb Salad offers an ideal lunch or a quick family meal.

Because both these recipes can be made in 20 minutes or less, they provide simple solutions when short on time. Plus, the fresh ingredients sum up everything spring meals are made of.

Find more ways to create easy yet delicious salads at <http://litehousefoods.com/iheartsalad>.



Part of the appeal of dishing up a homemade salad is the unlimited options you have at your fingertips to make the bowl of greens

- 2 tablespoons dried oregano
  - 2 garlic cloves, minced
  - 1/4 cup red wine vinegar
  - 2/3 cup olive oil
  - 1/2 teaspoon salt
  - 1/2 teaspoon pepper
  - 1 can (14 1/2 ounces) chickpeas, drained
  - 1/4 teaspoon crushed red pepper flakes
  - 1 bag Fresh Express Baby Kale Mix
  - 1 cup NatureSweet Cherubs Tomatoes, diced
  - 1 medium avocado, diced
  - 4 tablespoons Litehouse Avocado Ranch Dressing
- Directions:
- In food processor, combine cilantro, parsley, oregano, garlic, red wine vinegar, olive oil, salt and pepper. Pulse until sauce is smooth. Place chimichurri sauce in small

bowl with chickpeas and crushed red pepper flakes; toss to coat. Cover and refrigerate overnight, if possible.

Divide kale, tomatoes and avocado between four bowls. Top each bowl evenly with marinated chickpeas. Drizzle with avocado ranch dressing and serve.

**Cobb Salad**  
Start to finish: 20 minutes  
Servings: 4  
Ingredients:

- 3-4 eggs
- 1/4 pound bacon
- 1 bag Fresh Express Sweet Butter Lettuce
- 1 pound grilled chicken
- 1 cup NatureSweet Cherubs Tomatoes, halved
- 1 ripe avocado, sliced
- 1/4 cup blue cheese
- 1/4 cup Litehouse Homestyle Ranch Dressing

Direction:

Bring pot of water to boil. Use slotted spoon to place eggs in water. Boil 10 minutes then transfer to ice bath to stop cooking process. Peel eggs and slice.

Heat skillet over medium heat. Dice bacon and add to pan. Sauté until bacon is crispy and fat is rendered, about 7 minutes. Remove from pan with slotted spoon.

To assemble salad, start with bed of lettuce. Top with hard-boiled eggs, grilled chicken, tomatoes, avocado, bacon and blue cheese; toss in ranch dressing.



Give your salads an update by avoiding the same tired mixes and instead create tasty meals fit for the season.

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Thurs – Pepperoni Pizza  
Fri – Pastrami Sandwich  
Sat – Chicken Caprese Sandwich  
Sun – Caesar Salad

-----

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How Cuomo investigation, possible impeachment could play out



This photo from Wednesday, Feb. 25, 2015, shows New York Gov. Andrew Cuomo, left, and Lt. Gov. Kathy Hochul during a cabinet meeting at the Capitol in Albany, New York.

AP photo/Mike Groll, File photo

Michael R. Sisak and Marina Villeneuve

The Associated Press

Gov. Andrew Cuomo has urged New Yorkers to “wait for the facts.”

Patience, though, has grown thin. The state’s two U.S. senators, Senate Majority Leader Chuck Schumer and Sen. Kirsten Gillibrand, and most of the 27 other members of New York’s congressional delegation have called for his resignation. In the state legislature, more than 120 lawmakers have called on the Democrat to quit.

Leaders in the state Assembly Thursday, March 11, announced an impeachment investigation, a first step toward potentially removing Cuomo from office.

Cuomo has rebuffed calls to resign and staked his political future on the outcome of an

independent investigation by Attorney General Letitia James, who is examining allegations that the governor sexually harassed or inappropriately touched several female aides.

Here’s a look at the next steps on a possible road to impeachment:

Attorney general’s investigation

James, an independently elected Democrat, hired former acting U.S attorney Joon Kim and employment discrimination attorney Anne Clark to lead her inquiry into the governor’s workplace conduct.

The investigative team will have the power to subpoena documents and interview witnesses. Its findings will go in a public report.

Cuomo has since said that he will “fully cooperate.”

James lacks power to unilaterally remove Cuomo from office, but any findings corroborating the allegations could sway potential

impeachment proceedings – or add pressure for Cuomo to leave voluntarily.

Kim and Clark may choose to limit their scope to allegations that are already public, or broaden it to look for other women who might have complaints about Cuomo’s behavior.

James’ office sent a letter last week instructing the governor’s office to preserve all evidence related to the harassment allegations. It could include documents and emails to and from Cuomo’s staff, calendar entries and communications involving the transfer of one of his accusers to another office.

There is no deadline for completing the investigation, and James hasn’t said how long she expects it to take. A 2010 investigation that Cuomo oversaw as attorney general into his predecessor, Gov. David Paterson,

lasted about five months.

Andrew G. Celli Jr., who was chief of the civil rights bureau in the office of attorney general from 1999 to 2003, said that while James is a Democrat, her independence would allow her to “do what she thinks is in the best interest of all the people, even if that means an adverse finding to the governor.”

**The judiciary committee**

The Assembly’s Judiciary Committee will also have power to subpoena documents and witness testimony. It could rely on work done by the attorney general’s team of investigators or gather its own evidence.

The scope of its inquiry might go beyond Cuomo’s conduct with women. The governor is also under fire for his handling of the COVID-19 crisis in the state’s nursing homes.

Many lawmakers have been outraged that the Cuomo administration declined, for months, to release the full number of nursing home patients killed by the virus.

