



Community
Chamber members honored
B-1



Dining
Dueling Chefs
D-1

Graduation Edition
See our local graduates starting on C-1
Class of **2024**

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June 13, 2024

www.VillageNews.com

Volume 28, Issue 24

GRADUATION 2024



Class of 2024 Graduates throw their caps in celebration. See Fallbrook Graduate list on page C-6.

Village News / Shelby Ahrend photos

Garza-Gonzalez named Superintendent of the Year

FALLBROOK – Ilsa Garza-Gonzalez, Superintendent of Fallbrook Union High School District was selected as Superintendent of the Year by the California Association of Latino Superintendents and Administrators’ San Diego Chapter.

The honor was announced at the San Diego Chapter’s Annual Administrator of the Year and Student Scholarship Awards Ceremony on May 24.

Eddie Jones, FUHSD Board President said, “The Board of Education was thrilled to learn that our superintendent has been honored as CALSA’s top superintendent in the county. This prestigious recognition is



especially meaningful in our diverse community, where the majority of our students are Latino. It highlights our commitment to providing equitable and high-quality education to all students, ensuring they have the resources and support they need to succeed.”

Garza-Gonzalez was named Superintendent of FUHSD in July 2019. Since then, FUHSD has experienced growth in a number of areas and has renewed and increased partnerships with community organizations.

Among her many accomplishments, the most recent include an increase in the graduation rates districtwide, increased academic achievement, a smooth transition to a trimester

schedule which has increased opportunities for students, and successful completion of key construction projects including a modernized Career and Technical Education (CTE) building.

The modernized CTE building 400 houses Marine Corps JROTC, a state of the art studio for the Digital Media Pathway, and the Patient Care Pathway.

FUHSD has been recognized for gains in student outcomes including recognition by the College Board as an Honor Roll school. The designation was based on three categories: College Culture, College Credit, and College Optimization.

Fallbrook High School was recognized as a 2023 Advanced Placement (AP) Access Award recipient by the College Board for providing all students the opportunity to participate in AP, including students of underrepresented populations. This year, FHS earned placement in the U.S. News’ Public High Schools Rankings as one of the

FUHSD Superintendent Ilsa Garza-Gonzalez holds her Superintendent of the Year award from the California Association of Latino Superintendents and Administrators’ San Diego Chapter.

Village News/Courtesy photo

see GARZA, page A-6

Two arrested after alleged Taco Bell robbery



The drive-thru window is boarded up from the attempted robbery on June 5, 2024.



AC Investigations photos

Village News Staff

Last Wednesday, June 5, two people were arrested after an alleged attempted burglary of the Fallbrook Taco Bell in the 1100 block of South Mission Road.

It was reported that there was

female staff in the Taco Bell during the attempted robbery.

Logan Linner, age 25, was arrested for Felony Conspiracy to Commit Crime and Felony Commercial Burglary. In addition, charges relating to DUI:Drugs, Possession of

non-narcotic drugs, controlled substance, paraphernalia and possession of burglary tools were added.

He was booked in Vista Detention Facility and is currently being held on a \$25,100 bail. He is scheduled to appear in

court on June 12 and 17 for the separate charges.

Kiana Adams, age 22, was arrested for Felony Conspiracy to Commit Crime and is presently not showing in Sheriff custody.

Both were unarmed.

USPS Residential Customer

VILLAGE NEWS



8 0 4 8 7 9 1 9 6 4 8 8

CALENDAR

June 15 – 9 a.m. to 5 p.m. – Youth Advocates Mental Health First Aid. This free 8-hour certification public education program will be offered at the Fallbrook Regional Health District’s Community Health & Wellness Center, 1636 E. Mission Road. Learn to identify, understand, and respond to signs of mental illness and substance use disorders and provide initial aid. For more info including additional training dates or to register, call 760-731-9187 or visit www.fallbrookhealth.org/mental-health-first-aid.

