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December 28, 2023 www.VillageNews.com Volume 27, Issue 52

NCFPD approves lease agreement with CalFire for dozer on Station 3 land

Design-build contract amended to include dozer barn

Joe Naiman

Village News Reporter

The North County Fire Protection District and the California Department of Forestry and Fire Protection had been discussing a lease agreement to house a CalFire dozer barn at NCFPD Station 3 in Rainbow. An actual lease agreement was approved at the Tuesday, Dec. 12, NCFPD board meeting.

The 5-0 vote approves a tentative lease agreement in which CalFire will pay \$1,000,000 for the construction of the dozer barn and will lease the space for \$1,560 per month. The board action also directed NCFPD staff to execute a change order in the construction contract with TELACU Construction Management to include the dozer barn.

"It will be a benefit to our district," NCFPD fire chief Keith McReynolds said.

After the California Department of Corrections closed the Rainbow Conservation Camp in the 8200 block of Rainbow Heights Drive CalFire took over that facility. The Rainbow Conservation Camp was one of four inmate firefighting camps in San Diego County, and two of those were closed.

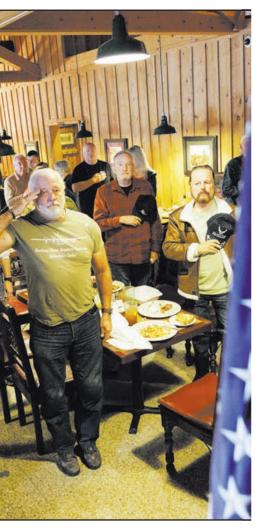
The firefighting equipment including the bulldozer used for clearance or other access when needed remained at the Rainbow

see **DOZER,** page A-6

USPS Residential Customer

VILLAGE NEWS

Reviewing 2023 in pictures







See gallery on pages B-4 and B-5

Shane Gibson photos

Sandia Creek Drive bridge construction to restart June 2024

Sandra Jacobson, Ph.D.

California Trout Director, South Coast and Sierra Regions

The Sandia Creek Drive bridge replacement project over the Santa Margarita River two miles north of Fallbrook is anticipated to restart construction in June 2024 with a new pivoted design arching over the river close to the existing structure.

What started as a fish passage project for endangered steelhead trout in the Santa Margarita River, led by CalTrout and funded by state and federal agencies, is an important multi-benefit community project that enhances

public safety by also eliminating the top flooding hotspot in the county.

If you're a resident, commuter or visitor to the Santa Margarita Trail Preserve, you'll see workers on site starting early summer as we position the new steel bridge to cross the river away from sensitive areas encountered at the original

bridge alignment downstream.

Re-vegetation of cleared areas has already started and will continue alongside construction of the bridge. The existing road will stay operational until the new bridge is completed in June 2025, at which time the flood-prone aging concrete box culvert

structure will be demolished.

This restores the natural hydrology of the river, and removes the last barrier to steelhead passage between the ocean and headwaters 30 miles inland. Parking at the Santa Margarita Trail Preserve and access to trails will remain throughout construction. The Wildland Conservancy will continue to offer trail guidance.

The new multi-use trail crossing Sandia Creek Drive built last fall is very popular with trail users, and has enhanced safety features of activatable lights, signs and a crosswalk. The Project was developed in close review by the County San Diego, which will own and maintain the bridge.

The Project re-alignment will be reviewed by many regulatory agencies through a permitting process, developed in collaboration with the Pechanga Band of Indians, and presented to Fallbrook Community Planning Group. CalTrout will be holding public meetings in the next three months to inform residents of the new bridge construction schedule.

For more information on CalTrout projects, here and throughout the state, visit <u>www.caltrout.org</u>. CalTrout – Providing solutions to complex issues to benefit fish, water and people.

Meals on Wheels to deliver in Fallbrook

Susie Gonsalves

Executive Director Fallbrook Senior Center

For more than four decades, the Fallbrook Senior Center has been honored to offer a homedelivered meal program to our community, and we have deeply appreciated this privilege. Looking forward to the upcoming year, we are embarking on a transition as we entrust the responsibility for home-delivered meals to Meals on Wheels San Diego County.

Effective Jan. 1, 2024, Meals on Wheels San Diego County will be the new area provider. We have been working with them over the last few months to ensure our meal recipients would have a seamless transition. We have cherished the opportunity to serve the community with home delivered meals and are confident that Meals on Wheels San Diego County will maintain the tradition of providing outstanding service.



Fallbrook Community Center Home Delivery Meals driver David Vidaca has Village News/Courtesy photo delivered the center's meals for over 25 years; Meals on Wheels is taking over delivery of those meals.

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

villagenews.com

ANNOUNCEMENTS

Christmas Store to reopen as a gift shop

FALLBROOK - Instead of closing after Christmas until the season rolls around again, the Fallbrook Animal Sanctuary Christmas Store will reopen on Jan. 8 with a new look and a new name. The year-round store will be called Whiskers and Tails: a Resale Gift Shop by Fallbrook Animal Sanctuary.

The new shop will sell items appropriate for seasonal holidays, such as Valentine's Day and Easter, and for all kinds of celebrations (weddings, birthdays, etc.). Pet items and dog-and-cat-themed wares will continue to be a major feature. All merchandise sold

will come from donations, and all money earned will go directly to support the work of the animal sanctuary.

The Coen family has kindly agreed to allow the sanctuary to continue renting the space used for the Christmas Store for the past two years, at 746 S. Main Ave. When the shop opens on Jan. 8, the hours of opening will be Monday through Saturday, 10 a.m. to 3 p.m.

Volunteers to help run the shop and donations to sell in it are desperately needed on an ongoing

Submitted by the Fallbrook Animal Sanctuary.

Republican women to hear from **DeMaio**

FALLBROOK – The Republican Women of California - Fallbrook club's guest speakers for Friday, Jan. 12, will be Carl DeMaio, KOGO 600-AM talk radio host

Announcements...... A-2

Biz. Directory D-3

Calendar.....None

Classifieds D-7 Entertainment......D-2 Health & Fitness..... B-2

Home & Garden...........C-2

Legals.....D-6

ObituariesNone Opinion..... A-4

Real Estate......C-2

Regional.....D-4

SECTIONS

featuring "The DeMaio Report" and launching Reform California, a political action committee, in 2015.

The meeting will take place at the Historic Mission Theater, 231 N. Main Ave., in Fallbrook. Doors open at 9:30 a.m. and the meeting is from 10 a.m. to noon. Cost is \$10. RSVP no later than Monday, Jan. 8, with Carol Shrider at lcshrider@icloud.com.

Submitted by Republican Women of California – Fallbrook.





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Participants will run through the vineyards and scenic hills at Mount Palomar's breathtaking property, finishing with a post-race celebration featuring local vendors and Mount Palomar's award winning wine!

SUNDAY, JANUARY 21, 2024

6:30am Same Day Registration (based on availability) 7:00am Same Day Check-in 8:00am Race Starts

Early bib pick up available at Mt. Palomar Winery Friday, January 19th & Saturday, January 20th

MOUNT PALOMAR WINERY 33820 RANCHO CALIFORNIA RD



\$50 Adults | \$45 Kids under 17 HJ Foundation Race is open to ages 3-103

Proceeds will benefit Fallbrook Youth Sports through the Heather Janikowski Foundation. Building up our youth through healthy eating, active lifestyle and positive self confidence.



Trank you for your support!

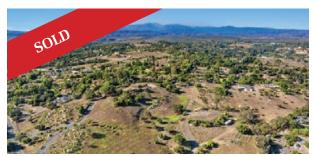


In 2023 our Average Market Time is 5 DAYS ${igstyle \searrow}_{igcap}$ for our SOLD and Pending Properties ${igcup}$ AND we are at 6% Above List Price

Additional marketing strategies are in place for our sellers benefits! WE NEED LISTINGS!!



16 Saddle Creek Road, Fallbrook **Sold for \$1,600,000**



477 Morro Hills Road, Fallbrook Offered at \$578,747



1630 Kings Way, Vista Sold for \$1,500,000



307 Lemonwood Drive, Fallbrook

Spacious 4,105 sf home on extra large 3.48 acre lot. Plenty of room to add additional garage, pickleball court or ADU. The community of Hill Ranch in Fallbrook is known for its excellent location and easy access to Hwy 76, the 15 and 5 freeways, and the beach. This property sits in the perfect spot to enjoy the Fallbrook microclimate and ocean breezes. 5BD and 4.5BA including a downstairs bedroom and bathroom provides plenty of living space. Upgraded wood flooring, granite countertops and stainless appliances. Entry courtyard with fireplace! You won't want to leave these gorgeous, private parklike grounds with fruit trees and views. Tesla battery charger installed in garage.

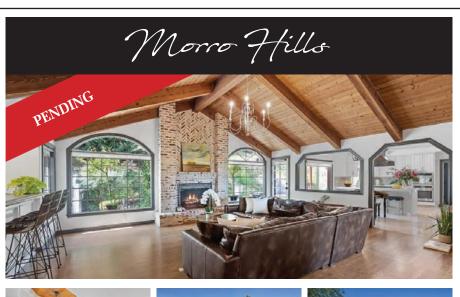
Offered at \$1,448,747

Ken's Corner

Just a few more days and 2023 is in the books. For most, this year has been challenging. With the market shifts and interest rate increases, it has been especially difficult for both buyers and sellers. As we bring in the new year, there are some positives we can look forward to. Lowering interest rates and what looks like a fairly significant increase in available inventory. Good news for both buyers and sellers! If your plan for the coming year is to make a move up, downsize or relocate, we have the experience and knowledge of navigating through the process with you. Stop by our office or give us a call and we can strategize to formulate a plan that is just right for you! Have a HAPPY NEW YEAR! We look forward to hearing from you soon!

AT YOUR SERVICE! - Ken

Business Spotlight









474 Solana Real, Fallbrook

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Suzie Hoover Realtor® | DRE# 01882681

suzie.hoover@compass.com 760-505-0806

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

John Graef

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

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





100 N. Main Avenue, Fallbrook Office 760-451-6191



30497 Calle Loma, Bonsall

Stunning, turnkey, 4,658 sf single story PANORAMIC VIEW + ride inride out horse property on 2.44 usable acres in Bonsall. 4 large BD + an office. New complete HVAC system, new Sub-Zero, new Bosch dishwasher, travertine flooring and backsplashes, granite countertops, stainless apples including a Thermador dble oven and a Butlers Pantry with a wine/ drink refrigerator. Thermador professional range with pot filler, spacious breakfast area, high ceilings throughout and a a 64 panel PAID solar system! The primary suite has a retreat area, amazing views, high end finishes, spacious custom closet. Gorgeous custom designed pool. Bonsall school district.

Offered at \$2,073,747

Sharon's Corner

We currently have some amazing listings for you to consider as well as some coming up in 2024!

Stay in touch with us for all the latest on what's available to buy in Fallbrook! You can always check out our modern and up to date website at www. kenfollisandsharonrobinsongroup. com for the latest details!

Or better yet, just give us a call!

LET'S TALK! - Sharon

Charity Spotlight



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OPINION

Kicking It with swear words



Elizabeth Young-Westphal Special to The Village News

Now that Santa's wrapping paper mess has been tossed in the can and the relatives are making going-home sounds, we can now embrace the new year. A new beginning.

As I write this (it's always two weeks before ink) I won't know if I got anything I really wanted for Christmas. Consequently, should you be even remotely interested in what a woman of a certain age believes she wants, you'll just have to wait. Although, I do hope your Christmas was jolly.

What I am thinking about is next year's New Year's resolution.

Whether you resolve to make one, or bother to keep it, or just forget about that idea all together, Jan. 1 will come. God willing.

In times past and for decades, when I was an active contributor to Catholicism, I would resolve every year to give up my favorite thing. Swearing. I still like to curse boldly much to my daughter's chagrin.

Back when I was in my "high-Catholic" years from ages 23 - 30, I would make a true sacrifice for Lent. Kneeling at the altar, after getting a smudge of ash on my forehead, I would pledge my troth to Jesus-on-the Cross, to forego swearing from Ash Wednesday to Easter Sunday.

My penance for cursing was one Our Father, followed by 10 Hail Mary's, followed by another Our Father, for each curse word spoken or thought. Again. That is 12 prayers for every curse word I used, whether spoken or unspoken.

Each Sunday, I would clear the slate during Mass for the following week. Which is why by the first Sunday of Lent, I would be kneeling the entire Mass from Father's first blessing to his final "May God be with you."

In my defense and in the spirit of "no cheating," remember, I was honor bound to not only count the curses I said out loud but also the ones I thought. So even if no one else heard me, it still counted as a set. After all, ya can't cheat, what would be the point?

Just so ya know, I was not repenting at a slow remorseful pace. What I'm talkin' 'bout is from Father O'Mahoney's first blessing, I would be on bended knee repeating, in rapid-fire succession, the beautiful words written to the sacred Mother Mary preceded by and after an Our Father. Doesn't sound so hard,

Actually, it turned out from the time Father O made it to the altar, I was on the kneeler for the next 50-minutes.

Looking back, my penance was probably not that divine. All the same, I did it for the entire six weeks every year and did it for a decade. Looking back, even if every prayer wasn't as contrite as it could have been, at least I was true to my vow and fulfilled my chastisement.

See how fast you can read this: "Hail Mary full of Grace the Lord is with you. Blessed art thou among women and blessed is the fruit of thy womb Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen." Now amp up your reading and see how fast you can knock it out, because I could whip through it like lightning.

Regardless of your feelings about The Catholic Church, this is still my favorite prayer for all women.

Each set required 12 prayers. First one Our Father followed by 10 Hail Mary's, followed by another Our Father. Which was why a rosary was helpful to track my atonement. I was such a good swearer; I could knock out a rosary in a heartbeat because too often my penance required multiple rounds.

Even with all that, I couldn't break the habit of swearing. Now, imagine saying these 12 prayers so many times, you barely finished in time to leave after a 50-minute service. Obviously, I swore a lot.

Here is the thing. I still love to swear and have ever since I discovered I could get away with it without getting my mouth washed out with soap.

Once married, I considered myself somewhat of an independent woman, discovering quickly that I could recite any previously forbidden four-letter word with alacrity and without recourse. It was fun.

Apparently, my husband didn't care. Which only invited me to try more scandalous words forbidden in polite society. As a result, I started peppering my speech with lots of naughty words because nothing happened when I did.

Imagine, at the ripe old age of 18½, I discovered I had a potty mouth. I frequently said the F word, the S word, the F-U words. As a married woman I could say any damn thing I wanted to.

For me, the really good fractious outbursts primarily now happen while I'm driving. Lucky for you guys, I don't drive much. Naturally, over the years I have linked many blue oaths together. It's like the Big Bang of swearing that leaks through my smiling lips as you pass me driving like a stupid doo-doo head.

Some would say, "I can make a sailor blush" especially when I hear network news. That's when expletives fly out of my mouth like Tourette's Syndrome. Without warning, my brain spews foul words over my tongue and through my lips directed toward the television screen.

Which reminds me, maybe I should reconsider a New Year's resolution for 2024. I'll resolve to turn off the national network news until Nov. 5. Happy New Year!

Elizabeth can be reached at eyoungman@reedermedia.com.

New laws for 2024

Assemblymember Marie Waldron

75th District

Bills passed by the Legislature and signed by the Governor usually go into effect Jan. 1 of the following year. Here are just a few:

Business-related laws

• California's hourly minimum wage will increase to \$16 for most workers on Jan. 1 and to \$20 for fast food workers in April. Wages for healthcare workers will increase gradually to \$25 by 2033

Employers will be prohibited from asking about an employee's prior or current off-site cannabis use

- Employees will now be entitled to a minimum of five paid sick days each year
- Retailers will be required to have a gender-neutral toy section
- Manufacturers will be required to provide consumers and repair shops with parts or instructions

to repair devices valued over \$50

Hidden fees will have to be disclosed, including for hotels, short-term rentals and food delivery services.

Firearms-related laws

- New restrictions will be placed on concealed carry permit holders, despite the recent Supreme Court
- An 11% tax will be placed on firearms and ammunition

Criminal penalties

- Child sex trafficking will now be defined as a serious felony, allowing life sentences for repeat offenders
- Prison sentences for those trafficking over a kilo of fentanyl will be enhanced
- The statute of limitations to receive damages for victims of childhood sexual assault will be eliminated
- Penalties for those using swastikas

or other hate symbols at schools, religious institutions, cemeteries and other locations will increase

Others

- Local jurisdictions will no longer be able to ban cruising
- Landlords will only be allowed to charge one month's rent as a security deposit
- Counties will have more leeway to put those suffering from severe mental illness into treatment or temporary psychiatric holds

For better or worse, these are just a few new laws for 2024. The Legislature returns to Sacramento Jan. 3 – many more are on the way.

Assemblymember Marie Waldron, *R- Valley Center, represents the 75th* Assembly District in the California Legislature, which includes the cities of Poway, Santee, portions of the City of San Diego, and most of rural eastern and northern San Diego County.

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Arise Shine KINGDOM"

Do you love the truth? It is time to pray!

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. For I rejoiced greatly when brethren came and testified of the truth that is in you, just as you walk in the truth. I have no greater joy than to hear that my children walk in truth. Jesus said to him, "I am the (only) Way (to God) and the (real) Truth and the (real) Life; no one comes to the Father but through Me." If you abide in My word, you are My disciples indeed.

3 John 2:2-4; John 14:6; John 8:31-32

And you shall know the truth, and

the truth shall make you free. ??

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Checking your home while you're away



Supervisor Jim Desmond 5th District

With many people out of town during the holidays (although how could you leave San Diego) it's important to make sure your home is secure. While we've increased the budget for the county's Sheriff's Department, including adding more deputies out on patrol, the threat of criminal activity is still possible.

As your County Supervisor, I support initiatives that promote public safety for residents in North

County. The County Sheriff's Department offers free home vacation checks year-round. If you let the Sheriff's Department know when you are leaving, they'll send a Sheriff's Department Senior Volunteer Patrol to keep an eye on your home while you are away. I encourage you to take advantage of this program.

The Sheriff's Department Senior Volunteer Patrol will check your home for broken windows, open doors, garages, or other suspicious activity. They will hide newspapers and packages away from public view and they will call for a deputy's assistance if there is a problem. When you return, you will receive a letter listing the dates your home was checked and any observations made during their visits.

Find more information at https:// www.sdsheriff.gov/community/ home-vacation-check or call your local Sheriff's Station. As always, if we can be of assistance or answer any questions, my team and I can be reached at 619-531-5555 or via email at Jim. Desmond@sdcounty. ca.gov.



December 28, 2023 www.VillageNews.com / The Fallbrook Village News / **A-5**



The historic election results have now been certified.

Here's What You Need to Know:

Measure A and Measure B were overwhelmingly approved by FPUD and Rainbow voters.

94% of voters in Fallbrook and 95% of voters in Rainbow

voted to detach from the San Diego County Water Authority and instead buy less expensive water from Eastern Municipal Water District. This puts both districts in a position to lower or stabilize rates – a huge accomplishment!

What happens next?



The Local Agency Formation Commission (LAFCO), which gave us the green light to have an election and pursue detaching, is anticipated to file a "Certificate of Completion" before the New Year, which is the last procedural step to complete the transition.