The governor’s office said some of the data, related to deaths of nursing home patients who had been transferred to hospitals, was unreliable. But in a recorded conference call with lawmakers, Cuomo’s top aide said the administration withheld the data in late summer because it was afraid the fatality numbers could be “used against us.”

Federal investigators are scrutinizing how the Cuomo administration handled data about nursing home deaths.

The committee’s work could result in the drafting of articles of impeachment against Cuomo,

see *CUOMO*, page D-6

FEMA to help manage unaccompanied minors at US-Mexico border

Darlene Superville

The Associated Press

The Biden administration is turning to the Federal Emergency Management Agency for help managing and caring for record numbers of unaccompanied immigrant children who are streaming into the United States by illegally crossing the border with Mexico.

FEMA will support a governmentwide effort over the next three months to safely receive, shelter and transfer minor children who arrive alone at the U.S.

southwest border, without a parent or other adult, Homeland Security Secretary Alejandro Mayorkas said Saturday, March 13.

Government figures show a growing crisis at the border as hundreds of children illegally enter the U.S. from Mexico daily and are taken into custody.

The Homeland Security Department is supposed to process and transfer unaccompanied minor children to the Department of Health and Human Services within three days so that they can be placed with a parent already living in the United States, or

other suitable sponsor, until their immigration cases can be resolved.

But more children are being held longer at Border Patrol facilities that weren’t designed with their care in mind because long-term shelters run by the Department of Health and Human Services have next to no capacity to accommodate them. Children are being apprehended daily at far higher rates than HHS can release them to parents or sponsors.

Mayorkas said FEMA is working with the Health and Human Services Department to “look at every available option to

quickly expand physical capacity for appropriate lodging.”

“Our goal is to ensure that unaccompanied children are transferred to HHS as quickly as possible, consistent with legal requirements and in the best interest of the children,” Mayorkas said.

During a record influx of unaccompanied minors in 2014, the Obama administration also turned to FEMA for help coordinating the governmentwide response. During that crisis, FEMA helped stand up temporary shelters and processing stations on military bases.

It was during this time when the famous “kids in cages” photo was taken which was later wrongly attributed to the Trump administration.

There have also been growing reports of parents sending their children across the border alone while they remain in Mexico or Central America, as well as children being “rented” to people coming across the border illegally because they believe they have a better chance with a minor.

*O’Brien reported from Houston contributed to this report.*

Swiss police raid over hack on U.S. security-camera company

Jamey Keaten and Matt O’Brien

The Associated Press

Swiss authorities Monday, March 15, confirmed a police raid at the home of a Swiss hacker who took credit for helping to break into a U.S. security-camera company’s online networks, part of what the hacker cited as an effort to raise awareness about the dangers of mass surveillance.

The Federal Office of Justice said regional police in central Lucerne, acting on a legal assistance request from U.S. authorities, Friday,

March 12, carried out a house search involving a group of activist hackers using the name Tillie Kottmann.

The hacker said electronics devices were seized during the raid. The Swiss office declined to specify the location or comment further, deferring all questions to “the relevant U.S. authority.”

The FBI said in a statement Friday it was “aware of the law enforcement activity conducted in Switzerland” but had no further comment.

The group of “hacktivists” said they were able to peer into

hospitals, schools, factories, jails and corporate offices for much of Monday and Tuesday March 18-19, after gaining access to the systems of California startup Verkada. They said the action was aimed at raising awareness about mass surveillance.

Verkada later locked them out by disabling all internal administrator accounts that the hackers had accessed using valid credentials found online. The company alerted law enforcement and its customers.

Kottmann, who uses they/them pronouns, said the raid wasn’t specifically about the Verkada

hack but was tied to an earlier FBI investigation. Kottmann has previously taken credit for other hacks, including one affecting U.S. chipmaker Intel last year.

“My apartment was raided by local police this morning, 7 a.m. my time, and all my electronic devices have been confiscated on request of the U.S. department of justice,” according to a post from someone using the name Tillie Kottmann on the social media site Mastodon.

Kottmann didn’t immediately return requests for comment.

Verkada, based in San Mateo,

has pitched its cloud-based surveillance service as part of the next generation of workplace security. Its software detects when people are in the camera’s view, and a “Person History” feature enables customers to recognize and track individual faces and other attributes, such as clothing color and likely gender. Not all customers use the facial recognition feature.

*O’Brien reported from Providence, Rhode Island.*



REGIONAL

County officials highlight early success of Mobile Crisis Response Team Program

**José A. Álvarez**  
San Diego County Communications Office

San Diego County officials discussed Monday, March 8, the debut of a new county program designed to help people experiencing mental health or substance use crises by dispatching behavioral health experts to emergency calls instead of law enforcement when appropriate.

Board of Supervisors Chair Nathan Fletcher, county district attorney Summer Stephan, county behavioral health officials and representatives from Exodus Recovery Inc. held a socially distanced event outside the County Administration Center to share information about the Mobile Crisis Response Team program that was launched in January.

During the 2019-2020 fiscal year, local law enforcement agencies received more than

54,000 calls involving a psychiatric crisis.

Now, the county’s pilot program is giving an alternative to San Diegans in North County coastal communities who need assistance with behavioral health crises that do not require law enforcement intervention.

Using the county’s access and crisis line, 888-724-7240, as the initial point of contact, a non-law enforcement MCRT is deployed to assess these types of situations and offer help.

“Communities are demanding change because they understand law enforcement is not the appropriate response to deal with someone who is experiencing a mental health or substance use crisis,” Fletcher said. “This new team is an alternative to dispatching law enforcement when a person is having a psychiatric crisis.”