June 22 – 11 a.m. until June 23 – 11 a.m. – The Fallbrook Amateur Radio Club will be participating in Field Day 2024, an emergency preparedness exercise. The public and ham radio operators are invited to attend at Frazier Elementary School’s athletic field, 1835 Gum Tree Lane.

June 24 – 11 a.m. to 4 p.m. – Blood Drive presented by San Diego Blood Bank. Blood donations will be offered at Fallbrook Regional Health District’s Community Health & Wellness Center, 1636 E. Mission Road. To schedule an appointment, visit www.fallbrookhealth.org/blood-drive-dates. Appointments are honored first and walk-ins are welcome. For more call (619) 400-8251.

June 24 – 1:30-3:30 p.m. – Wellness Wednesday includes free health screenings provided by Fallbrook Family Health Center: Blood Sugar, Blood Pressure,

and BMI. Educational Workshop “Understanding Alzheimer’s & Dementia” is presented by the Alzheimer’s Association; workshops start at 1:30 p.m. To secure a spot, visit www.fallbrookhealth.org/wellness-wednesday. For more info, call 760-731-9187.

July 4 – 8-11 a.m. – Rotary Club of Fallbrook hosts an Independence Day Pancake Breakfast at the Fallbrook Community Center. Pancakes and sausage will be served – \$12 for adults, \$5 for children ages 4 to 12, free for 3 and under. Also includes a Color Guard, community organization booths and a dog show.

July 4 – 12-3 p.m. – Rotary Club of Fallbrook continues its Independence Day Celebration with multiple activities: North County Fire and the Sheriff’s Department will display vehicles; entertainment will include Ballet Folklorico, the Chris Fast Blues Band, Cupa Bird Singers, and a martial arts demonstration by Karate Kids; and food vendors from La Cucina, Mountain Mike’s Pizza, Village Roots, and VFW’s pulled pork.

July 14 – 1:30-4:30 p.m. – Friends of the Fallbrook Library to hold its 2024 Author Talk at the library. Admission is free to the public. Luis Alberto Urrea, a best-selling author of 19 books, will talk about his latest book, “Good Night, Irene” and take audience questions. This free event include a live auction, a raffle, book sales and signing at 124 S. Mission Road.

Sept. 14 – 5-8:30 p.m. – Foundation for Senior Care will hold its annual ‘Honoring the Past & changing the future’ fundraiser at Pala Mesa Resort. It will celebrate the impact of seniors in its past and inspire a positive change for the seniors of today. For info about sponsorship opportunities, contact Joanna Costello at 760-723-7570 or jcostello@foundationforseniorcare.org.

Oct. 4 – Boys & Girls Clubs of North County hosts its annual North County Cup at Journey at Pechanga. Golfers of all levels are welcome; all proceeds benefit the Boys & Girls Clubs of North County. Tickets are \$250 per golfer, sponsorships available. For more information visit www.bgcnorthcounty.org or call 760-728-5871.

ANNOUNCEMENTS

Prayer for Peace Concert to be held June 22

TEMECULA – Southern CA Damekor will present “Fredskonsert” (the Second ‘almost’ Annual Peace Concert) on Saturday, June 22. The concert will begin at 7 p.m. at Temecula Music Teacher Studio, 27649 Commerce Center Dr., Temecula.

Two years ago, moved by the tragedy of war in Ukraine, the Damekor wanted to respond in the way they knew best, through song. The concert raised more than \$2000 for relief for children in Ukraine.

Now, two years later, with war continuing in Ukraine and now also in the Middle East, it appears that prayers for peace need to be even louder and stronger. So, they are presenting the Second Annual “Prayer for Peace” concert.

The songs in the program are powerful and emotional. They sing of freedom, homeland, hands reaching out to help, trading weapons for plowshares, war, peace and, above all, hope, for even in these troubled times they are reminded, “What a Wonderful World” they live in.