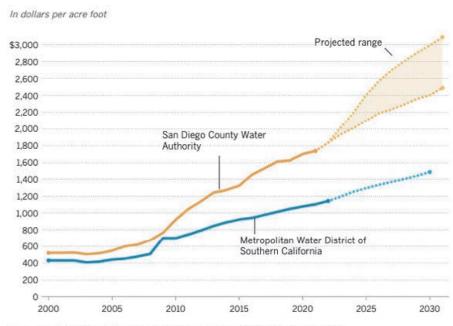


Once both districts have successfully detached, each will pay an "exit fee" over 5 years.



The cost savings from detachment will far outweigh the short-term exit-fee costs. But the fees will delay the full realization of FPUD and Rainbow's cost savings.

Here are the wholesale water projections if we DID NOT detach



Sources: San Diego County Water Authority: Metropolitan Water District of Southern California Karthika Namboothiri / The San Diego Union Tribune



Once detachments for FPUD and Rainbow are completed and exit fees are paid off, projected wholesale water costs will closely follow the **blue** Metropolitan line instead of continuing on the increasingly more expensive **orange** Water Authority line. Based on an independent analysis by LAFCO, this will initially save both districts approximately \$7.6 million annually, combined, in the cost of purchased water.

FPUD and Rainbow are taking steps to implement Eastern's lower rate structure & cut water rates

Rate setting at FPUD and Rainbow will vary

FPUD

- FPUD will detach effective Jan. 1, 2024 and residential customers will see an average 5% reduction on their water bills. This is due to the removal of the Water Authority's fees. Without detachment, rates would have instead gone up 6.5% on January 1, passing through the Water Authority's rate increases.
- Agricultural customers will also see lower bills. The amount will depend on the specific account type, water use and meter size.

RAINBOW

- Due to the location of Rainbow's source connections, the development of an operations plan which includes transfer of facilities and modifications to the water distribution system are required for Rainbow to realize the full transfer to Eastern.
- The transition for Rainbow to detach will take additional time but, once complete, will have a similar positive impact to customer rates in the form of lower fixed fees and reduced pressure on future rate increases.
- Rainbow expects to complete the necessary actions by Fall 2024.

A major factor in the savings is keeping water rates much more stable.

The water being delivered will be <u>the same</u> water, off <u>the same</u> pipeline. It will be <u>reliable</u>. It will be clean, safe and will continue to meet or exceed all state and federal water quality standards.





DOZER

from page A-1

Conservation Camp. CalFire is the primary agency responsible for fire protection in Rainbow Heights, and Rainbow is also within the boundaries of the North County Fire Protection District.

The CalFire dozer has been deployed to locations other than Rainbow, including during the December 2017 Lilac Fire. Not only is Rainbow Heights Road remote compared to some of the areas which have required the dozer's deployment, but the street is a long meandering narrow roadway with steep grades and sharp turns.

"It's kind of a dangerous location for that dozer to be housed," McReynolds said.

NCFPD Station 3 is at the northeast corner of Fifth Street and Rainbow Valley Boulevard, and CalFire expressed interest in locating the bulldozer there.

"We were approached by CalFire," McReynolds said.

A 5-0 NCFPD board vote, May 23, directed staff to explore the possibility of a dozer barn facility lease agreement. That vote did not authorize approval by NCFPD staff, so once agreement was reached at the staff level the lease would return to the NCFPD board for approval. The staff determination was that a construction/lease agreement would be the best option to cover the cost to construct the facility and to provide the fire district with ongoing lease revenue.

The North County Fire Protection District was created in 1986 when the Fallbrook Fire Protection District merged with the county service area which provided fire protection to Rainbow and Gavilan Mountain was added to the new district. The Rainbow Volunteer Fire Department retained its autonomy, and the Rainbow fire station became NCFPD Station 6. The station was renamed Station 3 in 2018 when the original Station 3 in Olive Hill was closed due to the relocation of Station 5 in Bonsall. The Rainbow Volunteer Fire Department was consolidated into the North County Fire Protection District in 2018.

What is now Station 3 was built in the 1970s. Because the Rainbow fire station utilized a volunteer fire department, living quarters were not incorporated into the design. A January 2022 NCFPD board vote recommended conventional construction rather than a modular building for the Station 3 upgrade.

The January 2022 vote also authorized NCFPD staff to hire a construction management company to oversee the designbuild process for the Station 3 renovation. A request for proposals was issued, Erickson-Hall was the lowest responsive bidder, and the May 2022 board meeting approved a \$395,340 contract with Erickson-Hall for construction management services to renovate Station 3.

The Erickson-Hall scope of work included three phases; the planning phase involved the request for statements of qualifications for the construction contract, the request for proposals and the preparation and selection of a design team.

TCM, which is based in Orange, was determined to be the preferred contractor for the design-build services. A 5-0 NCFPD board vote, April 25, directed district staff to execute a contract with TCM for design-build services of Station 3. That action also allocated \$3,500,000 of funding for the fire station and authorized an additional \$350,000 for potential change orders. Initially the contract covered \$387,762 for the design phase and the construction will likely be authorized following the completion of the design.

A guaranteed maximum price and schedule will be established following the completion of the design. Once the design is completed NCFPD staff will ask the board for a contract amendment to include the guaranteed maximum price for actual construction. The contract will be established on a cost plus fee basis with the guaranteed maximum price, and the contract will be structured so that all savings are returned to the fire district.

Not including the dozer barn, the Station 3 construction would involve renovating 777 square feet of the existing station while adding 1,740 square feet to the current station. The back apron is being designed as part of the station renovation, and that is the likely location for the dozer barn.

The state's Department of Governmental Services has approved up to \$1 million for the dozer barn construction. The final cost will be determined after successful negotiation with TCM of a guaranteed maximum price and a contract amendment.

"It will fully cover the cost of construction," McReynolds said.

The change order with TCM to design the dozer barn adds \$16,024 to the contract amount. The construction costs will include planning and design, permitting, construction management services, construction, staff and legal counsel time.

The dozer barn addition will also become part of the San Diego County permitting process. McReynolds believes that county approval for the station renovation will occur between March 2024 and June 2024.

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Vintage car club donates funds to senior center



Fallbrook Vintage Car Club Chair of Donations Michael McGuire, right, Village News/Courtesy photo presents a check to Fallbrook Senior Center Executive Director Susie Gonsalves. For any nonprofit interested in applying for funds, information and a Donation Request Form can be found at www. fallbrookvintagecarclub.org.

FPUD's Community Benefit Program sets Jan. 8 meeting date

Award recipients to be announced

 $FALLBROOK\,-\,Fallbrook$ Public Utility District's (FPUD) Community Benefit Program committee set Monday, Jan. 8, 2024, to reveal nonprofit organizations picked to qualify for local community improvement grants, Jim Mendelson, chairman of the committee, announced

The meeting, which is open to the public, will be held at the FPUD offices, 990 E. Mission Road starting at 10 a.m. Mendelson explained that the public meeting will also be available to area residents via Zoom at: https:// us06web.zoom.us/j/8961395178 $\underline{9?pwd} = \underline{TVpIRnZQOG8xbWZu}$ S1NpTkRyZlZDZz09

Meeting ID: 896 1395 1789 Audio Passcode: 651423

Lila Hargrove, chair of the working group that developed forms and procedures for the selection process, said that the Community Benefit Program committee received 15 project requests, 12 of which met broad criteria for funding from the \$548,000 annual funding pool allocated for local tax-exempt organizations within the FPUD service area.

She said that among those organizations considered by the seven-person committee were The Fallbrook Beautification Alliance, which requested funds for maintenance of the South Mission Road median, and the Fallbrook Center for the Arts for installation of several pieces of sculpture art in the community.

Other organizations included the Fallbrook Gem and Mineral Society for lot improvements on Alvarado; the Fallbrook Land Conservancy for three projects in the FPUD service area; the Fallbrook Sports Association for improvements to Ingold Sports Park; and the Fallbrook Trails Council for a hiking bridge in the Santa Margarita River area.

The Fallbrook Village Association had three project requests, one of which was for maintenance of several parks in the community, another for enhancement to the Railroad Park on Main Avenue and upgrades to the downtown parking area. The Mission Resource Conservation District requested funds to remove invasive grasses.

According to Mendelson, following the January meeting, the Community Benefit Program's recommendations on which groups and amounts requested will be referred to the FPUD board of directors for final comment and approvals.

Established by the Fallbrook Public Utility District's Board of Directors in late 2022, the Community Benefit Program's seven members meet on the second Monday of each month. The group has a framework for considering requests by FPUD-area nonprofit organizations seeking financial assistance for parks and recreation, street lighting and roads and other projects that benefit the community.

Funding proceeds are from existing San Diego County property tax revenues received by the utility. Jim Mendelson, (949-201-9967), CBPChair@outlook. *com*, is the chair.

Submitted by the Community Benefit Program Committee.

Pet of the Week needs a home



Senora is a chihuahua dachshund blend. She weighs 15 lbs. and is about 2 years old. She was rescued with her puppies in November. Senora is very sweet and playful. She is spayed, vaccinated, microchipped and is ready for a loving home. If you would like to meet Señora, email info@ fallbrookanimalsanctuary.org.

Angels look back on banner year



Angel Society board member Gerri Ankerman, front right, is seen with Russ and Michelle Haneline, designers of the Angels' first-ever float.

Society's board of directors.

"We just love the organization

and what they do for the

community," said Michele, who

also volunteers at the Angel Shop.

"I asked Gerri if the Angels had

ever had a float in the parade.

She said they had talked about it

over the years, but it just never

So, Michelle turned to her

husband, Russ, and asked if he'd

be willing to take on the project.

"I'd be honored," he answered,

estimating the woodwork, painting

and installation took up to 15 hours

to complete. "He never ceases to

Several grandchildren of Angel

board members rode in the float,

marched alongside, or volunteered

to carry the Angels' new banner.

The banner was created by Jim's

Sign Shop, along with two new

signs for the Angel Shop's exterior

"The Angel Society is excited

to support our Fallbrook

community in every way," said

Kelly Bednarski, Angel Society

president. "Thanks to Russ and

Michelle, our ingenious float

builders, we had our first-ever

Christmas Parade float, which was

the most festive way to promote

our charitable endeavors during

The Angel Society's fiscal year

began on May 1 and continues

through April 30, 2024. During

the first half, from May through

December, the group's board

of directors approved a total of \$134,392 in monetary donations to

local nonprofits and other worthy

Recipients included local

elementary schools, along with

the Bonsall Women's Athletic

the Christmas season."

causes.

that will be installed this month.

impress me," Michelle added.

happened."

FALLBROOK – It's been a milestone year for the Angel Society and not just because the nonprofit group celebrated its 45th anniversary in June. The Angels have also completed several big projects that have kept them busy throughout the summer and fall.

Kicking off the Angels' to-do list was a remodel of the downstairs area of the Angel Shop, the group's volunteer-run thrift store on Main Avenue. Closed for a week at the end of August, the shop reopened Sept. 5 with freshly painted walls, new flooring, and revamped merchandise displays.

Kathy Gausepohl, board member and Angel Shop chair, supervised the remodel by Tyler McNeil and Jon Davis of McNeil Home Repair. The shop's asphalt parking lot was also repaved and repainted by Coby Hart.

"We couldn't be more grateful for all of their work in making the shop more user friendly," Gausepohl said.

Throughout the fall, the Angels also launched a new logo and website. The logo, designed by Steve Britschgi of Fallbrook Advertising, intertwines the letters A and S beneath a halo. It is a sleek upgrade from the original blackand-white sketch of an Angel created by Dottie Parker, the Angel Society's first president when it was founded in 1978.

The group's website was updated with easy-to-navigate links and includes information about the Angels' history, board of directors, major donors, volunteering, scholarships, Angel Shop information and more. It was designed by Mike Graf, also of Fallbrook Advertising. The new site was launched in November at www.theangelsociety.org.

This month, the Angels also unveiled their first-ever float in the Chamber of Commerce Christmas Parade. Generously donated by Russ and Michelle Haneline of Fallbrook, the float featured a bubble machine and three 10-foot-tall wood Angels, with room to carry more than a dozen passengers.

The couple were inspired to build the float last December, when they were invited to watch the annual parade in the Angel Shop's parking lot by Gerri Ankerman, a longtime member of the Angel



Angel Society volunteers and family members pose with the group's new banner.

Village News/Courtesy photos

Department and San Onofre Culinary Arts. Several athletic and other programs at Fallbrook Union High School also received much needed funds, including the PTSA Hardship Fund, MCJROTC and the Student of the Month program.

Funds were also awarded to the following Fallbrook nonprofits: Animal Sanctuary, Animal Kind, Beautification Alliance, Fires Safe Council, Food Pantry, Foundation for Senior Care, Good Dog, HOPE Clinic, Land Conservancy, Friends of the Fallbrook Library, Live Oak Park Coalition, Music Society, Pop Warner Football, REINS Hoedown, REINS Charity Golf Tournament, Sport's Association at Ingold Park, Trails Council, Village Association and VFW.

In addition, six North County area organizations also received monetary funds. They are Be Well Therapy, Bonsall Women's Christmas Tree Luncheon, Canine Companions, Palomar College Foundation, SD Lions Gift of Sight and Wounded Warrior Homes.

The Angel Society welcomed four new members to its board of directors this year: Bonnie Amick, Heidi Chance, Mah-Jhey Fish, and Diane Pearson. There are a total of 34 hoard members

34 board members.

The Angel Shop operates five days a week and is closed Sundays and Mondays. It is run entirely by volunteers who are members of the Angel Society. Persons interested in volunteering at the Angel Shop must be referred by a member and pay a membership fee of \$20.

For more information about the Angel Shop and the Angel Society, visit <u>www.theangelsociety.org</u>.

Submitted by the Angel Society.



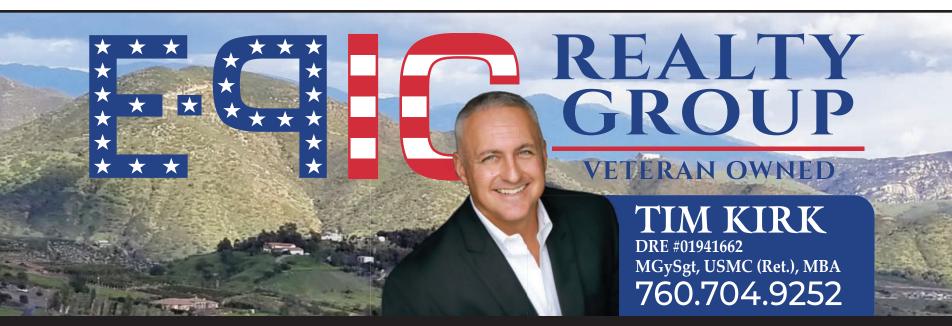
Angels and several grandchildren ride on the float, which was towed by Russ Haneline, in the Christmas Parade..



Madison Kirby, left, and Grace Ankerman are among several Angels' grandchildren who rode or walked in the parade.







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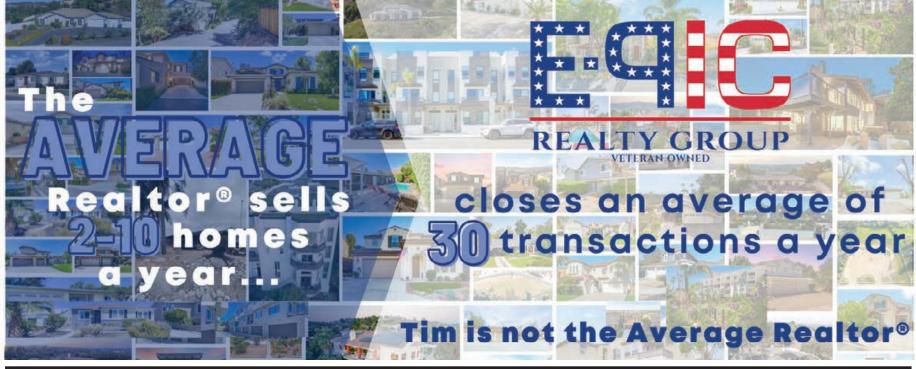
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Wreaths Across America remembers and honors veterans



Gene Alexander explains the importance of Wreaths Across America, that it is all about remembering, honoring and teaching.



Wreaths Across America Location Coordinator Melissa Buckly places a MIA flag onto a wreath along with the branch of service it represents, Dec. 16, at the Fallbrook Masonic Cemetery.



JROTC Color Guard Cadets Shane Paelo Jimenez, left, and Gentry Guard place a wreath on the grave of WWII Army SSgt John M Walker who died May 6, 1978.



Miss Teen Fallbrook Sarah Palmer places the first wreath on the grave of famous Village News/David Landry photos baseball player Edwin Donald Snider, F2 US Navy in WWII, who passed Feb. 27, 2011.



Bagpipers Mike Redding, left, and Kurt Hoeger, Pipe major of the 7 Celtic Nations Pipe Band, play for the guests while they place wreaths on the veterans' graves.



American Heritage Girls Club members Leah Burke, left, and Elena Alexander read a book about veterans to the people attending the Wreaths Across America ceremony.



Pastor Brandon Way from the Christ the King Lutheran Church gives the Benediction.

HEALTH

Are your groceries costing you your fitness goals?

Shelby Ramsey

Special to the Village News

We have all been tempted, distracted, or given in to foods or products at the grocery store that were not on our list. Some of which we regretted the next day after consumption. (And some of which we did not regret!)

It's like being the main character in a crazy video game. Instead of constantly trying to swerve and dash cars as the character illegally attempts to jaywalk, it's the unhealthy, processed foods, and sweet treats that line the check

So, whether you are:

Trying to make healthier food choices

- On a diet
- In maintenance mode
- Trying to cook in more instead of relying on the unknowns of restaurant meal preparation (oils, butter, fats, creams)
- Need to save money and not pull into the drive-thru line as often

Establish a plan. Start trying to stick to it. That discipline and dedication will flow over to other parts of your life. From my experience, that has

enormous benefits!

I've been dedicated to eating healthy, making good choices when dining out, and learning to prepare yummy recipes with whole ingredients for years. My best tips?

75% of your groceries = fresh vegetables + produce (organic if possible)

- · Strawberries, blackberries • Cantaloupe, watermelon
- Broccoli, cauliflower, carrots
- Zucchini, cabbage, mushrooms, tomatoes
- Butter lettuce, spinach
- Lemons, garlic, fresh herbs for seasoning / homemade marinades

Choose lean meats

- · Chicken breast, turkey breast, ground chicken/turkey, extra lean ground beef
- Add in healthy omega-3s
- Salmon, tuna, mahi mahi
- Read nutrition labels

Allot 15 minutes extra on your first couple "healthy mode" grocery store runs to review nutrition labels: calories/fat/carbs/ protein.

Identify where the item has come from and if organic or not.



Before going grocery shopping, establish a plan and try to stick to it to eat a healthier diet. Village News/Courtesy photo

Compare them to other similar meats/products on the shelves. There is a wide range of meats on the market that are vastly different

Stock up on – ground flaxseed, Fage 2% plain Greek yogurt, Good Culture cottage cheese (low-fat)

in nutritional properties.