The North County MCRT pilot is responding to calls in the communities of Del Mar, Carlsbad,

Vista, Encinitas, Solana Beach, Oceanside and U.S. Marine Corps Base Camp Pendleton. Teams provide non-law enforcement crisis intervention, triage and assessment services in the field to connect people to additional care, when needed, to prevent acute psychiatric crises from escalating.

“Mental health, homelessness and drug use frequently intersect with the criminal justice system and too often the outcomes fall short of helping people who face these challenges,” Stephan said. “That’s why our Blueprint for Mental Health Reform recommended (these) Mobile Crisis Response Teams – so that those suffering mental health crisis get a compassionate and effective response while at the same time keeping our region safe.

“I often hear from mothers whose sons who have stopped taking their medication and begin exhibiting signs of distress and are in need immediate help from

professionals but are only left with the alternative of calling police. The MCRT will give these families another option,” Stephan said.

Cecily Thornton-Stearns, assistant director of county Behavioral Health Services, emphasized that the MCRT respond to psychiatric emergencies only when they’re deemed not to involve threats of violence. She said the makeup of the teams, which consist of licensed mental health clinicians, case managers and peer support specialists, was extremely important.

“These clinical teams can triage and link the individual to appropriate services and can even provide transportation if needed,” Thornton-Stearns said. “If a situation evolves and requires the presence of law enforcement, team members can call for assistance, and PERT (Psychiatric Emergency Response Team), or other uniformed personnel, will be dispatched.”

The program operates during normal business hours through the access and crisis line, with on-call capacity for after hours and may expand based on utilization. Services are provided through an HHSA contract with Exodus Recovery Inc., an experienced provider of crisis care.

Additional teams will also be ramping up throughout the county over the next year and may utilize 911 call dispatch. As services expand, the county will continue to work closely with the law enforcement community to ensure the safety of MCRT staff and residents remains a priority.

County officials said providing access to care is essential to the county’s Live Well San Diego vision, which aims to improve the health and safety of all residents.

The county funds prevention and treatment services throughout the region. If you, or someone you care about, needs treatment, call the access and crisis line at 888-724-7240.

SBA extends deferment period for all COVID-19 EIDL and other disaster loans until 2022

WASHINGTON –The U.S. Small Business Administration announced extended deferment periods for all disaster loans, including the COVID-19 Economic Injury Disaster Loan program, until 2022.

All SBA disaster loans made in calendar year 2020, including COVID-19 EIDL, will have a first payment due date extended from 12-months to 24-months from the date of the note.

All SBA disaster loans made in calendar year 2021, including COVID-19 EIDL, will have a first payment due date extended from 12-months to 18-months from the date of the note.

Existing SBA disaster loans approved prior to 2020 in regular servicing status as of March 1, 2020, received an automatic deferment of principal and interest payments through December 31, 2020.

This initial deferment period was subsequently extended through March 31, 2021. An additional 12-month deferment of principal and interest payments will be automatically granted to these borrowers. Borrowers will resume their regular payment schedule with the payment immediately preceding March 31, 2022, unless the borrower voluntarily continues to make payments while on deferment. It is important to note that the interest will continue to accrue on the outstanding balance of the loan throughout the duration of the deferment.

“Small Businesses, private nonprofits and agricultural enterprises, including those self-employed individuals, contractors and gig workers, continue to navigate a very difficult economic environment due to the continued impacts of the Coronavirus COVID-19 pandemic, as well as historic Severe Winter Storms in 2020,” SBA Administrator Tami Perrillo said.

“The COVID-19 EIDL program has assisted over 3.7 million of small businesses, including non-profit organizations, sole proprietors and independent contractors, from a wide array of industries and business sectors, through this challenging time,” continued Perrillo.

SBA continues to strive to make available all previously approved Coronavirus Pandemic stimulus funding and administer the new targeted programs related to provisions in the 2020 Economic Aid to Hard-Hit Small Businesses, Nonprofits, and Venues Act (the Economic Aid Act) as quickly as possible.

“The American people and the nation’s Small Business owners need our tireless effort and dedication to get this essential funding to those in great need, and SBA will not rest until we implement President Biden’s “American Rescue Plan” and its’ additional targeted programs and funds allocated for America’s small business and nonprofit communities,” said SBA Senior Advisor Michael Roth.

COVID-19 EIDL loans are offered at very affordable terms, with a 3.75% interest rate for small businesses and 2.75% interest rate for nonprofit organizations, a 30-year maturity. Interest continues to accrue during the deferment period and borrowers may make full or partial payments if they choose.

In mid-February 2021, SBA reached a milestone in the success of the COVID-19 EIDL program, by approving over \$200 billion in emergency funding in low-interest loans, providing working capital funds to small businesses, nonprofits and agricultural businesses to survive the severe impacts of this catastrophic and historic period within the entire United States of America and its territories. SBA continues to approve over \$500 million each week for the COVID-19 EIDL program.

Questions on SBA COVID-19 EIDL and disaster loan payments can be answered by email at [DisasterCustomerService@sba.gov](mailto:DisasterCustomerService@sba.gov) or by calling SBA’s Customer Service Center at 1-800-659-2955 (TTY: 1-800-877-8339).



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- If the vehicle is on fire and you must leave it, open the door or window and jump clear without touching the vehicle and the ground at the same time.

Get more tips at [sdge.com/safety](https://www.sdge.com/safety)

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BUSINESS

Time for some financial spring cleaning



Brian Schrock Village News/Courtesy photo is a financial advisor with Edward Jones in Fallbrook.