The Damekor will sing Norwegian, Finnish, Ukrainian, Hebrew, Palestinian and Japanese songs that speak of peace, freedom and love.

There is no admission fee, but there will be options to donate to peace and humanitarian assistance efforts going directly to Ukrainian relief and/or relief efforts across the globe.

Southern CA Damekor is a women’s ensemble that sings

and plays mostly (but not all) Scandinavian music. They sing a cappella and accompanied by the many instruments played by members of this multi-talented group.

Founded 15 years ago by director Lynne Bradley, the Damekor performs in the greater San Diego area, appearing annually at the Viking Festival in Vista, at an annual Holiday concert as well as for many community groups.

For more information about joining Damekor or engaging the group to perform, email lbradley93168@gmail.com or call 760-505-8758.

Submitted by the Southern CA Damekor.

Garden club meeting to include awards and installation of officers

FALLBROOK – Fallbrook Garden Club will hold its last general meeting of the 2023-2024 year on Tuesday, June 25. Club awards and honors will be presented by FGC President Kathi Thomas. Sharon Tooley, Director of Palomar District Gardn Clubs, will install the elected officers for the 2024-2025 season.

General meetings are held at the Fallbrook Community Center, 341 Heald Lane, with social time at 12:45 p.m., business at 1:00, and the program at 2:00.

Guests are welcome and should stop by the Membership Table for a guest name tag. For further information relating to the club and its activities, visit www.fallbrookgardenclub.org.

FGC is a member of National Garden Clubs, Inc., Pacific Region Garden Clubs, Inc., California Garden Clubs, Inc./Palomar District.

Submitted by the Fallbrook Garden Club.

Everyone invited to 10th anniversary party

FALLBROOK – Fallbrook Active Nutrition is turning 10, and is throwing the party of the decade, inviting the public to groove at the ultimate celebration, Saturday,

June 15, from 5-9 p.m. at 122 West Ash, commemorating a decade of wellness and vitality services for Fallbrook.

Guests can dance the night away with a live band, DJ, and classical singers, ensuring an electrifying atmosphere that will keep them moving all night long.

There will be delicious food and drinks and a chance to win

exciting raffle prizes throughout the evening. Plus, they will offer the secrets to a healthier, more vibrant life with Fallbrook Active Nutrition to achieve one’s wellness goals.

Everyone is welcome to join the fun, celebrate this milestone, and learn more about Active Nutrition.

Submitted by Fallbrook Active Nutrition.

SUBMISSION DEADLINES

OPINION PAGE

The deadline for Letters to the Editor is Monday, 9 a.m.; acceptance is based on space availability. Email to villageeditor@reedermedia.com.

OBITUARY PAGE

The deadline for Obituaries is Monday, noon. Email to villageeditor@reedermedia.com.

EDITORIAL DEADLINE

The deadline for all announcements and press releases is Friday, 3 p.m. Email to villageeditor@reedermedia.com.

LEGAL NOTICES

The deadline for Legal notices is Monday, noon. Email to legals@reedermedia.com.

SECTIONS

- Announcements..... A-2
- Business B-6
- Biz. Directory B-7
- Calendar..... A-2
- Classifieds A-7
- Education C-8
- Entertainment..... D-2
- Health & Fitness..... A-10
- Home & Garden..... B-2
- Legals D-4
- Obituaries D-4
- Opinion..... A-4
- Real Estate..... B-2
- Sheriff's Log..... A-7
- Sports..... A-8

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Saturday, July 20th 2024

1:00PM - 4:00PM

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Fallbrook, CA 92028

Book Signing!

Near the Danube Bridge
A Story of Faith, Courage, and Endurance



Catherine Allen-Walters and Elisabeth Hartig Lentulo will be at Barnes & Noble in Escondido to sign copies of their book, *Near the Danube Bridge*. Come and ask them about the fascinating history behind the biography of Elisabeth’s father and listen to some excerpts.