You can create a delicious and healthy breakfast or afternoon

This is a pretty standard grocery list in my house. Do I deviate and pick up other items? Of course. We must live a balanced life. My goal is staying dedicated

to achieve a healthier body and to influence both our older and younger generations.

Happy shopping!

Shelby Ramsey is a health journalist and publisher of https:// <u>healthierbodies.com/</u>.

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TrueCare acknowledged as a breastfeeding friendly health center

Recognition establishes TrueCare as the only FQHC in California to achieve status

SAN MARCOS – TrueCare, a nonprofit community-based health center serving San Diego and Riverside Counties, has been recognized as a Breastfeeding Friendly Health Center (BFHC) by the California Department of Public Health (CDPH), California Breastfeeding Coalition (CBC), and California WIC Association.

TrueCare is the only Federally Qualified Health Center (FQHC) in California to achieve this recognition.

The organization has been a trailblazer in becoming a breastfeeding-friendly health center. Over the past four years, TrueCare teams in Women's Health Services, Pediatrics and the Women, Infant & Children (WIC) program have worked diligently to implement the "9 Steps to Breastfeeding Friendly: Guidelines for Community Health Centers and Outpatient Care

Settings." The guide outlines evidencebased best practices for supporting breastfeeding in the health care setting. The recognition as a Breastfeeding Friendly Health Center acknowledges TrueCare's commitment to supporting breastfeeding for both patients and employees by making policy, operational, and environmental changes to remove barriers faced by

breastfeeding parents. "As California adopts historic health care reforms, including for birthing care, TrueCare's commitment to lactation is an important part of addressing maternal mortality and improving infant birth outcomes, particularly for those at high risk," said Executive Director Karen Farley of the California WIC Association. "We hope this level of care that includes tangible breastfeeding interventions will be adopted widely across the state by

other health centers as well." The American Academy of Pediatrics (AAP) and World Health Organization (WHO) recommend infants be breastfed exclusively for the first six months of life, and up to two years or longer. Studies show breastfeeding provides health benefits for babies and mothers, including lower risks of asthma, obesity, diabetes, infections, SIDS, high blood pressure, and ovarian and breast cancers.

"TrueCare is proud to champion the invaluable health benefits of breastfeeding," said Michelle D. Gonzalez, President and CEO of TrueCare. "This recognition reflects our mission to provide high-quality preventative care and health education to the families we serve. It takes a village, and at TrueCare, we stand together for the well-being of our patients and employees, empowering their choice to breastfeed."

To achieve this prestigious status, TrueCare implemented comprehensive lactation policies and procedures across all organizational departments that provide services to pregnant and postpartum women and their infants. Employees also benefit from these lactation policies, which include flexible break times and

private spaces for pumping, as well as a breast pump loan program and access to TrueCare's international board-certified lactation consultants

"We believe breastfeeding is vital to the health of the community we serve," said Mary Sammer, Vice President of Nutrition Services at TrueCare. "We are committed to removing barriers for those who choose to breastfeed and to ultimately improve health equity while advocating for breastfeeding as the gold standard for infant nutrition."

As a community health center, TrueCare provides an integrated approach to breastfeeding education and support. Beginning in pregnancy, mothers receive evidence-based education so they can make an informed decision about feeding their baby. Lactation support includes an infant feeding assessment at the first pediatric newborn visit and beyond, until lactation and infant growth is well

established. "Together, our providers and health staff have built a culture for comprehensive pediatric care that includes taking steps to establish appropriate infant feeding behaviors," added TrueCare Pediatrician Dr. Maria Sebiane. "Early and ongoing nutrition support combined with our quality, culturally sensitive medical care provides our patients the education, assessments, interventions and referrals that they need, based on their individual situation, so we can truly be a fullservice resource for families in our communities.'

TrueCare also has been honored with a Liquid Gold Gala Award for Best Breastfeeding Friendly Workplace and an IBCLC Care Award for its commitment to promoting, protecting and supporting breastfeeding and the lactation consultant profession by the International Board of Lactation Consultant Examiners® (IBLCE®) and the International Lactation Consultant Association® (ILCA®).

Additionally, TrueCare and the UC Health Milk Bank come together annually for a breast milk drive and health fair to share the benefits of human breast milk with those in need and help bring awareness to the importance of breastfeeding.

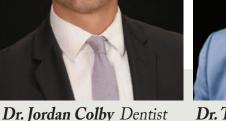
Breastfeeding support is available at TrueCare locations in Carlsbad, Encinitas, Oceanside, Perris, Ramona, and San Marcos.

For more information about TrueCare, visit www.truecare. org. For more information about TrueCare's Women, Infant and Children (WIC) program, visit www.truecare.org/wic.

Submitted by TrueCare.

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Temecula Valley Hospital receives the 2024 Women's Choice Award as one of America's best hospitals for patient safety

TEMECULA – Southwest Healthcare Temecula Valley Hospital was named one of America's Best Hospitals for Patient Safety by the Women's Choice Award, America's trusted referral source for the best in health care. The award signifies that TVH is in the top 4% of 4,728 U.S. hospitals for patient safety in safe surgery practices and lower rates for complications and infections.

"Not all hospitals can say they are the safest in the country, and by identifying those who are, the Women's Choice Award is helping the female consumer identify the hospitals in her community that are dedicated to creating the safest patient experience," Delia Passi, founder and CEO of the Women's Choice Award, said.

The methodology used to select Temecula Valley Hospital as one of the Best Hospitals for Patient Safety is unique in that it evaluates 13 Centers for Medicare and Medicaid Services' measures of infections and complications, Hospital Consumer Assessment of Healthcare Providers and Systems survey results along with primary research about women's health care preferences. It is the only award recognizing excellence in patient safety based on robust criteria that consider patient satisfaction and clinical excellence.

"The recipients of the Best Hospitals for Patient Safety award have led the country by implementing safe practices that have ultimately saved lives," Passi said. "This recognition is critical



The 2024 Women's Choice Award recognizes hospitals with the highest safety ratings for safe surgery practices and lower rates for complications and infections.

Village News/Courtesy photo

for women as they make over 80% of healthcare decisions and need to know they are putting themselves – and their family members – in the safest hands."

Temecula Valley Hospital is one of 510 award recipients representing the hospitals that have met the highest standards for

patient safety in the U.S. by the Women's Choice Award.

"We are committed to providing safe, high-quality care, and to be named in the top 4% in the nation for safety is gratifying," Darlene Wetton, CEO of TVH, said. "Our patients are incredibly important to us. They are our family, friends,

neighbors, and peers. At Temecula Valley Hospital, we pride ourselves on creating the safest patient experience possible, whether you visit unexpectedly or choose us for a surgical procedure. To be recognized in this prestigious way, gives peace of mind to our patients in knowing that when they choose

TVH, they are in safe hands."

For the full list of the Best Hospitals for Patient Safety, visit https://womenschoiceaward.com/best-hospitals-for-patient-safety.

Submitted by Temecula Valley Hospital.

Hope Clinic for Women reviews 2023



Justin Springston presents" Gun Safety and Village News/Courtesy photo Emergency Preparedness" to young dads and their coaches at one of Hope Clinic's Fatherhood Program Guy's Night Out events at the Fallbrook Health and Wellness Center.

FALLBROOK – In 2023, at 1,040 client visits, Hope Clinic for Women (HCW) provided over 4,620 free services valued at more than \$678,000. Women's services included pregnancy tests, maternity and infant resources, ultrasounds, abortion pill reversals, parenting classes, and mentoring.

In June 2023, HCW initiated new fatherhood programming for dads and dads-to-be that included weekly coaching visits and a monthly Guy's Night Out event where all coaches and dads met for pizza and wings, hosted special speakers, or held a corn hole tournament.

All client and patient services were at no cost to them. Staff and volunteers offered time and resources as they established long-term relationships with their clients and patients, most often engaging with them after their pregnancies, until their child turns 2. At that point, moms and dads could join HCW parenting and other support groups.

HCW especially enjoyed hosting group events for their clients and patients that prepared them for the birth of their first child, that celebrated the birth of that child, that offered postpartum and pregnancy loss support and that allowed their clients and patients to meet each other so they could share common experiences.

At Thanksgiving, HCW hosted a Momsgiving and at Christmas they hosted a Joy Shop where families could pick two toys for each child in their family for Christmas. HCW also partnered with a recovery center providing diapers and Christmas gifts for the children who were in the process of reuniting with their mothers. All of this was made possible by a very caring community.

A highlight of each month was when HCW partnered with WeLuvSanDiego who provided thousands of free diapers and other personal care products on the second Tuesday of each month in the parking lot of LifePointe Church at 221 N Pico Avenue in Fallbrook.

A service vital at HCW in 2023 was their referral services. They have a volunteer who weekly updates local services and seeks new ones that clients express need for. HCW referred their clients and patients to local agencies and organizations that could provide resources that they do not offer.

They did not want their moms and dads to fall through the cracks because they did not know where to go for services, especially in the first trimester when the need for support is the greatest and the risk for medical issues needing immediate attention is most important to detect and refer for care. HCW's First Three Initiative seeks to make first trimester services affordable (no cost), available (to be open as many hours as possible) and accessible (with the staffing needed to provide the services the clients need).

Hope's annual fund raising and friend raising events, the annual Baby Bottle Change for Life Campaign that kicks off in January and continues through the year, the Gala in March, Hope Walks in June and Hats in the Garden Tea and Auction in October along with committed donations from individuals, corporations and churches help fund day to day operations at Hope.

For more information about how to support HCW as a community member or how to train as a volunteer, those interested may attend a monthly Vision Tour at Hope Clinic for Women located at 125 E Hawthorne St. in Fallbrook on the last Monday of the month at 3 p.m. by calling to reserve a spot at 760-728-4105 ext. 10.

More information may be found at <u>www.hopefallbrook.com</u>.

Bromelain to the rescue for chronic sinusitis

Karen Jensen, ND

Special to the Village News

Chronic Rhinosinusitis (CRS) is one of the most common lingering medical conditions worldwide. CRS affects one in seven people each year in the U.S., compromising the quality of life (QOL) in all age groups.

CRS had a more significant effect on social function, an essential aspect of QOL, than ischemic heart disease, chronic heart failure, or rheumatoid arthritis, based on how miserable the symptoms were. Even so, little is written about CRS, treatment is controversial, and it is often misdiagnosed or

underdiagnosed.

CRS is characterized as infection and/or inflammation lasting over three months. The most common symptoms include sinus inflammation/pain, runny nose, postnasal drainage, blocked nose, headaches, decreased sense of smell, fatigue, irritability, dental pain, and pain around the eyes, cheeks, and forehead. Unlike a cold, these symptoms don't

disappear within a week.

CRS has various causes, but it usually involves an upper respiratory infection (such as a cold) or an allergic reaction that causes inflammation and swelling and prevents the sinuses from draining properly. When sinuses become blocked, they provide a place for bacteria, viruses, and fungi to live and multiply.

I can attest that CRS is difficult to treat, even with repeated rounds of antibiotics, antihistamines, decongestants, and corticosteroids. Until I experienced a case of CRS, I did not realize how much it would negatively affect my overall well-being.

After several doctor visits, I saw a specialist who recommended aggressive antibiotic treatment for six weeks. In my case, I had gone deaf in both ears, and thankfully the antibiotic helped with this, but other debilitating symptoms lingered, and surgery was my next stop.

Surgery is often not the answer, but many people, like me, reach a point where there doesn't seem to be any other option. The latest Cochrane Review, considered the gold standard in medicine because it is less biased and more conservative, states that surgery offers no advantage over medical treatment.

With my background as a naturopathic doctor, I kept thinking about natural options, especially bromelain. What could it hurt? I

was already miserable.

Enter bromelain

Many people are aware of the powerful anti-inflammatory effects of bromelain, an enzyme found in pineapples. Clinical trials have confirmed its effectiveness as an analgesic/anti-inflammatory for use in both rheumatoid arthritis and osteoarthritis and other inflammatory disorders.

Bromelain got my attention when I saw a study on its ability to penetrate the blood and the mucous lining of the sinuses (sinonasal mucosa) in individuals with CRS.

Results of bromelain studies include:

- Children with acute sinusitis treated with bromelain recovered from their symptoms more quickly than children administered standard treatment.
- 85% of subjects treated with bromelain experienced complete relief from nasal inflammation, compared to 40% of subjects in the placebo group.
- Bromelain is thought to work by inhibiting the synthesis and accumulation of prostaglandins (fatty acids that promote inflammation).
- Bromelain also improves the health of cells and tissues in the lungs and reduces levels

- of immune cells involved in asthma attacks.
- Combined bromelain and antibiotics have been shown to be more effective than antibiotics alone in a variety of conditions, including sinusitis.
- Bromelain can be very effective for most people in reducing swelling, inflammation, pain, and other sinusitis symptoms. Look for bromelain supplements that contain 500 mg per capsule.

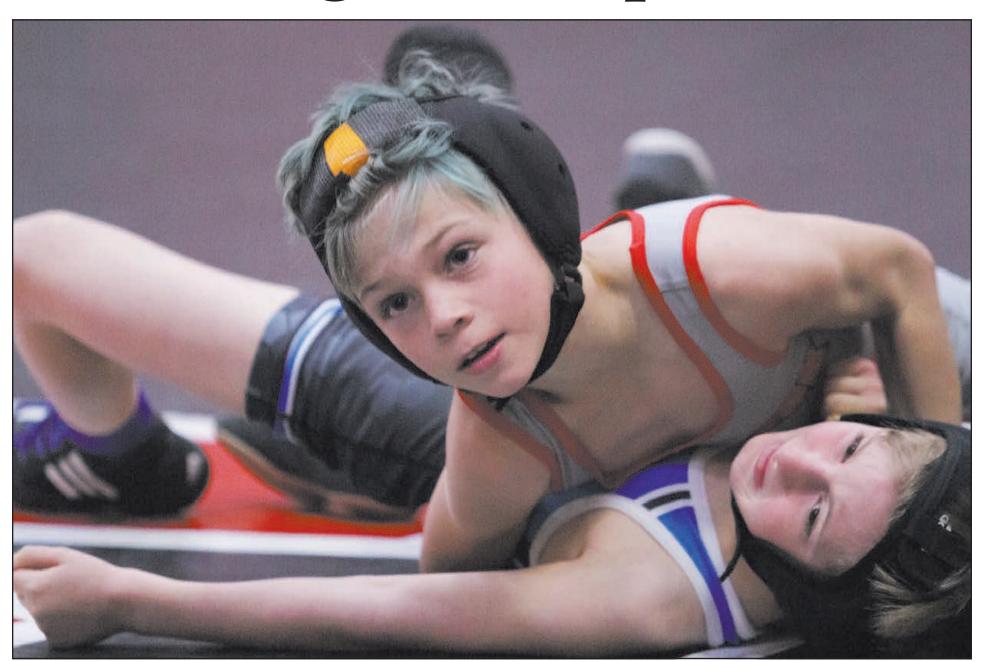
Some people with more allergic sinusitis may want to combine bromelain with quercetin, which can act like an antihistamine. Probiotics, or "friendly" bacteria, may also be helpful, especially if you have taken antibiotics for sinusitis. Neti pot or saline sinus sprays are also beneficial.

Caution: Bromelain may increase the risk of bleeding, so people taking anticoagulants (blood thinners) should discuss this with their healthcare practitioner.

Karen Jensen was in clinical practice for 25 years and although she is retired, she continues to write books and educate on the naturopathic approach to wellness. She is author or co-author of seven books, her most recent is "Women's Health Matters: The Influence of Gender on Disease."



Reviewing 2023 in pictures



Fallbrook youth 10U wrestler Tucker Johnson attempts to pin his Rancho Bernardo opponent during a youth wrestling tournament at Fallbrook High School, Jan. 29.



Betty Rockwell smiles as North County firefighters and Fallbrook Regency residents celebrate her 103rd birthday, Feb. 28.



Warrior Jaden Williams rounds the track during the 4×100 relay against Vista, March 16.

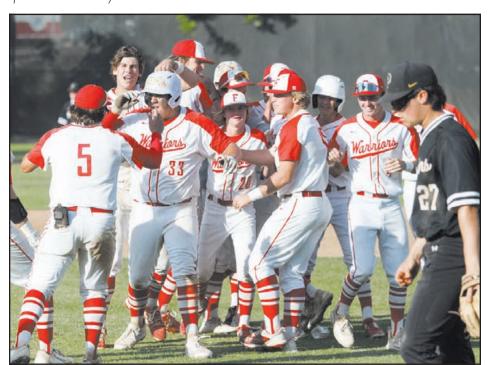
Village News/Shane Gibson photos



Boxes of Linda-Vista brand avocados are sold at a booth during the Fallbrook Avocado Festival, April 23.



Patrons at Rainbow Oaks Restaurant take a moment to stand for the national anthem as the restaurant plays the national anthem daily at noon. The national anthem observance sparked controversy across the nation.



The Fallbrook Warriors celebrate a walk off win against the Peninsula Panthers during the CIF Division IV Baseball championship game, May 30.



Visitors to downtown Fallbrook view a variety of lowriders on display for the annual Groupe North County Lowrider Car Show, July 9.



Don Mowry takes a big bite of a slider during the Fallbrook Food Pantry's Dine 'n Dash fundraising event at The Vineyard 1924, Aug. 19.



Volunteers help landscape Homes For Our Troops recipient USMC veteran Erik Galvan's new home during a volunteer day in Fallbrook, Sept. 22.



Dignitaries break ground signifying the start of construction for the Village View County Park in Fallbrook which includes the highly anticipated Fallbrook Skatepark, Sept. 28.



Warrior Chris Bausch battles against La Jolla Country Day's defense. Fallbrook lost the CIF Division III Football Semi Final, 38-39, Nov. 17.

SPORTS

Warriors fall to Pirates



Fallbrook's Manuel Melendez kicks a pass to a teammate during the varsity boys soccer game against Oceanside, Dec. 22.



Warrior Xavier Gonzalez passes the ball to a teammate in the game against the Oceanside Pirates.

Village News/Shane Gibson photos



Warrior Carlos Ruiz heads the ball against the Pirates. Fallbrook lost the varsity boys soccer game, 2-0.



Fallbrook's Zachary Dickey battles against an Oceanside opponent for the ball.

Win over Julian gives Legionnaires 5-2 boys basketball record

Joe Naiman

Village News Reporter

For the first time in the program's history Bonsall High School's boys basketball team won five of the Legionnaires' first seven games of the season.

A 74-47 home victory Tuesday, Dec. 12, against Julian High School gave Bonsall a 5-2 season record. A winning record over the team's first seven games occurred only once before in program history; the 2020-2021 Legionnaires who won the Sierra League championship had a 4-3 start.

The Legionnaires began their season with a Nov. 14 home loss to Guajome Park Academy, a Nov. 16 home victory against San Diego Academy, and a Nov. 17 loss at Coastal Academy. Bonsall's season record was evened at 2-2 Nov. 28, with a 48-30 triumph at home against Warner High School.

A Dec. 5 trip to Alpine High School gave Bonsall a 62-42 win over Liberty Charter School. Bonsall's scoring included 22 points from freshman Kaimana Levy, 12 points by senior Nathan Winebrenner and 10 points from junior Phoenix Young.