FALLBROOK – In just a few days, the earth will experience the vernal equinox – one of the two times in the year when the sun is exactly above the equator. Apart from this astronomical anomaly, though, the equinox is

mostly known as the beginning of spring – a fresh beginning and the time to spruce things up. This year, as you tidy up your home and surroundings, why not also consider some financial spring cleaning?

Here are a few ideas for getting your financial house in order.

“De-clutter” your portfolio. Over the years, many people tend to pick up duplicate items that find their way into the nooks and crannies of their homes, gathering dust and remaining unused. Over time, your investment portfolio can also accumulate redundancies – that is, you might own several investments that are essentially similar. It might be appropriate to replace some of these and broaden your holdings.

Own your investments purposefully.

You own certain things for certain reasons – a broom to sweep the floors, a microwave to heat the

food and so on. As an investor, you should be following a goal-based strategy that includes the matching of certain investments with certain objectives. For example, you might own stocks or mutual funds to eventually provide the capital appreciation potential you’ll need to retire comfortably. But you might also own other vehicles, such as bonds or other fixed-income investments, to provide you with a source of regular income.

“Dust off” your investment strategy.

Over a long winter, your windows can get dirty and grimy, so, when spring arrives, you may want to get out the glass cleaner – and when you’re done, you’ll be able to see out more clearly. Over time, your investment strategy may get somewhat “dusty,” too, especially if you’ve experienced significant changes in your life, such as a new job, a new child or

even a new plan for retirement. By periodically reviewing your investment strategy, you’ll be able to clarify your vision for the future.

Protect yourself from hidden dangers.

If you poke around your garage, shed or other storage area, you may well find some objects – gardening tools, paint thinners and engine fluids, leaning ladders and so on – that could be dangerous, either because they aren’t stored properly or they’re hard to see and can cause trips and falls. As part of your spring cleaning, you’d want to get these objects out of harm’s way to safeguard yourself and your family. But when you think of your financial situation, are you also exposing yourself and your loved ones to risk? If something were to happen to you, could your family members stay in their home? Could your children still go to college? To help keep their lifestyle intact if

you weren’t around, you’ll need adequate life insurance. And to avoid burdening your grown children with potentially huge expenses should you ever need some type of long-term care, such as an extended nursing home stay, you may want to talk to a financial adviser about protection strategies.

By taking some spring cleaning measures, you can brighten your living space for the seasons ahead. And by applying some of the same principles to your financial environment, you can help improve the prospects for meeting your important goals.

Edward Jones financial advisor 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, Member SIPC

Estate attorney becomes newest addition to Legacy’s board



Laura Holck is the newest member of Legacy’s board.

Village News/Courtesy photo

FALLBROOK – Legacy Endowment Community Foundation continues its outreach and growth to serve the philanthropic and financial security needs of those living in the Bonsall/Fallbrook area by adding more representation to its board of directors. This week, board chair Mark Hvasta

announced the addition of Laura Holck, a Bonsall/Fallbrook estate attorney, following approval of her nomination at Legacy’s most recent board meeting.

“Laura joined our grants committee last year, filling out a group of community volunteers who annually review grant request submissions to ensure Legacy’s

impartiality, depth of reach and scope of distribution,” Hvasta said. “This was an excellent starting place for her to learn more about how Legacy Endowment supports nonprofit organizations primarily in our area as well as those in North County in general and beyond.

“Participating on the grants committee is also a great opportunity for volunteers to obtain an understanding of how Legacy supports the local community. Service on the grants committee provides a glimpse into how serving in a larger role (as a board member) could align with their personal values and fit into their professional lives,” Hvasta said.

In her practice, Holck developed a strong rapport and deep trust with her clients over the years. She is focused on estate planning, will and trust preparation and managing probate when wills were not created. Her education background includes a bachelor’s degree from the University of California Davis and a doctorate from the Thomas Jefferson School of Law.

Holck possesses a broad range of experience in the areas of estate planning and demonstrated a passion for providing her clients with the best possible information

and services, Hvasta said. She is an active member of Rotary Club of Fallbrook and various legal professional organizations located throughout San Diego County and the state.

“Having a variety of professional sectors and civic leadership represented on our board means we have a great breadth of understanding as to what is needed for children, adults and families to recover and thrive, especially following a year of so many unknowns,” Jean Larsen, executive director for Legacy Endowment, said. “Charities are providing vitally needed services and resources to meet community needs. Legacy’s \$14.6 million in invested assets resulted in an infusion of grant support totaling more than \$350,000 last year.

“However, the annual distribution figure has been in excess of \$500,000 in some years past and since Legacy’s founding, more than \$9 million in total has been distributed from our endowed, donor advised and scholarship funds. Legacy has great options for both lifetime and testamentary giving. Charitable Remainder Trusts present another opportunity for donors to make gifts that help the community while retaining an income stream for the rest of

their life. There is nothing quite like contacting a charity to notify them that someone has made such a meaningful, financial choice. The only thing better is letting a charity know they will become a beneficiary before someone passes so that that person or couple can be recognized and acknowledged for this important, profound choice,” Larsen said.

Founded in 1994, Legacy Endowment Community Foundation is 100% dedicated to representing the interests of its donors. Its donor-centric stewardship responsibilities focus on donors having a safe and productive investment haven for making charitable contributions to their favorite charities, even in challenging times. Yearslong analysis of their endowment performance demonstrate solid and consistent returns, and a recent analysis of their investment strategy shows a solid market recovery and significant gains from 2020’s historic and turbulent year.

For more information about Legacy Endowment Community Foundation, visit <http://Legacyendowment.org> or contact 760-941-8646.

Submitted by Legacy Endowment Community Foundation.