Bring all your friends!

Saturday
June 15th
2-3pm

Location: Barnes & Noble Booksellers
810 W. Valley Parkway, Escondido, CA 92025

40th Anniversary Celebration To Include:

- ✳ Three elegant courses featuring loose leaf teas and delectable bite sized accompaniments.
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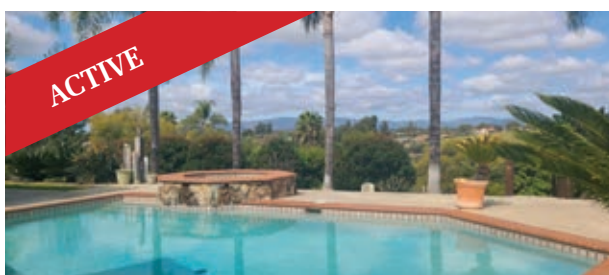
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Our success stems from Team Leadership, Market Knowledge, Being Local Experts, Experience in Negotiating and Understanding the Individual Needs of Our Buyers & Sellers.
 What we value the most is the trust that they have in us, to ensure a successful outcome for them. We always remember we work for you!

Put Us To Work For You!



1131 Rainbow Valley, Fallbrook
Offered at \$1,148,747



1650 Winterwarm Dr, Fallbrook
Offered at \$1,100,000



4273 Via El Dorado, Fallbrook
Offered at \$928,747

Breathtaking Gated Retreat!

NEW LISTING

4150 Rock Mountain Road, Fallbrook

Breathtaking gated retreat nestled in the serene beauty of Fallbrook. This stunning estate offers the epitome of luxury living, boasting a meticulously crafted vineyard and unparalleled panoramic views. Step inside the elegant residence, where luxury and comfort harmonize effortlessly. Expansive windows invite natural light to dance across the spacious interiors, illuminating the tastefully appointed living spaces. Grand dining area, wine tasting room, gourmet kitchen is a chef's dream featuring top-of-the-line appliances, custom cabinetry and granite countertops.

Offered at \$1,698,747

Rolling Hills Estates!

27 Shady Hill Lane, Fallbrook

Nestled within the picturesque landscape of Fallbrook, 27 Shady Hill offers a serene retreat in the 24-7 guard gated neighborhood of Rolling Hills Estates. This meticulously crafted property boasts a fusion of modern sophistication and natural beauty, promising a lifestyle of luxury and tranquility. As you approach the residence, a lush garden welcomes you, adorned with vibrant foliage like roses and Jacaranda trees and colorful blooms, creating an inviting ambiance. The architecture seamlessly blends contemporary design elements with timeless aesthetics.

Offered at \$2,698,747



40301 Sandia Creek, Fallbrook
Offered at \$598,747



3641 Canonita Dr, Fallbrook
Sold for \$2,198,747



0 Avenida Mil Flores, Bonsall
Offered at \$848,747

Ken's Corner

We are excited to be able to offer some amazing listings coming up this week and also currently available. If you are looking for the country lifestyle while enjoying high quality custom homes we have what you are looking for! Give us a call and we can schedule your private personal tours!

AT YOUR SERVICE! - Ken

LOCAL REAL ESTATE EXPERTS YOU CAN TRUST

Whether Buying, Selling, Investing, Downsizing or Moving Up

Meet Our Team

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

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

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

Sharon's Corner

We have a variety of unique and amazing listings to offer buyers coming to Fallbrook! Because we do have many listings, we will also be receiving calls from buyers asking questions about Fallbrook!

We would love to tell them all about yours too, so if you are thinking of selling in 2024, give us a call to talk about it! We are here to help you get where you are going!

LET'S TALK! - Sharon

Business Spotlight

Montserate Winery

Monserate Winery boasts breathtaking vineyards, tranquil lakes & spectacular scenery. Stop by our tasting room in San Diego & taste our distinguished wines. Also visit La Piazza our patio dining restaurant for authentic Italian cuisine.