Cornerstone Christian High School made the trip from Wildomar to Bonsall for a Dec. 11 match. Bonsall's 76-56 triumph included leads of 15-11 after the first period, 42-25 at halftime and 65-38 when the buzzer sounded to end the third quarter. Levy had 35 points against Cornerstone Christian while also leading the team with nine steals and with eight rebounds.

"He was hitting jumpers, he was hitting floaters," Bonsall coach Bernard Cantrell said. "Everything he put up was going in."

Winebrenner had 29 points, six rebounds, four steals and three blocked shots. Young provided eight points and seven rebounds. Five steals apiece were obtained by junior Ryan Skaine and sophomore Raul Martinez Jr.

"Our leaders took over that game early and just kept the pressure on," Cantrell said.

after a three-season lapse. The 2019-2020 season included two Julian-Bonsall games; the Legionnaires prevailed by a 56-41 margin Nov. 21, in Julian and won a 56-54 overtime game Dec. 9, in Bonsall. This year's Julian team has 11 players, and despite the Eagles' inexperience Julian took a 4-4 record into the Dec. 12 game

The Legionnaires scored the game's first 12 points, although the score was 22-12 in Bonsall's favor at the end of the first quarter. Bonsall outscored Julian by a 26-3 margin in the second period.

"Our defense is so far ahead of our offense," Cantrell said. "I think we got frustrated offensively early and so we took it out on the defensive end."

Bonsall had 21 steals during the game.

"We put so much pressure on the ball consistently all night long," Cantrell said.

"We need to improve our ball handling and decision making

Julian has restored basketball when it comes to passing. I think another team's starters. that's probably what hurt us the most," Julian coach Garrett Huffman said.

Levy had seven of those steals, Winebrenner obtained four steals, Martinez and freshman Rowan Collup each stole the ball three times, Young accounted for two steals and Skaine and junior Devin Duke recorded a steal apiece. Winebrenner had one blocked shot as did senior Brayden Duke.

In the second half Julian scored 15 consecutive points, including the final 13 points of the third period, and Julian had a 17-10 scoring advantage in the third

"They showed a lot of heart and grit," Huffman said. "We started to make a little bit of a comeback against their bench."

Cantrell took out Bonsall's starters early in the third quarter. "I got everybody playing time," he said.

That not only gave Bonsall's substitutes playing experience but provided that experience against

The pace was good for them," Cantrell said.

Julian was also outscoring Bonsall in the fourth quarter before the Legionnaires made the final basket of the game for a 16-15 scoring advantage in the final period.

"I knew it was going to be a tough game," Huffman said.

Julian senior Kenny Morytko was the game's top rebounder with 13 of the Eagles' 33 grabs, and Morytko also had five of Julian's ten blocks. Bonsall's 35 rebounds included 10 by Winebrenner, seven from Levy and five taken by sophomore James Miramontes.

Nine different Legionnaires scored against Julian; Levy had 24 points, Winebrenner contributed 14 points, Martinez sunk eight points worth of shots, Young and Brayden Duke each provided six points, Miramontes and sophomore Anthony Sierra had five points apiece, junior Sebastian Garcia accounted for four points and Collup scored two points.

Legionnaires need seven games to exceed last year's soccer win total

Joe Naiman

Village News Reporter

A 2-0 victory Tuesday, Dec. 12, at Ocean View Christian High School gave Bonsall High School's soccer team a 2-3-2 record, providing the Legionnaires with more wins in their first seven games of this season than for the entirety of last season.

"We're continuing to build,"

think we're far more competitive this year than we were last year."

The 2022-2023 Legionnaires had a season record of 1-16 and were 1-9 in Patriot League games. Last season's team was outscored by a cumulative 88-11 margin with five of those goals occurring in the team's final three games and four of those goals being scored in Bonsall's only victory.

Last year Bonsall had a Bonsall coach Ennis Pipe said. "I combined two goals during the Legionnaires' first five games. This season began Nov. 17, with a 2-2 tie against Borrego Springs High School at Ingold Sports Park in Fallbrook. After a 5-0 loss, Nov. 28, at home against Guajome Park Academy, the Legionnaires hosted Army-Navy Academy Nov. 30 and obtained a 5-5 tie against the Warriors.

"It was a strong performance," Pipe said.

Bonsall's December 2022 game at Army-Navy was a 9-0 Warriors win, and that month's game between the two teams at Ingold Sports Park had a 5-0 score in Army-Navy's favor.

Pacifica Christian/Orange County is in Newport Beach. Bonsall had a Dec. 5 game on the Tritons' field. The Tritons leveraged a 3-0 halftime lead into a 3-2 triumph. Bonsall's Dec. 7 game at Army-Navy had a 2-2 halftime score before five Warriors goals in the final 40 minutes created a 7-2 final score in Army-Navy's favor.

The 2021-2022 Legionnaires were 6-7-2 overall and 4-1-1 in Pioneer League play. Before Bonsall's two December 2023 games against Ocean View Christian the Feb. 4, 2022, home game against King-Chavez Community was Bonsall's most recent shutout win and that 8-0 contest was also the most recent time the Legionnaires scored at least six times in a game.

Bonsall's 2023-2024 home game Dec. 8, against the Patriots was a 6-2 Legionnaires win which was Bonsall's first victory of the

Current junior Tomas Sanchez, who scored twice in the February 2022 shutout win over Ocean View, scored the first goal in the

Dec. 12 game. Bonsall scored once in each half, and the second-half goal by freshman Miguel Chavarin was his first in a high school game.

The goalkeeper shutout was recorded by freshman Carlos Ramirez.

"He had a couple of strong saves," Pipe said. "He has improved significantly."

Chavarin, who began the season as Bonsall's center defender, played midfield Dec. 12. Jesus Jaime, Miguel Pedro Lucas, Fernando Ibarra Ponce and Luis Villagomez were the starting defenders who contributed to the shutout. Bonsall's previous road shutout win was an 11-0 match against River Valley Jan. 27, 2022.

"We've had a couple of very strong results," Pipe said. "We're well beyond where we were last

the village bed

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

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Brockson wins Carlsbad Invitational

Joe Naiman

Village News Reporter

Fallbrook High School junior Nic Brockson won his weight class at the Carlsbad Invitational wrestling tournament Saturday, Dec. 2, at Carlsbad High School.

Brockson pinned his first three 126-pound opponents before winning the championship match by decision. He was also selected as the tournament's MVP for the lightweight brackets.

"I was real happy with how he's wrestling, how he's preparing for matches. It's a testament to the hard work he's been putting in," Fallbrook head coach Tom Brockson said.

Two days before the Carlsbad Invitational, the Warriors obtained their first dual meet victory of the season. The 36-24 victory over Mission Vista High School, which evened Fallbrook's dual meet record at 1-1 was also the Warriors' first home meet of the season.

"It was kind of a grudge match," Brockson said.

Two of Fallbrook's assistant coaches, Juan Mora and Dennis Truax, have been on the Rancho Buena Vista High School coaching staff while two Mission Vista coaches were also part of the Longhorns program.

All six of Fallbrook's match victories, Nov. 30, were by pin. Nic Brockson had one of those wins by fall while freshman Ricky Lopez, junior Jacob Sorden, junior Dan Wilson, senior Fisher Phillips and senior Devin Huntington also pinned their Mission Vista counterparts.

"I was really happy with the way they performed," Tom Brockson said.

Mission Vista did not have any girl competitors, so two of Fallbrook's girls competed in varsity matches against boys.

"They didn't win, but they went out there and performed well," Brockson said.

Fallbrook took nine wrestlers to the Carlsbad Invitational.

"A lot of the brackets are big, so we got a lot of guys, a lot of experience, a lot of matches," Brockson said.

El Dorado High School of Placentia participated in the Carlsbad Invitational, and El Dorado sophomore Dante Selway was Nic Brockson's first opponent. Brockson pinned Selway 1:12 into the match. Brockson then pinned Andrew Pham of Del Norte High



Nic Brockson, left, is the champion at 126 pounds and the lightweight outstanding wrestler award winner at the Carlsbad Invitational Saturday, Dec. 2, while Dan Wilson medals in sixth place at 138 pounds.

School at the end of the first period. In his semifinal, Brockson needed 52 seconds to pin Mount Carmel High School's Jaehee Kim.

Roman Zelenka wrestles for Carlsbad High School. He also pinned all three of his 126-pound opponents in the first period to earn a match against Brockson in

"It was a real exciting match. Nic still won pretty convincingly,' Tom Brockson said.

A wrestler receives one point for an escape, two points for a takedown, a reversal or a near fall lasting two to five seconds and three points for a near fall of at least five seconds. Nic Brockson

had a 2-0 lead after the first period. "He was tested in the first period," Tom Brockson said.

Nic Brockson's first two points

were by a takedown. "He (Zelenka) was hard to turn," Tom Brockson said.

Late in the second period, a near fall lasting five seconds gave Nic Brockson a 5-0 advantage. A thirdperiod takedown gave Brockson a 7-0 lead, but Zelenka earned two points for a reversal. The 7-2 score was unchanged through the remainder of the match.

The lightweight most valuable performer was chosen from the champions of the 106-pound, 113-pound, 120-pound, 126-pound, 132-pound, 138-pound and 144-pound divisions. Brockson, who also received that honor for the Nov. 18 Carter Classic in Rialto after winning that tournament's 132-pound championship, was given the lightweight most valuable performer for his second consecutive tournament.

"It was exciting," Tom Brockson

Wilson was Fallbrook's only other medalist at the Carlsbad Invitational. He competed in the 138-pound bracket and placed sixth. Wilson followed a firstround by e with a pin of Holtville's Bryce Denton 1:04 into the match. Matthew James of El Dorado pinned Wilson with one second remaining in the first period.

Wrestling tournaments have a double-elimination format other than the championship match between two previously undefeated wrestlers and the fifth-place match between the



Village News/Courtesy photos valuable performer award for his second consecutive tournament at the Carlsbad Invitational.

and in his first consolation match Wilson pinned Jason Joyce of San Marcos High School 57 seconds after the match began. Next, Wilson pinned Brandon Wan of Torrey Pines 1:44 into the first period.

"He bounced back," Brockson

If a wrestler has a lead of at least 15 points, a technical fall ends the match. The consolation semifinal between Wilson and Tyler Patel of Mount Carmel ended when a 16-1 score gave Patel a technical fall. Wilson and James met in the fifthplace match, and James earned the preferred position with a pin 1:06 into the second period.

Sorden, who wrestled at 120 pounds, was eliminated in the match whose winner would place and receive a medal based on subsequent competition. In their first round Brawley's Anthony Juarez, who won that division's championship, pinned Sorden with six seconds left in regulation.

Sorden pinned Yusuke Mirofushi of Steele Canyon 44 seconds into the second period. Sorden's next match was a 4-2 decision victory two consolation semifinals losers, over El Dorado's Derek Gonzalez.

Felipe Martinez of Del Norte defeated Sorden in a 4-2 decision match to advance to the medal rounds.

"We were right there," Brockson said.

Huntington also reached what is known as the "blood round," which in wrestling means it's their last chance to stay or leave the competition. He wrestled at 150 pounds and began the Carlsbad Invitational with an 11-6 decision win over Jacob Cusi of Point Loma and an 11-3 major decision victory against Adam Subel of Torrey Pines.

In the quarterfinals, Westview's Langdon Mullica relegated Huntington to the consolation bracket with a 2-1 decision win. Huntington's first consolation match was a pin of Eastlake's Joel Martinez 1:00 into the second period. In the blood round, Kayden MacIsaac of Mount Carmel advanced to the medal competition with a 6-4 decision against Huntington.

"He was right there. He's on the cusp on medaling every time," Brockson said of Huntington.

Warriors 6-4 after first 10 boys basketball games

Joe Naiman

Village News Reporter

Fallbrook High School's boys basketball team had a 6-4 record after the Warriors' first 10 games of the 2023-2024 season.

A 67-52 home win Tuesday, Dec. 12, against Crawford High School was the Warriors' fifth consecutive victory. The winning record over a season's first 10 games was the first for Fallbrook since the 2019-2020 Warriors had an 8-2 start.

"I'm very pleased," Fallbrook coach Jonathan Terry said.

The Warriors began the season by losing four of their first five games, but the win over Crawford was the fifth consecutive triumph for Fallbrook.

"We played through some adversity, but this team really cares about each other," Terry said.

The 11-player varsity roster includes three seniors. The program also has 12 junior varsity players and 11 boys on Fallbrook's freshman team.

Fallbrook's season began Nov. 11, with a 64-52 loss at La Jolla High School. The Warriors' first win of 2023-2024 was by a 61-45 score Nov. 13, at home against West Hills High School. A 20-point effort by sophomore Elliott Watkins was complemented by 12 points apiece from senior Maliki Brotherton and junior Xavier Charland with senior Christian Myers adding 10 points and sophomore Petey Pizzo scoring the other seven. Myers pulled down 14 rebounds and had three steals. Watkins had six rebounds and obtained four steals. Brotherton also had four steals. Brotherton, Charland and Pizzo each grabbed four rebounds.

The game against West Hills was part of the Nov. 13-18 Del Lago Tournament. Fallbrook's other three games in that tournament were a 54-51 loss to Escondido Charter School, a 65-64 Mira Mesa High School victory, and a 77-70 Mission Vista High School win.

The Warriors returned to play Nov. 29, with a 72-56 victory at Clairemont High School. Charland led the team with 19 points, Watkins had 14 points and five rebounds, and Myers contributed nine points and 10 rebounds.

Part of the reason for Fallbrook's 1-4 start is that senior Sammy Carmona was not on the court for those five games due to an injury and junior Evan Thomas was participating in football playoff games rather than in basketball contests. Carmona, who scored six points against Clairemont, had 24 points Dec. 1, in Fallbrook's 62-60 home win against Del Lago Academy. Watkins had 16 points and Myers added 12 points.

A Dec. 6 home game against High Tech High Mesa ended as a 74-37 Fallbrook triumph. Carmona provided 20 points and eight rebounds, Myers had 18 points and 12 rebounds, and Watkins scored 11 points with three rebounds.

Fallbrook's 48-45 home win Dec. 8, against Mission Vista included 48 team rebounds as well as 48 Warriors points. Brotherton pulled down 11 rebounds, Myers grabbed 10 boards, Thomas took nine balls from the glass, Carmona obtained eight rebounds and Watkins came down with seven missed shots. Brotherton led the team with 17 points, Carmona had 11 points and Thomas scored seven points.

Crawford High entered the Dec. 12 game with a 6-2 season record. Crawford head coach Ed Baskin and Terry both have club coaching experience and have known each



Fallbrook head coach Jonathan Terry, second from right, poses for a photo during Village News/Courtesy photo a home game Dec. 12, with Crawford High School assistant coach Moe Mercer, left; Ray Mills, second from left, who is a Crawford High parent and the Southern California Yeshiva head basketball coach and Crawford High head coach Ed Baskin, right.

other since Terry was coaching in the southern part of the county.

"It's hard to coach against your best friend. He knows what I'm going to do. I know what he's going to do," Baskin said.

Both teams held a lead during the first period although the quarter ended with Fallbrook holding a 23-17 advantage. The Warriors outscored the Colts by an 11-2 margin in the second quarter.

"They were a little bit more explosive than we anticipated," Baskin said.

"That just shows the fundamentals of our defense," Terry said. "Defense is the heart of our program. We emphasize defense. Very pleased with our defense tonight."

The 34-19 halftime score was followed by a third quarter in

which Fallbrook's 18-15 scoring advantage gave the Warriors a 57-34 cushion. It allowed Terry to provide game time to Fallbrook's substitutes.

"That's kind of what our culture is. Everyone has a role on our team. Everyone is valued on our team," Terry said.

The Colts outscored Fallbrook by an 18-10 margin in the final period.

"The fourth quarter was a madhouse. The intensity stepped up, but we ran out of time," Baskin

"They played well," Baskin said of Fallbrook. "I hope we see them in the playoffs."

Crawford and Fallbrook are both in Division IV for CIF playoff

purposes. "It was good tonight. I thought both teams competed," Terry said. "It was a good win," Terry said. "I thought it was a big game, and

I thought that we responded well." Carmona had 29 points and 17 rebounds against the Colts.

"It was a really fun game, competitive and fast-paced, and I found my rhythm and just got into the game," he said.

Watkins scored 14 points and had five rebounds.

"I think the on-ball pressure was good," he said. "I feel like we got out on transition really good."

Brotherton had 11 points along with three rebounds. Myers provided seven points and five rebounds.

"I thought we were good on transition," Terry said. "We had good ball movement."



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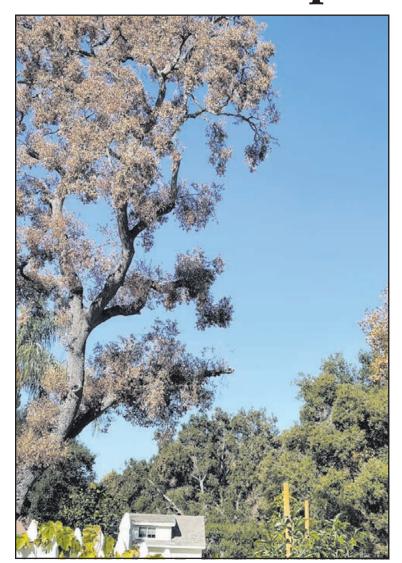
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Invasive tree pests are out in the landscapes



Native oak trees are dying from an invasion of the gold spotted oak borer.

Village News/Roger Boddaert photo

Roger Boddaert

Special to the Village News

Beware of these bugs in your trees out in the garden setting, for they are invading more ornamental trees these days. The word "bug" has been around since ancient times, but as the climate and weather change, new insects

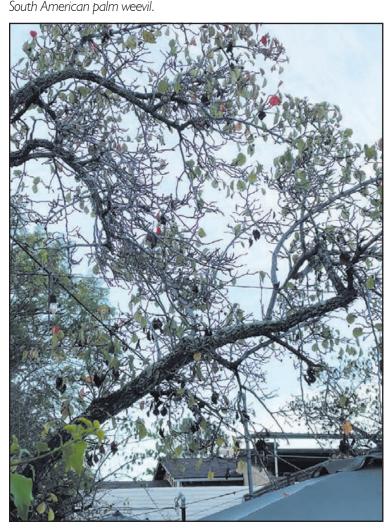
are moving northward with the warming climate and attacking a wide range of ornamental trees and plants out in our gardens.

While there are new insects, diseases, and environmental threats today, the invasive bugs are gaining a foothold in the Southern California landscape, so be vigilant and observant of what is



This Canary Island palm is damaged by the

Village News/Roger Boddaert photo



A pear tree is infected with fire blight.

Village News/Roger Boddaert photo



The South American palm weevil is attacking certain palm species in Southern

Village News/Courtesy photo



HLB, aka citrus greening, causes blotchy mottled leaves, stunted growth, reduced fruit size, fruit drop and potential tree death.

out there, and practice proper and safe horticultural management.

Gold spotted oak borer: This insect has immigrated from Central America and is invading our California native oak trees. This beetle can attack and kill mature oak trees. When oaks are attacked in massive numbers by these beetles, they set up huge colonies and are found in the cambium tissue of oaks just under the bark.