Explore these in-demand professions



Seeing clearly and maintaining proper visual health is important. Optometrists can earn \$106,000 a year.

Village News/Courtesy photo

FALLBROOK – The days of spending an entire career with one company are a thing of the past. According to data published in The Balance: Careers, the average professional switches jobs 10 to 15 times in his or her lifetime, while the Bureau of Labor Statistics indicates that the average employee tenure in 2016 was 4.2 years.

Understanding which fields have a high rate of growth can ensure men and women make smart choices when switching jobs. The following are the top-rated careers, based on data from the BLS, U.S. News & World Report and Glassdoor.

- Mathematician: Mathematicians earn an average salary of \$106,000 per year. Mathematicians use statistical theories to help companies in various industries make informed decisions.
- Marketing manager: Marketing managers guide how a particular company or industry presents

itself. They also analyze how campaigns and efforts have succeeded or failed to improve market share. A marketing manager earns an average of \$85,000.

- Actuary: These individuals employ mathematics and economics to help corporations predict and manage risk in their organizations. The field is expected to increase by 22.5% by 2026. Actuaries earn a median salary of \$101,000.
- DevOps Engineer: Thanks to the ubiquity of digital technology, professionals who can work with software developers and system operators to oversee code and IT infrastructure are in high demand. These workers command, on average, \$105,000, and as computer-based industries only continue to expand, so do the

career opportunities.

- Optometrists: Seeing clearly and maintaining proper visual health is important. Optometrists can earn \$106,000 a year.
- Nurse anesthetist: Several different careers in the medical field are booming, and nurse anesthetist is one of them. These medical professionals administer anesthesia to patients undergoing surgery and monitor vital signs to maintain patient safety. An average salary of \$160,000 can entice registered nurses to go through the extra schooling to become anesthetists.
- UX designer: A UX designer is a

graphic designer, interior designer or architect who helps improve the usability, accessibility and enjoyability of tangible and digital products based on user experiences. Salaries vary depending upon the specific niche but can average \$90,000 annually.

- ¥ Physical therapist: These health care workers earn an average of \$85,000 and help people decrease physical pain and improve mobility through rehabilitative exercises.

When considering changing careers, people may want to consider various professions that are currently booming.

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ENTERTAINMENT

Theater Talk

Elizabeth Youngman-Westphal  
Special to The Village News

Save these dates. North Coast Repertory in Solana Beach is getting back into streaming with its upcoming performance, “Trying,” starting March 24 and running through April 18. It is certain to be a gripping, edge-of-your-seat story about the final year of Francis Biddle, the attorney general and chief judge at the Nuremberg trials. “Told with humor, compassion and insight” by director David Ellenstein, it will be a compelling opportunity to enjoy theater at its finest, <http://www.northcoastrep.org>. The Old Globe is continuing their radio broadcasts through KPBS-FM 89.5 public radio. On April 23, in celebration of the Bard’s birthday, director Barry Edlestein is bringing together the 2017 cast of “Hamlet” for this audio presentation. The time has not been determined. Stay in touch by signing up at <http://www.TheOldGlobe.org>. La Jolla Playhouse has a series

of projects going under the With Out Walls program, no doubt to help us fit into this “woke” society. Visit <http://www.ljp.org> should you feel the need to get woke, too. Broadway San Diego has yet to announce the opening date for this year’s season. Just the same, the line-up starts with “The Band’s Visit,” followed by “1776,” “Hades Town,” “Hairspray,” “Tootsie,” “Pretty Woman” and “To Kill A Mockingbird” by Harper Lee. Visit <http://www.broadwaysd.com> for advanced tickets. One of the oldest theaters in San Diego is The Diversionary theater supporting the LGBTQ community. Their website is <http://www.diversionary.org>. Nothing is scheduled at the moment. There is also no word yet from The Roustabouts Theatre group, a small company filled with lots of heart and backed by solid performances, <http://www.theroustabouts.com>. Naught is shaking loose at The Cygnet Theatre in Old Town yet; however, do sign up for their newsletters. They are recognized for their excellence, and they always find the best singers in



James Sutorius, right, portrays Francis Biddle, famed attorney general and chief judge at Nuremberg, while Emily Goss plays his assistant during the final year of his life. Village News/Courtesy photo

town, <http://www.thecygnets.com>. We are also still waiting to hear if anything will kick off at Lamb’s Theater before fall. To stay up to date sign up at <http://www.thelambsplayers.org>. can be reached at [eyoungman@reedermedia.com](mailto:eyoungman@reedermedia.com). Elizabeth Youngman-Westphal

Major library supporters can be added to the Donor Wall

FALLBROOK – The original Donor Wall at the Fallbrook Library is filled with names of people and organizations that played a role in the building of the library. Now, in celebration of the 10-year anniversary of the library opening, the library has the opportunity to add additional names of ongoing major supporters. Donations allow the Friends of the Fallbrook Library to provide the library with programs for the community all year every year with music concerts, art exhibits, lectures, community and writers reading sessions, children’s programs, book talks and of course, expanding the collection, be it books, e-books, audio books, DVDs, etc. The donor wall is prominently displayed by the main entrance to the

library on the east wall. Donations sustain the library in so many different ways. They become part of an endowment and a legacy that will continue to fund programs and needs for many years to come. Visit <https://fallbrooklibraryfriends.org/donor-wall/> for details and forms to donate. Deadline for submitting donations is March 31. The unveiling ceremony of the new donor tiles will be held when it is safe to congregate. For additional information, contact Eva Marie Vargo at 310-339-5369 or email [donations@fallbrooklibraryfriends.org](mailto:donations@fallbrooklibraryfriends.org). The Fallbrook Library is located at 124 S. Mission Road. Submitted by Friends of the Fallbrook Library.