When trees go into a stress mode, their immune system starts to break down, and the tree becomes susceptible to invasive bugs of assorted types.

Oak trees in Fallbrook are one of our true native heritage trees and create the green fiber that makes our town so attractive and environmentally unique and

A coastal live oak, which is extremely valuable, can be valued at \$300 for every year of its life. A 100-year old oak tree killed by this borer, can be conservatively worth \$30,000.

The entry hole into the bark from this beetle is like a capital D, as a key indicator to its presence, and not like the traditional round circle like other beetle holes.

Keeping oaks and other trees in a healthy state is one of the key

components of good stewardship. Trees are like people and need check ups from time to time, so be a good steward and pay attention in your garden to the various bugs and diseases invading the landscape.

South American palm weevil: The South American palm weevil is attacking certain palm species in Southern California. The adult moth lays its eggs inside the top of the new fronds. When the larvae hatch, they feed on the tender new palm fronds in the center of the tree.

When these palms die from the invasion of these weevils, they can be very costly to remove. Look for the yellowing of emerging palm fronds. Large holes at the base of fallen fronds can be another indicator of the grub presence.

Do not shave the trunks of the Canary palms into a large pineapple shape. This causes



The gold spotted oak borer can attack and kill mature oak trees.

stress to the tree, and has become popular with tree trimmers, who do not know the aftermath of this injustice to the palm tree.

Invasive shothole borers: One in three urban trees in Southern California is susceptible to this invasive bug. If left unchecked, this pest can cause devastating effects in our urban forest and cause huge economic damage.

Look for signs and symptoms like wet staining oozing from the trunks of the trees. Pay attention to small round holes and boring dust on the outer bark from borers.

The movement of firewood and tree trimmings infested with invasive insects is the most significant pathway for introducing the bugs from one area to another.

Fire-blight on ornamental pears: This bacterium can cause considerable damage to ornamental pear trees and can be spread by infected pruning tools from one tree to another. This fungal disease can attack other plants in the rose family like pyracantha, cotoneaster, apples, crabapple, loquat, spirea, and others.

Citrus greening: This is a devastating plant disease that is plaguing the entire citrus family. It is known as Huanglongbing or HLB, which originally entered this country from Asia. It has spread from Florida, Texas, Arizona, and some locations in California.

Symptoms of HLB are blotchy mottled leaves, stunted growth, reduced fruit size, fruit drop and potential tree death.

The carrier of this disease is the citrus psyllid, which can transmit pathogens from tree to tree; 100,000 acres have been lost to date, primarily in Florida, from this disease.

Tips on how you can help curtail this disease in California:

- Keep your backyard citrus fruit at home.
- Keep your citrus trees healthy, well-watered and fed.
- Do not move citrus fruits or
- nursery trees out of your area. Report any suspected trees with HLB to your local Ag inspectors
- and go online to learn more. Spread the word of this disease
- to neighbors and friends.

Shifting weather patterns are moving the bug world around these days, and it is important to understand the big picture on how the flora and fauna, including bugs, are affected by the weather globally.

Trees are a living organism just like people, and we should care for them with periodic attention, and proper care.

Why not make a New Year's commitment in caring for our earth with passion, stewardship, and awareness.

The Tree Man of Fallbrook can be reached at bogitt@aol.com or 760-728-4297 for consultations and inspections of your trees.

REAL ESTATE & HOME and GARDEN

Fallbrook Land Conservancy in 2023: Another Good Year





The Fallbrook Land Conservancy's properties offer opportunities for birdwatching (including the bushtit), flower viewing and hiking on trails.

Village News/Karen Portner photo

FALLBROOK - The mission of the Fallbrook Land Conservancy (FLC) is to acquire, protect, and manage open space in perpetuity for the benefit of wildlife and the community. This past year, FLC, which has been working on this mission for 35 years, continued to make significant progress.

In October, the FLC expanded its holdings into San Marcos with the acquisition of 217.5 acres known as the San Marcos Highlands Open Space Preserve. The preserve has about two miles of hiking trails and connects to a larger trail system managed by the city of San Marcos. The vegetation is predominantly Diegan Coastal Sage Scrub, ideal habitat for the California gnatcatcher, a threatened species.

The San Marcos acquisition brings the land holdings of FLC to 3,186 acres on 28 different preserves. In addition, FLC holds conservation easements that prohibit development on 956 acres and manages 159 acres of conservation land for San Diego State University and the County of San Diego.

Future acquisitions are in process and expected to be completed in 2024. These include 191 acres of open space with trails adjacent to the Horse Creek Ridge development in the Monserate Mountain area, east of Interstate 15 and north of State Highway 76. With the Acquisition of the Horse Creek Ridge property, FLC will have a total of 669 acres of permanently protected land on Monserate Mountain.

Most of FLC's preserves are open to the public and provide opportunities for hiking, bird watching and other activities. FLC 's professional staff works to maintain and protect the valuable natural resources on the preserves including threatened plants and animals that may be present. The staff receives valuable assistance in maintaining trails and restoring native plants from volunteers on the Trails and Native Plant Restoration committees.

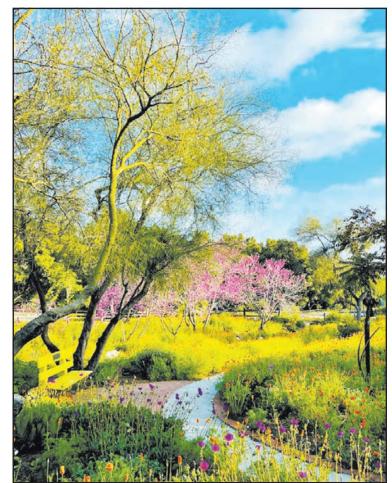
Over the years, many native trees have been planted on FLC preserves by the Save Our Forest (SOF) group, which has played a major role in the greening of Fallbrook by planting thousands of trees in the downtown Fallbrook area. SOF has also established a highly successful

program which educates elementary school children on the importance of native trees and plants and sponsors plantings on FLC preserves every year.

All these projects require equipment and a place to store it. Thanks to a grant from the County of San Diego, at the recommendation of Supervisor Desmond, FLC recently constructed a new storage barn on the Palomares Property, adjacent to the historic Palomares House. Across the parking lot from the Palomares House is the Wildlife Sculpture Garden, a one-acre garden with one of the largest collections of sculptures of native wildlife in Southern California.

The Palomares property is also the site of Stagecoach Sunday, FLC's annual celebration which in early October attracts hundreds of people from Fallbrook and surrounding communities to ride the historic stagecoach, learn about native plants and animals, and just have a good time.

To learn more about the FLC, make a donation, or sign up to volunteer, visit https://www. fallbrooklandconservancy.org.



Village News/Karen Portner photo

Mid-year budget adjustments fund river park, community center park

Joe Naiman

Village News Reporter

The mid-year budget adjustments approved Tuesday, Dec. 5, by the San Diego County Board of Supervisors established additional funding for the future San Luis Rey River Park and the Fallbrook Community Center park.

The supervisors' 5-0 vote budgeted additional amounts of \$2,653,624.63 for the river park and \$100,000 for the community center park. The action also corrected an insufficient appropriation to the

North County Fire Protection district from assessments collected from the Horse Creek Ridge community facilities district.

The San Luis Rey River Park boundaries are yet to be determined and land will be acquired only from willing sellers. The river park will stretch for nine miles and encompass approximately 1,600 acres. The park will provide open space areas including trails, staging areas and habitat preservation and will also include active recreation land such as ball fields, play areas

and picnic facilities. The county TERMITE SERVICES WOOD REPLACEMENT SPECIALISTS Dry-Rot & Termite Damage mless Repairs • Fast Escrow Reports Targeted-Area Treatments, Heat Treatme Fumiaations & Orange Oil EST CONTROL SERVICES Ants • Spiders • Bees • Fleas • Bed Bugs • Wasps • Gophers • Squirrels • Rats • Mice • Birds MD 60-728-3000

supervisors approved the master plan for the river park in September 2008, and that action also certified the Programmatic Environmental Impact Report for the master plan. Although the original master planning effort for the San Luis Rey River Park is complete it will be updated over time as land is acquired and areas are developed. If enough significant changes warrant a new master plan the county's Department of Parks and Recreation will request additional funding from the county board of supervisors.

Bonsall Community Park is sometimes referred to as the Moosa Downs Active Recreation Node of the San Luis Rev River Park. Bonsall Community Park will be located near the intersection of state Route 76 and Camino Del Rey. The park will total 63 acres including 55 acres to be developed. The amenities will include soccer fields, baseball or softball fields, basketball courts, tennis courts, a skate park, a bicycle skills park, playgrounds, multi-use pathways, picnic areas, a dog park and restrooms. If funding permits the initial construction contract will include a photovoltaic energy system utilizing carport roofs.

Currently the total estimated cost for Bonsall Community Park is \$29,960,000. The mid-year budget adjustments transfer the \$2,653,624.63 from the master plan capital project balance to the Bonsall Community Park capital project. Construction is expected to begin in 2024 and be complete in 2026.

County Service Area No. 81 covers parks in Fallbrook, De Luz and Rainbow. The governing body of a county service area is the county board of supervisors, although a CSA No. 81 advisory board is made up of local residents appointed by the county board of supervisors. County Service No. 81 obtains its funding from a share of property tax revenue. The mid-year budget adjustments appropriated a \$100,000 past year balance from the CSA No. 81 budget to complete an unanticipated onetime major maintenance project which will close and secure a well at the Fallbrook Community Center

A community facilities district includes a special tax to pay for services not funded by the regular property tax. The CFD for Horse Creek Ridge was created in 2014 and allows for the collection of three special taxes: one for county services, one for flood control services - although the county supervisors also serve as the board of the San Diego County Flood Control District and the flood control district is administered by the county's Department of Public Works, it is a separate legal district - and one for fire and emergency medical services.

A Joint Community Facilities Agreement stipulates the collection process as well as the distribution process, and part of the collected assessment is disbursed to the North County Fire Protection District.

An insufficient appropriation in the CFD budget led to the correction which transferred \$30,420 of the fund balance to support costs incurred by the North County Fire Protection District. The administrative bookkeeping task does not provide the fire district with any additional money, although subsequent invoices will be paid based on the fire district's share of the assessed amount.

The mid-year budget changes also appropriated an additional \$335,000 for the Palomar Mountain fire station. As part of the remodel of that station the San Diego County Fire Protection District needs an emergency water retention tank and a pumping system which will enable the quick filling of fire trucks, so that was added to the renovation budget.





RMWD approves lift station construction management contract change order

Joe Naiman

Village News Reporter

The Rainbow Municipal Water District board approved a change order to the construction management contract for the replacement of Lift Station No. 1.

The board's 5-0 vote authorizes a change order with Valley Construction Management which adds \$216,413 to the contract amount. The change order also extends the contract term through March 29, 2024.

Lift Station No. 1 is off of Old River Road and delivers sewage effluent to the City of Oceanside, which has an ocean outfall. The package lift station has three fivehorsepower wet well/dry well pumps and a 750 gallon working volume wet well. The pump station was built in 1974, and the pumps were replaced in 1994.

The lift station's firm capacity is 1,250 gallons per minute (gpm). During wet weather flows the station pumps an average of 1,400 gpm by running pumps up to 13 times per hour. Additional development is expected to increase the necessary lift station volume, and the ultimate required capacity is more than 2,600 gpm.

The lift station is also in need of structural, electrical, and mechanical repair. Rainbow's 2000 master plan identified the need for the eventual replacement of Lift Station No. 1 and

adjacent pipelines.

"We had an overburdened system," said current Rainbow board president Hayden Hamilton.

In March 2014, Rainbow's board approved a contract with Kennedy/Jenks Consultants (former Rainbow general manager Tom Kennedy is not related to the principal with the Kennedy/Jenks consulting firm) to provide design, environmental permitting, and construction oversight services for the replacement of Lift Station

Kennedy/Jenks submitted a predesign report which summarized the required improvements. The report stated that upsizing the existing sewer siphon to accommodate the predicted ultimate flows would require a new siphon to be drilled horizontally under the San Luis Rey River with a depth of approximately 80 feet in order to avoid bedrock.

A new lift station on the north side of the river would avoid the need for a deep siphon, and after a 1.36-acre site on Thoroughbred Lane adjacent to Bonsall Village Center became available, Rainbow's board approved the purchase of that property in February 2017.

The initial design was reevaluated and it was determined that upsizing a stretch of sewer main along State Route 76 and placing an equalization basin upstream of the existing siphon could level out the flows through the siphon to meet existing capacity requirements for Lift Station No. 1.

Moving the flow equalization upstream would also allow the new Schoolhouse Lift Station at Old River Road and Calle De Las Estrellas to replace Lift Station No. 1 without upsizing the line to the Old River Lift Station. The equalization basin will be near Thoroughbred Road and Highway 76.

Dexter Wilson analyzed Rainbow's existing wastewater conveyance system to determine what facilities would be needed to accommodate the sewer discharge requirements for what was originally called the Meadowood development and is now called Citro.

The needs included the Thoroughbred Lift Station and appurtenant pipeline modifications, a force main from the Thoroughbred Lift Station to Old River Road, upsizing the existing sewer line along Highway 76, and a gravity main from Olive Hill Road to the Thoroughbred Lift Station. The analysis also projected needed improvements to wastewater facilities along North River Road and to gravity sewer

mains along Old River Road. Some of the improvements recommended by Dexter Wilson were included in draft scenarios prepared by Kennedy/Jenks but never completed. In December 2020, the Rainbow board approved a change order to the Kennedy/ Jenks contract for the design of the Thoroughbred Lift Station, the force main, the upsized sewer line along Highway 76, and the gravity main along with the necessary documentation for California Department of Transportation permitting and an environmental Mitigated Negative Declaration.

A January 2021 Rainbow board action approved the environmental analysis prepared by Kennedy/Jenks and formally approved the project which was already in the district's fiveyear capital plan, although the approval of the project did not include the approval of any designs or other plans nor did it authorize a construction contract or appropriate any funding.

The environmental documentation also covers the force main from the Thoroughbred Lift Station to Old River Road, upsizing the existing sewer line along Highway 76, and the gravity main from Olive Hill Road to the Thoroughbred Lift Station.

Two separate October 2021 Rainbow board actions approved a \$15,181,157 construction contract with James W. Fowler Company and a \$1,423,717 professional services agreement with Valley Construction Management for construction management and inspection services.

The original contract with Valley Construction, which is headquartered in San Diego, was for 28 months and covered one month for the pre-bid services, 24 months for the expected construction duration, and three months of post-construction services for the closeout period.

The inability to obtain the necessary materials has delayed the project. The schedule increased from 369 to 538 working days, and the project now has an anticipated completion date of March 4, 2024.

"The delay is dictated by supply chain problems," Hamilton said.

The County of San Diego imposed unexpected work limitations, so J.W. Fowler added two working shifts for the force main installation near Old River Road. The additional shift was not anticipated and was not budgeted in the original project scope of services. J.W. Fowler also indicated that subsurface conditions have changed, so Rainbow requested supplemental geotechnical work which was also unanticipated and not budgeted.

The change order brings the total Valley Construction Management contract amount to \$809,184.80. The \$216,413 change order covers \$30,895 for construction management, \$132,518 for construction inspection, and \$53,413 for geotechnical and material testing.



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We are your HOMETOWN TEAM.

'Tis the season for giving, receiving and recycling

Shauni Lyles

County of San Diego Communications Office

The holiday season often means there is plenty to recycle - from gift boxes and wrapping paper to lights and even those real Christmas trees.

In the holiday spirit, the County Public Works (DPW) has some handy tips "yule" love on what to recycle and how to do it properly.

Christmas trees

When it comes time to say goodbye to that real Christmas tree, the county urges you to recycle it. When recycled in the right way, trees and wreaths can become mulch that improves soil health and helps soil retain moisture at our parks, farms and home gardens.

Check with your waste hauler to find out if they offer curbside pickup; many do. Another option

is to visit the County's recycling and hazardous waste database https://wastefreesd.org/resources/ christmas-tree-recyclingprogram-2023/ to find Christmas tree drop-off sites near you.

Type "Christmas tree" in the "find an item" box, add your ZIP code, community and how you heard about the site, and you'll see all the drop-off locations near you.

Don't leave your old, dry tree or wreaths lying in your backyard. They can become fire hazards. Meanwhile, putting them in the trash unnecessarily fills up landfills and generates unwanted greenhouse gasses when they decompose.

I Love a Clean San Diego adds these Christmas Tree Recycling

- Do not flock or purchase flocked trees. Fake snow (flock) contains chemicals that negatively affect the composting process.
- If you choose to use tinsel, it

must be completely removed (and placed in the trash or reused) from your tree before it can be recycled. Avoid tinsel, if possible, as it is single-use plastic and cannot be recycled.

- Be sure to remove all ornaments, garland, lights, nails, tree bags, and tree stands (metal or plastic) before recycling your tree.
- For areas where curbside tree recycling is available, trees taller than four feet should be cut in half before placing them in your green cart.
- Reuse or donate artificial trees that are in good condition.
- Don't let real trees sit around too long after the holidays. They can dry out and become a fire hazard.
- Natural wreaths and similar decorations can be recycled along with your real trees.
- Know what packaging can be

Between online shopping and

gift exchanges, there's usually a lot of stuff to recycle. Remember, not all packaging can be recycled. For example, cardboard boxes can be recycled (just break them down and put them into your recycling bin). But other items can't - manila envelopes, padded plastic mailers and bubble-wrap, and traditional gift-wrapping materials including ribbons, bows, twine, tissue paper and cellophane. So please do not put them in your blue recycling bins; consider reusing them instead.

Here's a link to learn more about how to Recycle Right, during the holidays and every day, https:// www.countynewscenter.com/ county-launches-recycle-rightcampaign/.

Christmas and holiday card recycling

Like packaging materials, not all holiday cards should be added to your recycling. Simple paper cards and envelopes can be added to your blue bins. But cards with glitter, foil, metallic inks (made with tiny metal flakes) or other adornments can't. Tear the cards in two if there's a glitzy front and plain paper backing. Recycle the backs and put the glitzy fronts into

Holiday light recycling

Please remember to not put old holiday lights in your recycling bins. They can tangle up recycling equipment and they also pose a danger to workers in those recycling centers. For recycling options, visit https://wastefreesd. org, or contact a scrap metal or e-waste recycler.

It's so easy! Remember, if you have other questions about what can and can't be recycled, go to DPW's Recycling's webpage, https://www.sandiegocounty.gov/ content/sdc/dpw/recycling.html.

Time to replace old wiring?

Old homes can be charming and contain architectural elements not often seen in many modern housing developments. But what older homes may have in design appeal, they may lack in updated features.

While cosmetic changes are not necessarily difficult, one area of concern in historic homes - and sometimes even in houses built 40 or 50 years ago – is archaic wiring. Wiring provides power to every room of the home. In today's electronics-driven society, electricity that works is an essential component of daily life.

Over time, wiring can be compromised through simple aging, pest infiltration, weather, or other conditions. Deteriorated wiring can present a shock hazard and also a serious fire hazard, warn the home renovation experts at The Spruce.

Furthermore, the home improvement site This Old House advises that the amperage of old wiring may not be able to meet the needs of the devices used in homes, overpowering the circuits. This can cause breaker blowouts and other problems, such as overheated wires that may spark and cause fires from within the wall.

of sight, out of mind" category. Homeowners may make allowances for inadequate electrical systems, such as running extension cords or using multiplug connectors to increase their wiring capacity. However, they may not be diligently keeping on top of upgrades needed to stay safe.

Confirming that a home's electrical system is safe is a necessary part of home maintenance.

For those who haven't already done so, schedule an inspection with a licensed electrician to go over the home's wiring. He or she can determine if any areas pose a safety risk and/or do not conform to local code requirements and the National Electrical Code.

Failure to meet code can lead to difficulty obtaining permits to do other home renovations, or difficulty selling a home later on.

The electrician can also go over improvements that can improve safety and function. Additional outlets, including GFCI outlets in kitchens and bathrooms, may be part of the plan, as well as rewiring a fuse box or circuit panel to allow for better flow of power around the house. Frayed wiring or under insulated wiring also may need to be replaced.

Owners of old homes should recognize possible electrical system dangers that require attention. Plus, Wiring often falls into the "out considering electrical codes change quite frequently, it is always in a homeowner's best interest to work with a qualified electrician to keep wiring inspected and up to date.



Village News/Adobe Stock photo A licensed electrician can determine if a house's electrical wiring poses a safety risk and/or does not conform to local code requirements and the National Electrical Code.

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Fighting to reduce water bills has been the focus of 2023 for FPUD

at the Fallbrook Public Utility District have been concentrating on doing everything we can to save you money.

We've heard you, our customers, say that water costs are too high unsustainable. We listened. And four years ago, we set out on a course to make a change. A big

We began working together with Rainbow Municipal Water District to change water suppliers – a move that will save both districts about \$7.6 million a year. It was a feat that seemed nearly impossible as we faced hurdle after hurdle: numerous underhanded attempts to stop our switch, litigation against FPUD and Rainbow, a bill was introduced with an "urgency clause" - AB399 - to try to stop us from detaching, and finally a vote of our customers.

But big things happened in 2023. And beginning Jan. 1, 2024, we will officially detach from the San Diego County Water Authority and buy water that is less expensive from the Eastern Municipal Water District.

The result? The average FPUD residential customer will see about a 5% decrease on their monthly water bill. Without detachment, rates would have instead gone up 6.5% on Jan. 1, passing through the Water Authority's rate increases.

Agricultural customers will also see their bills go down. The amount will depend on the specific account type, water use and meter

This is a big win for our agricultural customers. In the past

FALLBROOK – This year, we few years, the Fallbrook area has lost over a million trees and 10,000 acres of groves due to the high cost of water.

Getting here was a long, hardfought battle. Each year, the Water Authority's cost to FPUD customers has risen by an average of 8%. We've had no choice but to pass through those rate hikes to our customers and we heard clearly from our customers that this wasn't sustainable.

So we filed an application with the San Diego Local Agency Formation Commission, or LAFCO, to make the wholesaler switch. LAFCO is the watchdog agency charged with overseeing such boundary changes. The issue was studied exhaustively by an independent expert water economist. There were many, many meetings and public hearings.

In July, we got the green light from the LAFCO commission to detach. We're being charged an \$8 million "exit fee," paid over five years. But still, it was a huge win. That opened it up to a vote of FPUD and Rainbow customers.

It ended with you, our customers, overwhelmingly voting for us to detach in November. About 94% of FPUD voters and 95% of Rainbow voters voted to detach. This was a historic election and a battle we fought together with

The cost savings from detachment and buying cheaper water from Eastern will far outweigh the short-term exit fee costs. But the exit fee will delay the full realization of FPUD's cost



More than 120 customers pack the FPUD boardroom at one of several town hall meetings explaining the many benefits of switching water wholesalers.

Village News/Courtesy photo

The water being delivered on Jan. 1 will be the same water, off the same pipeline. It will just cost us a lot less money.

It will continue to meet or exceed all state and federal water quality standards. But that's not all – using local water is saving us money!

We began using water from the Santa Margarita River in 2021. Local water is less expensive than imported water.

By the end of 2023, we received about 3,385 acre-feet of water from the Santa Margarita River project. Since we sell/use about 7,000 acre-feet of water per year, this means that close to half of the water we used was from local water sources.

An acre-foot of water is enough water for about 2.5 families of four for a year.

We welcomed this new water source at the end of 2021. The

Santa Margarita River flows right through Fallbrook but for about seven decades, we were involved in one of the longest-running federal lawsuits over water rights to the river.

Now with that lawsuit behind us, we share the river's water with Camp Pendleton. The water is purified at our water treatment plant on Alturas Road and then sent to Fallbrook taps.

4 ways to trim costs on winter utility bills

FALLBROOK - As many Americans are taking second jobs to fight inflation, cutting costs on bills is a necessity this winter.

According to a recent survey conducted by TopCashback.com, over three-quarters of Americans or 76% are decorating their homes this holiday season – likely increasing their electricity bills,

The survey polled a crossection of 1 634 U.S.-based adults aged 18 and over.

To help manage utility costs this season, try these four tips from Samantha Landau, consumer expert at TopCashback.

Review your budget regularly.

"Since utility bills fluctuate monthly, it's important to

ensure your finances are in check on a regular basis," Landau said. "Every three months or so, review your budget to determine if there's anything you're paying for that you're not using. For example, you may have a few

subscriptions set to autopay. By canceling these extra charges, you can free up more of your income to put towards savings or paying off debt, if needed. Also, you increase your budget's flexibility in case the utility bills spike at all this

winter season."

Opt for greener living.

Consider opting for energyefficient appliances when purchasing new ones or replacing items like burnt-out light bulbs. It

not only helps reduce your utility expenses but also contributes to environmental well-being. Additionally, use power strips to conveniently manage the electricity flow for your appliances, enabling you to easily turn them on or off with the push of a button, rather than plugging them directly into the wall socket.

Switch to blackout curtains, which act as insulation for your home to keep out extreme cold in the winter. If you're able to manage a daily schedule with your curtains, try and keep them open while it's sunny. And when the sun sets, make sure to close the curtains to maintain the insulation. It will also decrease your reliance on a heater and can greatly reduce

the cost of your utility bill. If you put up holiday lights, try getting a smart plug with a timer. This lets you decide when your lights should be on or off. It helps you enjoy the holidays without stressing about extra electricity costs from your decorations.

Keep your settings steady.

To cut down on winter heating expenses, try keeping your thermostat at a cozy indoor temperature of 66-68 degrees F. The small adjustment reduces the amount of gas your heating system uses to reach the temperature you want. Stay warm by using blankets and wearing layered clothing or sweaters if you feel a bit chilly

"If you haven't already done so this year, get your HVAC system serviced as soon as you can to make sure it's functioning properly,'

Landau said. "Problems with the system might make it work harder than necessary, leading to higher costs and increased energy bills."

Prevent heat from escaping and keep cold air outside by ensuring that your windows and doors are well-insulated. Homeowners can pick up inexpensive insulation kits at home improvement stores.

Repurpose old items.

clothes – get creative instead," she said. "Old tees can be transformed into quilts, and thicker fabrics like wool socks can be repurposed into winter hand warmers. To help with drafty windows, consider using old towels or sheets to help keep the cold air outside if you don't already have proper insulation."

Submitted by Topcashback.com.

Federal grant to help house families and youth in foster care at risk of homelessness

Fernanda Lopez Halvorson

County of San Diego Communications Office

Officials with the U.S. Department of Housing and Urban Development (HUD) were in San Diego Dec. 19 to present

the county with a \$1.1 million grant that will fund 49 new housing vouchers for families and youth in foster care and at risk of homelessness.

The county received the third largest award from HUD's \$10 million total among 13 housing authorities around the country. Nationwide, the grants will fund 625 vouchers and are part of HUD's Family Unification Program.

The vouchers are available to two groups, families and current or former foster youth.

Families who could benefit from the housing vouchers include those whose primary reason their child is in foster care is due to insufficient housing.

The program also helps youth ages 18 to 24, who have either exited foster care or will do so

within the next 90 days, and those who are experiencing homelessness or at risk of experiencing homelessness and are 16 years or older.

Youth in the program also get help finding housing, deposits and utilities and case management.





BUSINESS

The year in review for North **County Fire**

Keith McReynolds. Fire

North County Fire Protection District

On behalf of the members of the North County Fire Protection District, greetings! The year 2023 brought service expansion opportunities and progress to our fire district.

We completed the renovation at Fire Station #2 on Winterwarm Drive, began designing the renovation of our Fire Station #3 on Rainbow Valley Boulevard, and began the planning for a full replacement of our Fire Station #4 on Pala Mesa Drive.

We are also currently conducting renovation work and maintenance on our Fire Administration building on Main Avenue. Addressing our facility needs is a top priority identified in our 5-Year Strategic Plan and I am proud that we are making appreciable progress.

We are on track to end 2023 with over 7,000 calls for service. In addition to more medical aid calls, we had an increase in working structure fires. As our regional population continues to grow so does the need to expand services to meet those service demands.

Looking forward, February 2024 will see the addition of a fourth district paramedic ambulance, with the addition of a firefighter/ paramedic squad joining our response force later in the year.

We are hoping to begin construction on Fire Station #3 in spring 2024, and Fire Station #4 around this time next year. None of this would be possible without the



NCFPD Chief Keith McReynolds and his Village News/Courtesy photo wife, Erin, are ready to participate in the 2023 Fallbrook Christmas Parade.

incredibly loyal people who work hard to make our organization so successful. Their commitment to our agency and this community is truly something special.

It is an honor for me to serve as your Fire Chief. Together we continue to make the North County Fire Protection District and the communities of Fallbrook, Bonsall, and Rainbow a safe, healthy, and resilient place to live and thrive.

On behalf of the McReynolds family and the membership of the North County Fire Protection District, I wish you all a happy, healthy, and safe holiday season.

Workers of the Week plan to be managers



Lorena Ortiz, left, is a cook for Carl's |r. and Village News/David Landry photo has been there for more than 18 years in Fallbrook. She's dedicated to the restaurant chain and her goal is to someday become the district manager for the franchise. Ana Paredes, right, is a shift leader who has been with the restaurant for 11 years, and she too wants to become the next future manager for Carl's Jr. located at 1137 South Mission Road.

FPUD approves SDG&E grant for EV supply equipment

Joe Naiman

Village News Reporter

San Diego Gas & Electric has a Power Your Drive for Fleets program which reimburses 80% of the cost to install fleet charging infrastructure for conversion to lower-emission vehicles. The Fallbrook Public Utility District received a \$70,668 grant from the program, and a 5-0 FPUD board vote Monday, Dec. 4, accepted the grant and approved the grant agreement.

The grant will allow FPUD to install three high-speed Level 3 chargers and six Level 2 charging stations. A Level 3 charging station can provide 50 to 400 kilowatts of power and can charge an electric vehicle to 80% of power in 60 minutes.

"No matter what happens down the road with electric vehicles, having that power structure into that building isn't going to be a bad thing," Jack Bebee, general manager of FPUD, said.

A California Air Resources Board regulation would require that by 2024 half of all fleet purchases for vehicles with a gross vehicle weight rating of at least 8,500 pounds will need to be zero emission vehicles and by 2027 all such purchases will need to be zero emission vehicles. Zero emission includes both electric and hydrogen fuel cell vehicles.

FPUD has purchased two electric trucks; one has already been delivered and one has not yet been received. The district plans to test those electric vehicles to ensure they meet the district's needs before purchasing additional zero-emission vehicles.

"We're going to kind of see how it goes," Bebee said. "We won't be the leader on it."

The December 2022 FPUD board meeting included approval of a vehicle fleet replacement plan, and that motion also authorized district staff to pursue the Power Your Drive for Fleets grant.

FPUD staff has evaluated installing chargers at the district's wastewater treatment plant on Alturas Road, the Santa Margarita River Conjunctive Use Project groundwater treatment plant on the Alturas Road property, and the FPUD administration building on East Mission Road. Although the SDG&E grant only covers the main office location, FPUD's long-term plan is to have charging infrastructure at all three facilities.

The agreement requires FPUD to maintain the electric vehicle supply equipment in good working order for the ten years and provide usage data for a period of five

"We intend to maintain the system for at least years," Bebee

FPUD staff typically moves less reliable vehicles into lighter service such as engineering before removing them from the fleet entirely, so Bebee expects the electric vehicles to be part of FPUD's fleet for more than years.

"My sense is we'll have them through the life of them," he said. The charging stations are

expected to be delivered to FPUD in March 2024.

"We've got the free infrastructure," Jennifer DeMeo, board president of FPUD, said. "I'm excited to see it."

Fallbrook Chamber announces January events

FALLBROOK - The Fallbrook Chamber of Commerce has several upcoming events planned. They include:

Thursday, Jan. 11 – SunUpper at Boys & Girls Club, 9 a.m.

Tuesday, Jan. 16 - Nonprofit Connector Meet the Funders Event at Fallbrook Regional Health District Health & Wellness Center, 10 a.m. to noon;

register online at http://www. <u>fallbrooknonprofitconnector.org</u>

Wednesday, Jan. 17 -SunDowner at Red Eye Saloon,

Friday, Jan. 19 – Business Breakfast Club for members only: Goal Setting Workshop by Karen Trapane at Reche Schoolhouse,

Friday, Jan. 26 – Lunch Mob at

Trupiano's Italian Bistro, Noon

Wednesday, Jan. 31 - Wine Down Wednesday at Estate D'Iacobelli Winery, 4-7 p.m.

Call the chamber for more details on any of these events at 760-728-5845.

Submitted by Fallbrook





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EDUCATION

Healthy activities for kids of all ages

Children have a seemingly endless supply of energy. Channeling that energy into something positive can benefit kids' minds and bodies.

The American Academy of Pediatrics recommends various amounts of daily physical activity for children depending on their ages and abilities. Adhering to these recommendations is especially important in the wake of what many public health officials fear has become an epidemic of childhood obesity in many nations.

For example, the United Statesbased Centers for Disease Control and Prevention reports that roughly 13.7 million children between the ages of 2 and 19 are presently

Routine physical activity can help children maintain healthy weights, and it also pays dividends for youngsters' mental health. According to the American Psychological Association, children between the ages of 6 and 18 who exercise regularly tend to have lower levels of depression, stress and psychological distress.

Those findings, part of a 2019 study published in the journal Sports Medicine, reflect the ways exercise affects the mind. And the mental benefits don't stop there, as the study also found that youngsters who are physically active also have higher levels of positive self-image, life

satisfaction and psychological well-being.

The amount of physical activity children need each month depends on their age, and the AAP recommends the following agebased guidelines.

- Infants: The AAP recommends infants get at least 30 minutes of tummy time and other interactive play throughout the day.
- Toddlers: Toddlers can be tough to keep up with, and parents can channel that energy into something positive by ensuring their kids get at least three hours of physical activity every day. Free play outside and daily neighborhood walks are some examples of appropriate physical activities for children in this age group.
- Preschoolers: Three-plus hours of physical activity, including one hour of moderate to vigorous exercise, is recommended for preschoolaged youngsters. Tumbling, throwing and catching are some of the activities recommended by the AAP.
- Elementary school students: School-aged children need at least 60 minutes of physical activity on most days of the week. The AAP recommends giving children in this age group ample opportunities for free play but also notes that organized sports focused on



Children between the ages of 6 and 18 who exercise regularly tend to have lower levels of depression, stress and psychological distress.

Village News/Metro photo

fun can be great outlets for kids in elementary school. Parents can speak with their children's pediatricians about appropriate muscle/bone strengthening activities, which the AAP recommends three days a week for kids in this age group.

Middle school students: Students in this age group need the same amount and types of exercise that elementary school students need. But the AAP advises parents to guide children toward physical activities that encourage socialization and to avoid having kids this age specialize in a single sport.

Teenagers: Teenagers need an hour or more of physical activity most days of the week. Muscle/bone strengthening

activities should be included three days per week. Activities that encourage socialization and competition are beneficial to teenagers' development.

Physical activity can benefit kids in myriad ways and should be a vital component of their daily

Monasterio achieves fall 2023 dean's list at Belmont University

NASHVILLE, Tenn. – Marisa Monasterio of Fallbrook qualified for Belmont University's fall 2023 dean's list. Approximately 52% of Belmont's 7,338 undergraduate students qualified.

"The dean's list achievement reflects the hard work, perseverance and dedication to academic excellence of Belmont's outstanding students," Belmont Provost David Gregory said. "It is my privilege to congratulate these individuals on their semesterlong academic efforts. To our most recent graduates receiving

this distinguishment, you are hope-inspiring examples to your peers and future colleagues. To the students returning next semester, may this achievement be a stepping stone towards even greater pursuits in your academic

Dean's list eligibility is based on a minimum course load of 12 hours and a quality GPA of 3.5 with no grade below a C.

Submitted by Belmont

Kids say the funniest things



Quotes from brothers Jameson, 7, and Seamus, 5, over the years. Submitted by their mother Kathy Custer

(At age 20 months Seamus is hopping around the room)...

Seamus: "Fok, fok, fok, Fok, fok, fok." (Mom thinks to herself, Oh my goodness! Where did my child learn that horrible curse word? Trying to stay calm)..

Mom: "Hey Seamus. What are you saying?"

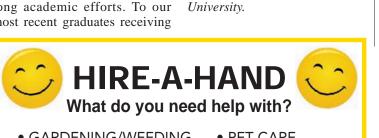
Seamus (still hopping): "I'm saying f-f--

r-r-og, fog, fog, fok. Mom: "Ohhhh!"

(**Jameson**, age 3, pulls on Mamma's arm to get her off the couch)...

Jameson: "Excuse me Mom. Can you un-sit?"

Jameson, age 3: "Winter's ice cream is



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Budapest – A delight on the Danube

Nathalie Taylor

Special to the Village News

Linger is one word that comes to mind when describing my experiences in Budapest. Each time I approached another exquisite building, I felt compelled to linger and appreciate the details. Each time I enjoyed yet another delicious meal of traditional Hungarian cuisine, I felt the need to linger and savor every bite.

Relaxing on a bench in St. Stephen's Square, I watched the slow parade of locals and tourists. Since it was May, the mild weather lured people outdoors to chat at sunny sidewalk cafes, stroll along narrow cobblestone streets or, like me, observe St. Stephen's Square from a comfortable bench.

The people I watched seemed content and happy, reveling in the company of others, and in the beauty of the surroundings. I caught the wave of that spirit and enjoyed the moment. I was almost intoxicated by the penetrating sunshine and view of the striking St. Stephen's Basilica. I lingered in the square, appreciating the ebb and flow of visitors. Even though I was a tourist, I didn't feel like one. I wasn't a party-crasher, but felt at ease, and at home, in Budapest.

The Hungarian city of Budapest is comprised of two cities – Buda and Pest, with the Danube River flowing between them. The cities were separate until the Széchenyi Chain Bridge connected the two in 1849.

My home in Budapest was the stunning Aria Hotel, adjacent to St. Stephen's Basilica. Nestled among shops and cafes along Hercegprímás Street, the hotel is fresh, artistically designed, and welcoming.