The Donor Wall is prominently displayed by the main entrance to the Fallbrook Library on the east wall. Village News/Courtesy photo





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Snow and hail fall in Fallbrook area



Snow covers De Luz in this view overlooking Ross Lake, Friday, March 12. Village News/Lea Ann Garner photos



A snow lady sits in De Luz Heights after the recent snowfall, decorated with the flowers that had been growing there. Village News/Wendy Hammarstrom photo



This succulent holds still frozen pieces of hail in a garden in De Luz Heights. Village News/Wendy Hammarstrom photo



EDUCATION

# Donated blankets to raise funds for boys and girls



Fallbrook Blanket Project founder Carmen Willard, left, donates handmade blankets to Brian Astredo, director of development for the North County Boys & Girls Club, for the club's fundraising auction.

FALLBROOK – The Boys & Girls Clubs of North County will include several beautiful blankets and children’s pieces from the Fallbrook Blanket Project for the club’s online auction April 4-10. The auction is part of their Wedges, Wine & Whiskey event.

In addition to the online auction, the event will include a golf tournament, April 9, and a virtual Wine & Whiskey tasting, April 10. Proceeds for the event will support hundreds of local youth who benefit from the life enhancing programs of the Boys & Girls

Clubs of North County. Tickets for the virtual Wine & Whiskey tasting are still available and can be purchased at <http://www.bgcnorthcounty.org>. For more details on the event, contact Brian Astredo at [brianpa@bgcnorthcounty.org](mailto:brianpa@bgcnorthcounty.org).

Submitted by the Fallbrook Blanket Project.

## Lee named to SJU dean’s list

COLLEGEVILLE, Minn. – William Lee, child of Mike and Kristen Lee of Fallbrook, was named to the dean’s list for the 2020 fall semester at Saint John’s University. Lee is a senior political science major.

of at least 3.80 and have completed 12 credits for which honor points are awarded. Students included on the dean’s list cannot have any “unsatisfactory” or “incomplete” grades for that semester.

Submitted by Saint John’s University.



### Adult Day Care

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A day’s activities might include cooking, playing games, doing crafts, discussing current events, watching TV or film, engaging in some “chair-er-cise,” enjoying snacks together or simply savoring one another’s company.

We love working with those who are dealing with dementia or memory loss. We can even provide rides to and from our facility.

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**FOR Senior Care**

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[FoundationForSeniorCare.org](http://FoundationForSeniorCare.org)

Grant funding for programing is generously supported by the **Fallbrook Regional HEALTH DISTRICT**

## NCAAWA partners with North Island Credit Union to offer scholarships

SAN DIEGO – The North County African American Women’s Association accepted the opportunity to expand its educational support programs with an additional \$10,000 in college scholarships funded by North Island Credit Union.

As part of the partnership, the credit union is also providing financial literacy training for upper class high school girls in NCAAWA’s Global Ambassadors Mentoring Program.

“Helping young women achieve their dreams is made possible through our community coming together to provide the educational support needed. We are particularly excited to have North Island Credit Union offer this additional college scholarship support and essential financial mentoring for rising high school students,” Linda Simpkins-Berry, president of NCAAWA, said. “This partnership will help NCAAWA continue our mission to empower, inspire and engage young women to increase their self-sufficiency.”

Steve O’Connell, CEO of North Island Credit Union, said, “We are honored to partner with NCAAWA and support these wonderful programs that are inspiring and empowering young women to

succeed. The organization’s holistic approach is truly changing lives in our communities. We look forward to helping make the educational dreams of these students come true, while also providing life-long financial skills. We encourage local North County students to apply for one of the NCAAWA scholarships and explore its mentoring programs.”

North County female students of African American descent who are graduating high school seniors, current ROP, trade school, college and/or graduate students are eligible to apply for scholarship consideration.

North Island Credit Union is specifically expanding NCAAWA’s ability to award up to four \$2,500 NCAAWA/North Island Credit Union scholarships, with consideration to be given when possible to students pursuing degrees in education. More information about all NCAAWA scholarships can be found at <http://ncaawa.org/scholarships>. Online applications will be accepted through April 30.

Submitted by The North County African American Women’s Association.

## Patriot’s Pen winners awarded scholarships

FALLBROOK – Veterans of Foreign Wars Post 1924 Auxiliary presented awards to the Voice of Democracy Patriot’s Pen student essay winners in November 2020.

In addition to the award certificates, scholarships were also given to honor the winners of the patriotic essay contest which is open to middle school students, grades sixth through eighth.

The Auxiliary received 30 Patriot’s Pen essay submissions for this writing contest. Scholarship award prizes range from \$100 to \$300 for the local post’s winners. The first-place student, and parent or guardian, from each state earns an expense paid trip to Washington and the chance to win \$5,000 in scholarship money.

The local Patriot’s Pen patriotic essay contest winners are: first

place – Alex Rotunda, eighth grade; second place – Haegan C. McGarry, seventh grade and third place – Sophie Lawler-Her, eighth grade.

Students thoughtfully and intelligently expressed this year’s theme, “What is Patriotism to Me,” in writing. The auxiliary appreciates all the students who submitted their essay in this keen competition.

For more information about the yearly Veterans of Foreign Wars, Voice of Democracy – Patriots Pen scholarship essay program and this year’s theme, email [youthscholarships@vfw.org](mailto:youthscholarships@vfw.org).