Aria's High Note Sky Bar, a rooftop al fresco cafe, is where I would relax after a day of touring. Content and comfortable in my cushioned wicker chair, I enjoyed my artistically plated gourmet dinner in the shadow of St. Stephen's Basilica. After I had been sufficiently dazzled by the cuisine, my attention was drawn to the sparkling lights of the city below.

Each morning at the Aria's stunning Music Garden Courtyard, tables were laden with a variety of delicacies from smoked salmon to artisan breads and exotic cheeses. Purple orchids bloomed from gleaming gold-hued planters, and the stone floor was fashioned with a unique piano keyboard design.

Due to the close proximity of St. Stephen's Basilica to the Aria, I visited the cathedral more than once. The murmur of hushed voices echoed in the massive sanctuary as I sat quietly, attempting to memorize the details of the intricate dome paintings, plethora of gold leaf, and the many works of art.

Hercegprímás street, where the Aria is located, is home to several delightful shops and cafes. Tantalizing scents led me to more than one cafe. When I settled in for a meal, I asked if they served traditional cuisine. At times, I would need to have the menu translated. Being a lover of paprika, one of my favorites was Paprikás Csirke (Chicken Paprika), which was slow-cooked in sour cream paprika sauce. Marvelous!

Fortunately, I am a fan of paprika, since it is the Hungarian National Spice, and used generously in many of the dishes I sampled. Paprika falls into three categories – sweet, hot or smoked. I prefer the sweet, so I bought several tins of the spice. Actually, I went a bit overboard and bought more than I could ever use. However, I remedied that situation by giving the spice as gifts.

Budapest offers shops where a customer is invited to sample various paprika flavors. There was no need for that as I had already made my decision, and opted for the sweet. I suspect that several of the traditional Hungarian dishes are seasoned with paprika even though the menu might not reveal the ingredient.

Gulyás (Goulash), the extremely popular soup, almost became an obsession with me. Needless to say, I enjoyed it more than once. Since it is considered the Hungarian National Dish, the enticing concoction was easy to find. The flavors were a bit varied, and I enjoyed it served in either a hot metal pot, or ceramic bowl. Gulyás was always thick with beef, carrots, potatoes, onions, and — of course — more than a few dashes of vibrant paprika.

One of the most engaging Hungarian desserts is the dreamy Gundel Palacsinta (Gundel Crepe), which was created by Károly Gundel, a Hungarian restaurateur. A delicate crepe is filled with luscious chocolate sauce, then topped with whipped cream. If that wasn't enough deliciousness, a thinner version of the chocolate sauce is drizzled on the top!

Cafe Vian Bazilika – cozy and cheerful – is an excellent choice for sampling traditional Hungarian cuisine. The cafe is located near St. Stephen's Basilica, on Hercegprimas street.

A Danube River cruise elevated my Budapest holiday from remarkable to unparalleled. Our boat slowly slid past charming edifices lining the banks of the Danube. Many of Budapest's historical buildings and bridges are best viewed from the Danube perspective.

When the imposing outline of the Hungarian Parliament building came into view, I had tears in my eyes, it was so enchanting. I immediately thought of an ornately frosted wedding cake. I had seen photos of the castle-like structure, but never dreamed that I would actually see its curved and delicately fashioned stone arches. However, to fully appreciate the intricacies, I knew it demanded closer inspection. So later, I





The Hungarian Parliament building is a stunning edifice.

Village News/Nathalie Taylor photos

viewed the building closely from the grounds. The two perspectives lent a wonderful overview of this magnificent structure.

The Danube cruise was perfect for observing details of both the Chain Bridge and Liberty Bridge. I was in awe of the green-hued Liberty Bridge, with its intricate spires and striking peaks flowing upward like waves across the Danube.

As the boat passed St. Anne's Church, I had a commanding view of the twin copper spires. Later, when I saw the church from a land perspective, it was even more striking. When viewing a 1785 painting of the building, I happily discovered that, over the centuries, the exterior hadn't been altered.

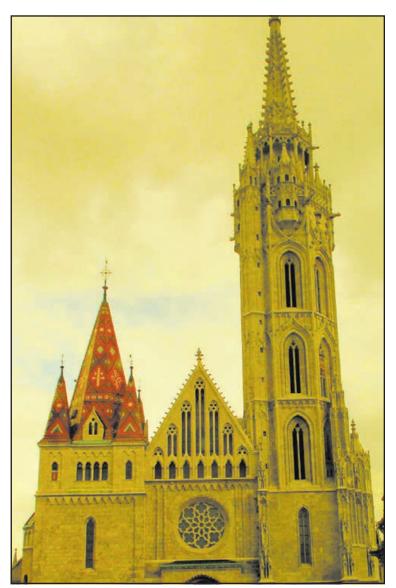
Through the Aria Hotel, I booked daily private car tours that were first class, but surprisingly affordable. The drivers were extremely knowledgeable about Budapest, and each day came with new discoveries. At my request, drivers would linger if I chose to explore an area in depth.

Over the stately Chain Bridge from Pest to Buda, we visited the extensive Buda Castle with its gardens crowded with colorful flowers. I was impressed by the massive bronze statues and flowing fountains. There was so much to absorb, it was almost overwhelming.

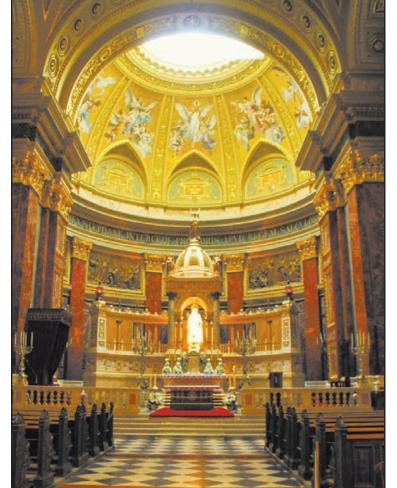
The Fisherman's Bastion, which I also viewed from the tour boat, was another dramatic edifice. It stood out among the stone structures of Buda with a smooth style of stunning white walls, towers, and turrets. The sweeping view of the river and city from the structure is definitely part of the bastion's lure.

As I observed the Gothic-styled Mattias Church with its colorful glazed tile roof and towering steeple rising to 200 feet, I thought to myself...with so many remarkable structures in Budapest it is impossible to appreciate every detail. However, on my first Budapest visit, I tried my best.

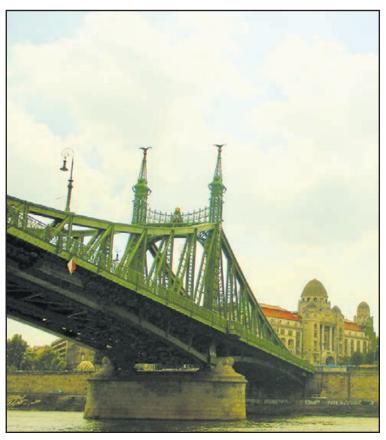
I watched quietly while the driver placed my luggage in the trunk of his car. As he navigated through canyons of stunning buildings, I felt wistful. I was leaving Budapest. I knew there was much more to explore, much more to discover, much more to appreciate. Then I thought... it will only take a 6,200 mile airplane journey to return, and, in anticipation of another wonderful experience, that isn't very far at all.



Matthias Church as seen from the Danube River



Opulent interior of St. Stephen's Basilica



The Liberty Bridge connects Buda and Pest

ENTERTAINMENT

Students perform for Silvergate residents

FALLBROOK – Residents at Silvergate Fallbrook were treated to a special holiday musical experience last week when a lively group of children from Bonsall Virtual Academy visited to sing classic Christmas carols and spread their own brand of festive cheer.

"We were delighted to host this heartwarming performance for our residents," said Carie Hensley, Activities Director at Silvergate Fallbrook. "Their renditions of holiday favorites like 'Frosty The Snowman' and 'Jingle Bells' filled the room with the delightful sound of children's voices at Christmas time. These kids brought sheer joy to all of the residents who joined us for this special show."

The children worked together prior to performing at Silvergate to hand make holiday cards for each resident who attended the performance. The event was specifically designed to give the children a unique opportunity to interact socially with seniors while at the same time giving the seniors a chance to celebrate the holidays around the vibrancy and voices of local youth."

"These kids practiced all the songs together and really got into the spirit with the seniors when they performed," said Tina Calabrese, who serves as principal of the school the children attend. "It was sweet to see the residents light up as the kids sang familiar holiday carols and then be so touched by all of the special cards they passed out."

For those interested in learning more about the types of events and activities that take place at Silvergate or to tour the community during the holiday season, call Helen Gray at 760-728-8880 or email hgray@americarehr.com.

Silvergate Fallbrook offers Independent Living, Assisted Living and Memory Care and is located at 609 E. Elder Street.

Submitted by Silvergate Fallbrook.



Students from Bonsall Virtual Academy perform Christmas carols at Silvergate Fallbrook.

Village News/Courtesy photos



Silvergate Fallbrook residents Mari Spirito and David Allen enjoy listening to the Christmas carols sung by children from Bonsall Virtual Academy.



Ernie Gebler and Gene Capitano get a kick out of the homemade Christmas cards they received from the Bonsall students.

Encore honors its club declaration: 'Where the Fun Happens!'

FALLBROOK – December brought about many special gatherings for Encore members. The month opened up with Encore showing its Christmas spirit by representing their organization in the 42nd Annual Fallbrook Christmas Parade. Members walked with Bob Nelson's vintage 1929 Model Apickup truck, Encore banners, and spirited Christmas

attire.
As December proceeded, many were entertained at a private theater showing of "Made in USA" at Vista's Broadway Theater. The evening started with a pre-show happy hour which included a delectable array of appetizers.

The show was a song and dance review celebrating the different genres of American music throughout the years. The talented cast inspired toe-tapping and singing from the audience throughout the performance. It was a special evening.

During the December monthly meeting, Encore members enjoyed a Christmas potluck luncheon. Each table was uniquely and beautifully decorated by hosting members. There was in-house entertainment by the men of the organization, and a feast fit for a king.

Between the spirited red attire, beautiful table settings, good food and friends, it made for a relished afternoon celebrating the joy of Christmas.



Encore Club members attend a private showing of "Made in USA" at Vista's Broadway Theater.

Proceeding through the month, the ladies had an elegant afternoon of high tea at the Grand Tea Room in the historical district of Escondido. They donned their fancy hats and enjoyed a full service formal tea and gift shop.

The next Encore meeting will be on Tuesday, Jan. 2 at 9:30 a.m. Encore is a community social club open to all residents of Fallbrook, Bonsall, Rainbow, and De Luz. The mission of the club is to provide a foundation for residents to meet one another, create friendships, and enjoy common interests through the broad range of activities offered through the organization.

Young and old, singles and couples, all are warmly welcome. Each month members gather with coffee/tea and breakfast bites. There is a different guest speaker at each meeting, covering a wide range of subjects that are always interesting and informative.

Additionally, members are able to mingle, sign-up for the social events they are interested in participating in during the upcoming weeks, and learn about all the organization is planning and facilitating for their enjoyment. The range of activities offered represent the variety of interests and passions that their membership holds.

Some of these activities include Wine and Dine, Food and Fun (dinner and game night), Card Village News/Courtesy photos

Games (Hand & Foot, Mahjong, etc.), Book Club, Go Activities (out on the town), Special Events, Seasonal Engagements, and even Group Travel opportunities, to name a few.

There is truly something for everyone. Visit www://fallbrookencoreclub.com for more information on the organization and a detailed list of activities and events.

Submitted by the Encore Club.



Encore members enjoy a Christmas potluck luncheon.



The ladies of the Encore Club enjoy an elegant afternoon of high tea at the Grand Tea Room in the historical district of Escondido.

Neighborhood block party celebrates Christmas



In their Horse Creek Ranch neighborhood, from left, Emerie 7, Avery 9, and Ellie 7, enjoy a block party potluck, Sunday, Dec. 17 in Fallbrook.



Friends and neighbors walk around Horse Creek Ridge to experience Christmas lights, a parade of neighbors and a block party potluck.

Village News/Julie Reeder photos







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REGIONAL

Newsom Administration on track to secure seven C-130s to fight wildfires

SACRAMENTO – An effort led by the Newsom Administration and congressional leaders resulted in Congress authorizing and accelerating the transfer of seven C-130 aircraft from the United States Coast Guard to Cal Fire, expanding California's worldleading firefighting fleet to protect Californians.

Governor Gavin Newsom – in partnership with U.S. Senator Alex Padilla and the late U.S. Senator Dianne Feinstein – spearheaded this initiative for California to take on sole ownership of these aircraft, speed up the time to have them flying firefighting operations in California, and expand Cal Fire's firefighting capabilities.

Even before this, California had built up the largest firefighting fleet in the world. These new C-130s will be strategically located throughout the state at Cal Fire bases to mobilize when needed, adding to the helicopters, other aircraft, and firefighters ready to protect Californians.

This follows California's leadership in utilizing innovation and technology to fight fires smarter, leveraging artificial intelligence (AI), satellites, and more.

"These are aircraft that can mobilize quickly and attack wildfires to better protect our communities. This was a collaborative effort with our partners Sen. Padilla, the late Sen. Feinstein, and others to deliver for Californians," Newsom said.

When President Biden signs the bill into law, these planes will be transferred to the state. The first of the seven planes will likely be ready in time for height of the 2024 fire year, adding immediate value to California's firefighting capabilities.

Submitted by the Office of the Governor.



Governor Newsom and two Cal Fire officials take a look at a C-130.

Village News/Courtesy photo

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San Diego Weekly Gas Price Update

DALLAS - Average gasoline prices in San Diego have fallen 7.3 cents per gallon in the last week, averaging \$4.66/g today, according to GasBuddy's survey of 784 stations in San Diego. Prices in San Diego are 32.4 cents per gallon lower than a month ago and stand 29.3 cents per gallon higher than a year ago. The national average price of diesel has risen 0.6 cents in the last week and stands at \$4.00 per gallon.

According to GasBuddy price reports, the cheapest station in San Diego was priced at \$3.98/g Dec. 25 while the most expensive was \$5.99/g, a difference of \$2.01/g. The lowest price in the state Dec. 25 was \$3.59/g while the highest was \$6.59/g, a difference of \$3.00/g.

The national average price of gasoline has risen 2.9 cents per gallon in the last week, averaging \$3.07/g today. The national average is down 13.8 cents per gallon from a month ago and stands 1.8 cents per gallon higher than a year ago, according to GasBuddy data compiled from more than 11 million weekly price reports covering over 150,000 gas stations across the country.

Historical gasoline prices in San Diego and the national average going back 10 years:

December 26, 2022: \$4.37/g (U.S. Average: \$3.06/g)

December 26, 2021: \$4.58/g (U.S. Average: \$3.25/g)

December 26, 2020: \$3.19/g

(U.S. Average: \$2.25/g)

December 26, 2019: \$3.57/g (U.S. Average: \$2.54/g)

December 26, 2018: \$3.36/g (U.S. Average: \$2.30/g)

December 26, 2017: \$3.08/g (U.S. Average: \$2.44/g)

December 26, 2016: \$2.72/g (U.S. Average: \$2.28/g)

December 26, 2015: \$2.96/g (U.S. Average: \$2.00/g) December 26, 2014: \$2.66/g

(U.S. Average: \$2.30/g) December 26, 2013: \$3.62/g (U.S. Average: \$3.26/g)

Neighboring areas and their current gas prices:

Riverside- \$4.45/g, down 4.6 cents per gallon from last week's

San Bernardino- \$4.35/g, down 4.7 cents per gallon from last week's \$4.40/g.

Orange County-\$4.55/g, up 0.8cents per gallon from last week's

"After 13 straight weeks of decline, average gasoline prices have edged higher due to optimistic comments from the Fed on cutting interest rates in 2024, coupled with Houthi attacks on vessels in the Red Sea, boosting concerns of a disruption to global shipping, including oil shipments," said Patrick De Haan, head of petroleum analysis at GasBuddy.

"For now, the price of gasoline has already jumped, but could ease slightly this week ahead of the New Year. For now, I'm optimistic that we may still have a chance of seeing the first \$2.99 national

average since 2021 sometime before spring arrives. We'll have the full details on what we expect for gasoline and diesel prices in 2024 later this week. Hopefully motorists will be able to celebrate a New Year with good news at the pump!" added De Haan.

GasBuddy is the authoritative voice for gas prices and the only source for station-level data. GasBuddy's survey updates 288 times every day from the most diverse list of sources covering nearly 150,000 stations nationwide, the most comprehensive and upto-date in the country. GasBuddy data is accessible at http://prices. GasBuddy.com.

SOURCE GasBuddy

Safeguarding streets with crime lab grant

\$500,000 funding to fight impaired driving

SD Sheriffs Media Relations

In the spirit of giving, the San Diego County Sheriff's Department Regional Crime Laboratory is unwrapping a \$517, 374 grant from the California Office of Traffic Safety (OTS).

This festive windfall is set to sprinkle some serious holiday magic on our efforts against impaired driving.

To ensure our roads stay merry and bright throughout the year, the money will be used in funding two full-time Crime Lab Criminalists specializing in the analysis of biological samples for the presence of drugs and alcohol. Their findings will help in the prosecution of Driving Under the Influence (DUI) cases in court. The grant will also be used for the training of the Crime Lab's



The Sheriff's Dept. Elf on a Shelf, Deputy Tinsel, Village News/Courtesy photo

This grant is like a gift from Santa himself and no one is happier than our Elf on a Shelf, Deputy Tinsel. He's been checking out all

Of the 1,944 samples tested during the grant period October 2022 through September 2023, those arrested had an average blood alcohol concentration that was more than twice the legal limit; 55% of the arrested drivers had impairing drug in their system. The drugs most commonly detected in the blood samples were cannabis, cocaine, methamphetamine, and fentanyl.

safety cases per year.

This holiday season, give the

this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety

gift of safety on our roads by

designating a sober driver with

your celebrations. We all have

someone special waiting for us at

home. Let's make sure we all get

The grant program runs through

September 2024. Funding for

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Copyright Village News, 2023 Julie Reeder, President

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111 W. Alvarado St Fallbrook, CA 92028

you need to know to vote for President **Tracy DeFore** nominated offices, such as U.S.

Nonpartisan voters – What

County of San Diego Communications Office

Calling all registered nonpartisan voters! If you want to vote for president in the March 5, 2024, primary election, you must inform the Registrar's office which crossover party ballot you want by Jan. 5 so it is included in the initial mailing of ballots going out the

week of Feb. 4. Otherwise, you will automatically receive a nonpartisan ballot in the mail, and it will not show the presidential primary

contest or candidates. The Registrar's office sent the County's nearly 490,000 nonpartisan registered voters a pre-paid return postcard requesting their selection of crossover ballot for the March 5, 2024, primary

If your postcard became lost among all the holiday mail, here is what you need to know.

Political parties allowing

nonpartisan voters to crossover This year, the American Independent Party, Democratic Party, and Libertarian Party are allowing nonpartisan voters to take part in their presidential primary elections.

Nonpartisan voters must request one of these three parties' ballots to vote for that party's presidential primary candidate. Selecting one of these three political party ballots will not register you with that party. You will remain a nonpartisan voter.

Without the postcard, you can still complete the Registrar's nonpartisan crossover party ballot request form at https://www. sdvote.com/ or from 8 a.m. to 5 p.m. Monday through Friday at the Registrar's office in Kearny Mesa.

Also note that the Democratic Party is allowing nonpartisan voters to vote in its presidential contest, but not its Central Committee contest. If requested, you will receive the nonpartisan version of the Democratic ballot.

Political parties not allowing nonpartisan voters to crossover

This year, the Green Party, Peace and Freedom Party, and Republican Party have closed their presidential primary to nonpartisan

Nonpartisan voters will not be able to select one of these ballots. Nonpartisan voters who want one of these parties' ballots will need to re-register with that party.

You can fill out a new voter registration form online at https://

No matter what your party preference, all registered voters will be allowed to vote in

nonpartisan contests and votercongressional offices and state legislative offices.

The top two vote-getters in voter-nominated contests will advance to the Nov. 5 general election.

Not sure which political party you're registered with or if you're registered to vote?

You can check your registration,

re-register and register to vote at https://www.sdvote.com. The Registrar's office encourages you to do so well

before Feb. 20 to avoid delays and

long lines at vote centers. Learn more about voting in the March 5 presidential primary at https://www.sdvote.com or call 858-565-5800 or toll free at 800-696-0136.

checks out all their technology at the Crime Lab. Toxicology Criminalists. alcohol and at least one additional

our technology at the Crime Lab.

The Sheriff's Crime Lab provides forensic science services to more than 30 law enforcement agencies in the county. It processes more than 6,000 samples in traffic

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The Fallbrook/Bonsall

Village News

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Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2023-9024592 Name of Business

FLOUR FIELDS BAKERY 2255 Green Canyon Rd, Fallbrook, CA 92028 Mailing address: 2255 Green Canyon Rd, Fallbrook, CA 92028

County: San Diego This business is registered by the following: a. Fruzsina Hope McGuinness, 2255 Green Canyon Rd, Fallbrook, CA 92028

b. Blake Alan McGuinness, 2255 Green Canyon Rd, Fallbrook, CA 92028 This business is conducted by a Married Couple

Registrant first began to transact business under the fictitious name listed above as of 11/18/2023 THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DI-

EGO COUNTY ON Dec 07, 2023 LEGAL: 6374 PUBLISHED: December 21, 28, 2023, January 4, 11, 2024

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2023-9023444 Name of Business

SKYN WITH ANDREA 504 E. Alvarado St, Suite 205, Fallbrook, CA

92028 Mailing address: 1162 Camino Alisos, Fall-brook, CA 92028 County: San Diego

This business is registered by the following: Andrea Colgan, 1162 Camino Alisos, Fallbrook, This business is conducted by an Individual

Registrant first began to transact business under the fictitious name listed above as of 11/11/2023 THIS STATEMENT WAS FILED WITH THE

RECORDER/COUNTY CLERK OF SAN DI-EGO COUNTY ON Nov 20, 2023 LEGAL: 6375

PUBLISHED: December 21, 28, 2023, January 4, 11, 2024

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2023-9023216 Name of Business

D&D MOTOR TECH INC 1020 Beverly Dr, Vista, CA 92084 This business is registered by the following: D&D Motor Tech, 1020 Beverly Dr, Vista, CA

This business is conducted by a Corporation This Corporation is registered in the state of CA Registrant first began to transact business under the fictitious name listed above as of 07-01-

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DI-EGO COUNTY ON Nov 16, 2023

LEGAL: 6365 PUBLISHED: December 7, 14, 21, 28, 2023

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2023-9024305 Name of Business

NIAZ SECURITY 7490 Opportunity Road, San Diego, CA 92111 County: San Diego

This business is registered by the following: Safe Land Security, 7490 Opportunity Road, San Diego, CA 92111

This business is conducted by a Corporation This Corporation is registered in the state of California

Registrant first began to transact business under the fictitious name listed above as of N/A THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DI-EGO COUNTY ON Dec 04, 2023 LEGAL: 6366

PUBLISHED: December 7, 14, 21, 28, 2023

FICTITIOUS BUSINESS NAME STATEMENT -ile Number: 2023-902529

Name of Business a. TO DRY FOR SOAP

b. WICKED WICKS CANDLE CO c. BUILD YOUR OWN KEYCHAIN 1831 Green Canyon Road, Fallbrook, CA

Mailing address: 1831 Green Canyon Road, Fallbrook, CA 92028

County: San Diego This business is registered by the following:
Joanie Renee Sturgeon, 1831 Green Canyon Road, Fallbrook, CA 92028

This business is conducted by an Individual Registrant first began to transact business under the fictitious name listed above as of 12/01/2023

THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DI-EGO COUNTY ON Dec 19, 2023 LEGAL: 6376

PUBLISHED: December 28, 2023, January 4, 11, 18, 2024

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2023-9025157 Name of Business

WINNXT 32036 Del Cielo Oeste, Unit 5A, Bonsall, CA

92003 Mailing address: 32036 Del Cielo Oeste, Unit 5A, Bonsall, CA 92003 County: San Diego

This business is registered by the following: Hayley Wade, 32036 Del Cielo Oeste, Unit 5A, Bonsall, CA 92003 This business is conducted by an Individual

under the fictitious name listed above as of 7/7/2023 THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DI-

Registrant first began to transact business

EGO COUNTY ON Dec 15, 2023 LEGAL: 6377 PUBLISHED: December 28, 2023,

January 4, 11, 18, 2024 FICTITIOUS BUSINESS NAME STATEMENT

File Number: 2023-9025480 Name of Business

Z ROCK HEALTH AND FITNESS

778 Rivertree Drive, Oceanside, CA 92058

Mailing address: 4225 Oceanside Blvd #H197, Oceanside, CA 92056 County: San Diego

This business is registered by the following: Ziggy Rock, 778 Rivertree Drive, Oceanside, This business is conducted by an Individual

Registrant first began to transact business under the fictitious name listed above as of N/A THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DI-EGO COUNTY ON Dec 21, 2023

LEGAL: 6378 PUBLISHED: December 28, 2023, January 4, 11, 18, 2024

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT File Number. 2022 Name of Business WYNN SPA File Number: 2023-9023437

3846 Mission Ave Suite A-1, Oceanside, CA 92058 Mailing address: 3846 Mission Ave Suite A-1. Oceanside, CA 92058

County: San Diego This business is registered by the following: a. Thomas Kongming Fong, 1717 Corte Viejo, Oceanside, CA 92056

b. Van Fong, 1717 Corte Viejo, Oceanside, CA 92056

This business is conducted by a Married Couple Registrant first began to transact business under the fictitious name listed above as of 11/17/2023 THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Nov 20, 2023

LEGAL: 6368 PUBLISHED: December 14, 21, 28, 2023, January 4, 2024

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2023-9024548 Name of Business

a. 86 IT INC b. 86 IT 1827 Law St., San Diego, CA 92109

County: San Diego This business is registered by the following: 86 It Inc, 1827 Law St., San Diego, CA 92109 This business is conducted by a Corporation This Corporation is registered in the state of

Registrant first began to transact business under the fictitious name listed above as of N/A THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 06, 2023

LEGAL: 6369 PUBLISHED: December 14, 21, 28, 2023, January 4, 2024

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2023-9023732 Name of Business

RELAX AND RESTORE MASSAGE AND WELLNESS

1588 S. Mission Road, #115, Fallbrook, CA 92028 Mailing address: 1435 Sycamore Way, Fallbrook,

CA 92028 County: San Diego This business is registered by the following:

Charlotte Ljungquist Alpas, 1435 Sycamore Way, Fallbrook, CA 92028 This business is conducted by an Individual Registrant first began to transact business under

the fictitious name listed above as of N/A THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO **COUNTY ON Nov 27, 2023** LEGAL: 6370

PUBLISHED: December 14, 21, 28, 2023, January 4, 2024

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2023-9024413 Name of Business

A FASTRACK SOLUTION 27350 Valley Center Rd, Valley Center, CA 92082

County: San Diego This business is registered by the following: Shella B. Samson, 27350 Valley Center Rd, Valley Center, CA 92082

This business is conducted by an Individual Registrant first began to transact business under the fictitious name listed above as of 12/05/2023 THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO **COUNTY ON Dec 05, 2023**

LEGAL: 6371 PUBLISHED: December 14, 21, 28, 2023, January 4, 2024

FICTITIOUS BUSINESS NAME STATEMENT

Name of Business A FASTRACK REFERRAL SERVICES

27350 Valley Center Rd, Valley Center, CA 92082 County: San Diego

This business is registered by the following: Shella B. Samson, 27350 Valley Center Rd, Valley Center, CA 92082 This business is conducted by an Individual

Registrant first began to transact business under the fictitious name listed above as of 11/15/2023 THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DIEGO COUNTY ON Dec 05, 2023 LEGAL: 6372

PUBLISHED: December 14, 21, 28, 2023, January 4, 2024

Change of Name

ORDER TO SHOW CAUSE FOR CHANGE OF NAME Case Number: 37-2023-00052126-CU-PT-CTL
TO ALL INTERESTED PERSONS

Petitioner:
FEREYDOON BAZADEH KHORRAMSHAHI Present Name: FEREYDOON BAZADEH KHORRAMSHAHI

Proposed Name:

FEREYDOON BAZADEH 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 matr is scheduled to be heard and must appear at the hearing to show cause why the petition

without a hearing.* NOTICE OF HEARING
Date: 17 JAN 2024 Time: 8:30 AM Dept: 61 The address of the court is 330 West Broad-

should not be granted. If no written objection

is timely filed, the court may grant the petition

way, San Diego, CA 92101 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: Vil-

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 copy of the Order Granting the Petition will be mailed to the petitioner

To change a name on a legal document, including a birth certificate, social security card, driver license, passport, and other identification a certified copy of Decree Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be required. Contact the agency(ies) who issue the legal document that needs to be changed, to determine if a certified copy is required.

A certified copy of Decree Changing Name (JC Form #NC-130) or Decree Changing Name and Order Recognizing Change of Gender and for Issuance of New Birth Certificate (JC Form #NC-230) may be obtained from the Civil Business Office for a fee. Petitioners who are seeking a change of name under the Safe at Home program may contact the assigned department for information on obtaining certified copies.

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

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

Date: 04 DEC 2023 Signed: Michael T. Smyth, Judge of the Superior Court.

LEGAL: 6267 PUBLISHED: December 7, 14, 21, 28, 2023

Fictitious Biz. Name

FICTITIOUS BUSINESS NAME STATEMENT File Number: 2023-9023945

Name of Business ORODS AIR DUCT CLEANING 380 Hacienda Drive, Vista, CA 92081 Mailing address: 380 Hacienda Drive, Vista, CA

92081 County: San Diego

This business is registered by the following: Blue IAQ and Life Safety Services, LLC, 380 Hacienda Drive, Vista, CÁ 92081 This business is conducted by a Corporation This Corporation is registered in the state of

Registrant first began to transact business under the fictitious name listed above as of N/A THIS STATEMENT WAS FILED WITH THE RECORDER/COUNTY CLERK OF SAN DI-EGO COUNTY ON Nov 29, 2023

LEGAL: 6373 PUBLISHED: December 21, 28, 2023, January 4, 11, 2024

NOTICE OF SALE OF ABANDONED PROPERTY

NOTICE IS HEREBY GIVEN THAT PURSUANT TO SECTIONS 21701-21715 OF THE BUSINESS AND PROFESSIONAL CODE SECTION 2328 OF THE COMMERCIAL CODE SECTION 535 OF THE PENAL CODE TAYLOR SELF STORAGE 1200 EAST TAYLOR ST VISTA CA 92084 WILL SELL BY COMPETITIVE BIDDING ON JANUARY 17TH, 2024 AT 12:30 PM AUCTION TO BE HELD AT THE ABOVE ADDRESS, PROPERTY TO BE SOLD AS FOLLOWS: MISC GOODS, PERSONAL ITEMS, FURNITURE AND CLOTHING.

MARIA FLORES MARIA BELTRAN CORONEL CHRISTEN SPITERI STEVE WATERS JESSICA ALCARAZ SCOTT WISEMAN AMY CATON ERNESTO MOLINA ARENAS JUAN REMIGIO IBANEZ ASHLEA KNIPPENBERG DAVID OCHOA KEVIN MARTINEZ APRIL CRAFT RUBEN SANCHEZ MARTINEZ WILLIAM LEWIS THAMARA CRAWFORD

CORY LENTS

Published December 28, 2023, January 4, 2024

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T.S. No.: 230905306

Notice of Trustee's Sale Loan No.: Hanumant Order No. 2364885CAD APN: 172-250-01-00 Property Address: 29848-29856 Circle R Way Escondido, CA 92026 You Are In Default Under A Deed Of Trust Dated 8/31/2022. Unless You Take Action To Protect Your Property, It May Be Sold At A Public Sale. If You Need An Explanation Of The Nature Of The Proceeding Against You, You Should Contact A Lawyer. A public auction sale to the highest bidder for cashier's check drawn on a state or national bank, cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s). advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. No cashier's checks older than 60 days from the day of sale will be accepted. Trustor: Hanumant Inc., a California corporation Duly Appointed Trustee: Total Lender Solutions, Inc. Recorded 9/1/2022 as Instrument No. 2022-0351262 in book, page of Official Records in the office of the Recorder of San Diego County, California, Date of Sale: 1/8/2024 at 10:30 AM Place of Sale: by the statue at entrance to East County Regional Center, 250 East Main Street, El Cajon, CA Amount of unpaid balance and other charges: \$2,613,775.93 Street Address or other common designation of real property: 29848-29856 Circle R Way

Escondido, CA 92026 A.P.N.: 172-250-01-00 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. Notice To Potential Bidders: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. Notice To Property Owner: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (877) 440-4460 or visit this Internet Web site www.mkconsultantsinc.com, using the file number assigned to this case 230905306. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Notice To Tenant: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civi Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (877) 440-4460, or visit this internet website site www.tlssales.info, using the file number assigned to this case 230905306 to find the date on which the trustee's sale was held the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. When submitting funds for a bid subject to Section 2924m, please make the funds payable to "Total Lender Solutions, Inc. Holding Account". If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. Date: 12/7/2023 Total Lender Solutions, Inc. 10505 Sorrento Valley Road, Suite 125 San Diego, CA 92121 Phone: 866-535-3736 Sale Line: (877) 440-4460 By: Rachel Seropian, Trustee Sale Officer Published: 12/14/23, 12/21/23, 12/28/23

PUBLIC NOTICE

NOTICE IF FURTHER GIVEN THAT THE BOARD OF DIRECTORS OF THE NORTH COUNTY FIRE PROTECTION DISTRICT, 330 South Main Avenue, Fallbrook, California, County of Sar Diego, will conduct a Public Hearing on Tuesday, January 23, 2024, at a time certain of 5.05 p.m. at the Fallbrook Public Utility District, 990 East Mission Road, Fallbrook, California, or as soon thereafter as such matter can be heard, to discuss and approve the updated Community Risk Fee Schedule. The Ordinance imposes fees for services provided by the Fire Prevention Bureau for plan review, inspection, land divisions and annual permits for certain occupancies and processes. Members of the public will have an opportunity to make public comments pertaining to the adoption of this schedule. A copy of this fee schedule may be obtained from the Fire Prevention Bureau of the North County Fire Protection District Headquarters Fire Station at 330 S. Main Avenue in Fallbrook, California, between 8:00 a.m. and 5:00 p.m. Monday through Thursday, or may be obtained by email by contacting Fire Marshal Dominic Fieri by phone at (760) 723-2010 or email at dfieri@ncfire.org.

Dominic Fieri, Fire Marshal North County Fire Protection District 330 S. Main Avenue, Fallbrook, California, 92028-2938 (760) 723-2010

BY ORDER OF THE BOARD OF DIRECTORS OF THE NORTH COUNTY FIRE PROTECTION DISTRICT.

Mavis Canpinar **Board Clerk** Dated: December 12, 2023

> Published December 28, 2023, January 4, 2024

TSG No.: 170072988 TS No.: CA1700278253 APN: 157-841-26-00 Property Address: 5727 DARTMOOR CIRCLE OCEANSIDE. CA 92057-5650 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 12/13/2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 01/26/2024 at 09:00 A.M., First American Title Insurance Company, as duly appointed Trustee under and pursuant to Deed of Trust recorded 12/22/2004, as Instrument No. 2004-1201852, in book , page , , of Official Records in the office of the County Recorder of SAN DIEGO County, State of California. Executed by: JOSEPH CAPOZZOLI AND KRISTIE J. CAPOZZOLI, HUSBAND AND WIFE AS JOINT TENANTS, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2924h(b), (Payable at time of sale in lawful money of the United States) Entrance of the East County Regional Center East County Regional Center, 250 E. Main Street, El Cajon, CA 92020 All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: AS MORE FULLY DESCRIBED IN THE ABOVE MENTIONED DEED OF TRUST APN# 157-841-26-00 The street address and other common designation, if any, of the real property described above is purported to be: 5727 DARTMOOR CIRCLE, OCEANSIDE, CA 92057-5650 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$ 703,395.50. The beneficiary under said Deed of Trust has deposited all documents evidencing the obligations secured by the Deed of Trust and has declared all sums secured thereby immediately due and payable, and has caused a written Notice of Default and Election to Sell to be executed. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources. you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to ection 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and if applicable, the rescheduled time and date for the sale of this property, you may call 800-280-2832 or visit this internet website www.Auction.com, using the file number assigned to this case CA1700278253 Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Website. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction if conducted after January 1, 2021, pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call 855-976-3916, or visit this internet website https://www.auction.com/sb1079, using the file number assigned to this case CA1700278253 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid, by remitting the funds and affidavit described in Section 2924m(c) of the Civil Code, so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. Date: First American Title Insurance Company 4795 Regent Blvd, Mail Code 1011-F Irving, TX 75063 FOR TRUSTEES SALE INFORMATION PLEASE CALL 800-280-2832NPP0444033 To: VILLAGE NEWS INC 12/14/2023, 12/21/2023, 12/28/2023

VILLAGE PROPERTIES COLDWELL BANKER

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Wishing You All the Best in 2024



CYNDI HAUFF



CHERYL PIZZO DRE# 00815495



TOM VAN WIE DRE# 01412145



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45922 Daviana Way, Temecula \$669,000



516 So. The Strand, Oceanside \$4,925,000



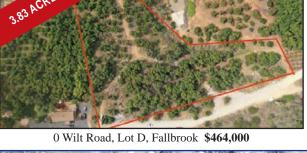
1565 Northrim Court 286, San Diego \$665,000



647 Inverlochy, Fallbrook \$979,000



1120 E. Mission Rd., Sp. 89, Fallbrook \$155,000





View Parcel to Build Your Dream Home on Offered at \$275,000

Great 4.8 Acre parcel with amazing views including the Ocean and incredible Sunsets. Private and peaceful, Corners were recently marked, Septic layout on file for 3 bedroom structure (Will require updating). Fire hydrant on site. Plenty of room to spread out and take advantage of the varied terrain. Recent weed abatement and rough cut pad and access roads throughout the property. Great value! Buyers to verify all prior to removing contingencies. Enter 38474 Rainbow Peaks into GPS. This parcel is the next parcel on the left. Look for sign.



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