Submitted by Fallbrook Veterans of Foreign Wars Post 1924 Auxiliary.

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DINING

Vail Ranch meals included beef, beans, avocados and sausage

Rebecca Marshall Farnbach  
Special to Village News

It is no surprise that The Vail Cattle Company served beef to their cowboys. Every cookhouse meal featured platters of steak, beans and tortillas with full-bodied coffee and pie on the side. People said if you had business with the Vails, plan to arrive just before lunch so you would be invited to join them. Good food was a perk for working for the Vails. Cowhands had a comfortable place to sleep and enough food to fuel their exertions.

Vail cooks prepared carne seca, beef jerky, for men to carry in their saddlebags. A hunk of uncooked beef roast was pounded thin, seasoned with salt, pepper and ground chiles. The raw beef was hung over ropes or fences to dry. To keep flies and bees away, muslin was sometimes put over it. After the beef dried hard, it was cut in long pieces and bound with string. Carne seca was a portable snack that could also be made into a stew over a campfire, cooking it with lard, chiles, onions and tomatoes.

Pinto beans were prepared for fast cooking during cattle drives. Cooks would pre-boil beans to the point when the skins would break, then they would pour off the liquid and dry the beans on tarps in the sun and put them in cloth bags. Parboiling the beans reduced cooking time to less than half when they set up camp for the night. No one had to wait for hours to get their evening meals. The California Avocado Association called Juan Murrieta “one of the introducers and earliest growers of avocados in California.” Murrieta enjoyed gardening and experimented with avocados. Coming from Spain, he was intrigued by the many plants that grew in the Americas. He corresponded with a Senor Fuentes, a Wells Fargo station agent in Mexico, who sent him some avocados. From the seeds of the fruit, he produced hybrid varieties including the Murrieta Green, the Two-Pound Green and the Colorado.

Juan’s grandson Thomas recalled the avocado trees at his grandparents’ Los Angeles home. “One of the trees was two-stories tall. His avocados were delicious and buttery in taste and texture. Some of the fruit was so large, it took both hands to hold it,” he said. Maybe we should set up an annual Guacamole Day celebration in honor of Juan Murrieta. Charles Sumner owned the Mexican Rancho La Laguna, now known as Lake Elsinore. They let hundreds of hogs run loose on their property every day and corralled them every night. Sumner called them home from foraging with a large cow’s horn made into a bugle. The hogs could hear it from a distance and would come racing home. Each fall, Sumners killed hogs and made bacon. They would salt the meat and hang it in a large adobe brick room without windows. They made a fire of corncobs, closed the door and left the meat to cure. Lard was saved in 5-gallon cans. Sumner wrote an account about making sausage at his ranch. One fall, female visitors insisted on making sausage. They rolled up their sleeves and cut

the meat by hand and minced it fine. They tested and agreed on the seasonings.

They were ready to stuff the skins, but the men had discarded the intestines. After scolding the men, the ladies conferred. They got out the sewing machine and some white muslin and made a huge tube.

All the women helped to stuff the tube. Some shoveled the minced meat into one end, while others pushed it down to the end. Finally, it looked like a cow’s tail and as firm, but there was meat left over. Someone decided to squeeze more in, so they pushed it in until, Bang! The bag exploded and sausage meat flew everywhere. It was in the ladies’ hair, on their dresses, on their hands and in their ears, all over the dining room table, on the ceiling, floor and windows. Wherever they looked, there was sausage meat. Everything was covered by bits of sausage.

Long after the lady visitors left, the Summers ate sausage meat until they were sick of it. As long as Sumner lived, he found bits of pork sticking on the ceiling of the dining room and on the table legs, and he remembered the women who all had opinions that contributed to the disaster.

Rebecca Marshall Farnbach is an author and co-author of several history books about the Temecula area. The books are available for purchase at the Little Temecula History Center or online from booksellers and at <http://www.temeculahistoricalsociety.org>.

For more information, contact Farnbach at [RFarnbach@gmail.com](mailto:RFarnbach@gmail.com).

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



Residents and guests experiment with avocados and beef sausage at the Vail Ranch.

Village News/Courtesy photos



The cooks at the Vail Cattle Company served stew made of carne seca and beans, which are seen in the photo, with tortillas during cattle drives.

CUOMO  
from page D-1

though that outcome is far from certain.

One of the women who has reportedly accused Cuomo of groping her has not spoken publicly about what happened, and it is unclear whether she would be willing to offer public testimony in an impeachment trial.

**The impeachment process**  
New York’s process for impeaching and removing a governor from office has some parallels – and some important differences – to the process the U.S. Congress uses for impeaching presidents. Like at the federal level, New

York impeachments starts in lower house of the legislature – in this case, the Assembly. If a majority of members vote to impeach Cuomo, a trial on his removal from office would be held in what’s known as the Impeachment Court.

The court consists not only of members of the state Senate, but also judges of the state’s highest court, the Court of Appeals, who would also cast votes. There are seven appeals court judges and 63 senators, though not all would serve on the impeachment court.

Lt. Gov. Kathy Hochul and Senate Majority Leader Andrea Stewart-Cousins are also members, but they are excluded when a governor is on trial. At least two-thirds of the jurors must vote to convict to remove Cuomo.

Democrats control both chambers of the Legislature. Many have joined Republicans in calling for Cuomo’s resignation or impeachment in recent days. Cuomo has appointed all seven members of the Court of Appeals.

New York has only impeached a governor once, in 1913, when Gov. William Sulzer was bounced after 289 days in office in what he claimed was retribution for turning his back on the powerful Tammany Hall Democratic machine.

Sulzer, accused of failing to report thousands of dollars in campaign contributions and commingling campaign funds with personal funds, blasted the court’s secret deliberations, complaining: “A horse thief in frontier days would have received a squarer deal.”

**Sidelineing Cuomo**  
If Cuomo were impeached by the Assembly, state law might force him to step aside immediately – a difference from what happens when the U.S. president is impeached.

A section of the state’s judicial code regarding impeachment states: “No officer shall exercise his office, after articles of impeachment against him shall have been delivered to the Senate, until he is acquitted.”

According to the state constitution, the lieutenant governor would then take over. “In case the governor is impeached, is absent from the state or is otherwise unable to discharge the powers and duties of the office of governor, the

lieutenant-governor shall act as governor until the inability shall cease or until the term of the governor shall expire,” according to the state’s constitution.

When Sulzer was impeached, Lt. Gov. Martin Glynn was appointed acting governor.

If Cuomo were to be acquitted in an impeachment court, he would return to office. If the Impeachment Court were to remove him from office, Hochul would serve out the remainder of Cuomo’s term – through the end of 2022. The court could also opt to disqualify him from holding office in the future, on top of removing him.

Villeneuve reported from Albany, New York.



OBITUARIES



**Rose Genevieve (Evie) Brown-Salek** died March 28, 2020, in Fallbrook. Rose is survived by her son, Matthew; her brother, Fred Brown and step-family members. She was born July 15, 1965, to Mary Tyson Brown and Donald Frederick Brown. Both parents are deceased. Rose has step-family on both sides. Rose grew up in Riverside and earned her degree from University of California Irvine. She worked as an investment broker until the birth of her son and later worked in sales and marketing. She attended Riverview Church

and was very active and beloved in the Fallbrook community. Some of the organizations she was involved in and supported were: North County Boys' & Girls' Club, Veterans of Foreign Wars Post 2914, Fallbrook Chamber of Commerce, and Fallbrook Ladies Wine Club. She coached youth soccer and was host to the Brazilian soccer coaches as part of an international soccer organization. Rose loved to celebrate life. You could find her camping by the beach, riding in the desert, dancing to country music, traveling on an adventure somewhere and just living life to the fullest. Although Rose's passing was sudden and unexpected, her larger than life personality, sense of humor, generous spirit and kind deeds will be remembered by many. A Celebration of Life will be held Sunday, March 28, 2021, from 2-4 p.m. at 127 West Social House, 127 W. Elder Street, in Fallbrook.

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SHERIFF'S LOG

<b>March 1</b>	
100 block W. Mission Rd	Vandalism
400 block N. Vine St	Vandalism
<b>March 2</b>	
3000 block S. Mission Rd	Arrest: Fraud, possession of controlled substance, paraphernalia
<b>March 3</b>	
500 block Ammunition Rd	Petty theft
4600 block Dulin Rd	Petty theft
1200 block S. Mission Rd	Petty theft
<b>March 4</b>	
2500 block Rainbow Valley Blvd	Grand theft
1100 block S. Mission Rd	Petty theft
700 block Morro Rd	Vehicle burglary
400 block W. Ivy St	Stolen vehicle
<b>March 5</b>	
S. Main Ave @ E. Aviation Rd	Arrest: Providing false identity to officer
800 block Knoll Park Ln	Death
2000 block S. Old Highway 395	Stolen vehicle
4900 block Lake Park Ct	Petty theft
2300 block Morro Rd	Grand theft
1200 block S. Main Ave	Arrest: Possession of controlled substance, paraphernalia
<b>March 6</b>	
1700 block Pala Rd	Battery
3700 block S. Mission Rd	Petty theft
600 block E. Elder St	Death
5200 block S. Mission Rd	Arrest: Possession/purchase for sale of controlled substance, sale of controlled substance
5200 block S. Mission Rd	Arrest: Parole violation
<b>March 7</b>	
2700 block Reche Rd	Arrest: Possession of controlled substance, paraphernalia
5600 block Pala Rd	Arrest: Fraud, outstanding felony warrant
S. Main Ave @ S. Mission Rd	Arrest: Possession/purchase for sale of controlled substance, sale of controlled substance
1900 block E. Mission Rd	Domestic abuse with minor injury
400 block N. Orange Ave	Vandalism
<b>March 8</b>	
1400 block Alturas Rd	Vehicle burglary
1900 block Reche Rd	Commercial burglary
800 block N. Main Ave	Petty theft
3100 block Via de Todos Santos	Commercial burglary
300 block Heald Ln	Commercial burglary
1100 block S. Mission Rd	Grand theft
<b>March 9</b>	
31200 block Old River Rd	Grand theft
3200 block S. Old Highway 395	Arrest: Under the influence of controlled substance, shoplifting
4200 block Paso Del Lagos	Domestic abuse
1400 block S. Mission Rd	Armed robbery

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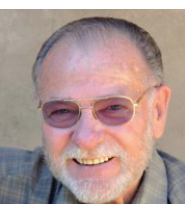
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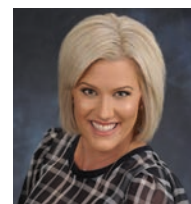
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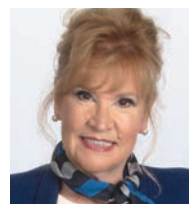
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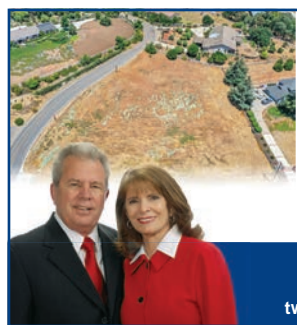
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