2757 Gird Rd, Fallbrook
760-268-9625
www.montseratewinery.com
Open 11am-5pm Wed-Mon

Danielle White
Realtor® | DRE# 02154515
danielle.white@compass.com
951-795-3993

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Charity Spotlight

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OPINION

Border update



Supervisor Jim Desmond
5th District

I wanted to give you an update on the current situation at our border and its broader implications for our country.

Last week, reporter Bill Melugin spoke with a Turkish man who had illegally crossed into Jacumba, California, along with a group of other Turkish men. He revealed

that he paid \$10,000 to a cartel for assistance and expressed shock at how easy it was to cross the U.S. border without encountering any resistance. He warned that Americans should be “worried” about security and the unknown individuals crossing the border.

Since the beginning of this fiscal year, over 150,000 migrants have been released onto the streets of San Diego. This alarming figure does not include families, seniors, or other vulnerable individuals, nor does it account for the numerous “Gotaways,” such as the 3-4 boats that arrive on our shores each week.

The San Diego border sector has recorded over 250,000 encounters since the start of this fiscal year. Notably, 76% of those entering San Diego are single adults, with the top five countries of origin being Colombia, Mexico, China, Ecuador, and Brazil.

We are also facing a significant concern regarding Special Interest Aliens (SIAs). According to the

Department of Homeland Security, an SIA is defined as a “non-U.S. person” who potentially poses a national security risk to the United States or its interests.

While not all SIAs are terrorists, their travel patterns and behaviors often suggest a possible nexus to nefarious activities, including terrorism, warranting heightened screening and further investigation.

Last week, the Chief of U.S. Border Patrol reported that over 52,000 Special Interest Aliens have been encountered crossing illegally since Oct. 1, with 90% of these encounters occurring in the San Diego sector. Again, these individuals come from countries with potential security concerns, underscoring the gravity of the situation.

These developments highlight some of the significant challenges we face regionally and nationally. It is crucial that you stay informed, and I assure you that I will continue to advocate for common-sense solutions to these pressing issues.

Leader Jones and Senator Becker introduce legislation authorizing psychedelic medical treatment

Heal Our Heroes Act will help veterans and first responders

SACRAMENTO – On June 6, Senate Minority Leader Brian W. Jones (R-San Diego) and Senator Josh Becker (D-Menlo Park) introduced the bipartisan “Heal Our Heroes Act” as Senate Bill 803, which creates a narrow pilot program for military veterans and first responders to access psilocybin or psilocin for mental health treatments in a regulated setting.

“As a dedicated advocate for veterans and first responders, I firmly believe it is our duty to support and heal the brave individuals who served our country and communities,” said Jones. “To be clear, I’m not calling for the widespread legalization of psychedelic drugs. Rather, I’m championing a targeted medical treatment aimed specifically at aiding veterans and first responders in their recovery. The Heal Our Heroes Act is a thoughtful and balanced measure designed to rigorously study the effectiveness of these treatments with the hope of providing much-needed relief to those patients who need it most.”

“SB 803 is an entirely new and innovative effort that is the result of comprehensive discussions on how the state can best support our veterans and first responders with a viable treatment for work-induced post-traumatic stress disorder,” said Becker. “We have a responsibility to do everything possible to provide quality care to these heroes, and I am proud to joint author this bipartisan effort that will have a real impact on the people who serve our state and country.”

The Heal Our Heroes Act authorizes San Francisco, Santa Cruz, and San Diego counties to run a pilot program to offer treatment using psilocybin or psilocin to military veterans or first responders. The counties will be responsible for authorizing the facilitators who must be a licensed

physician or surgeon, clinical psychologist, licensed clinical social worker, nurse practitioner, physician assistant, licensed professional clinical counselor, or a naturopathic doctor.

The pilot sunsets after three years and requires data collection and reporting at the two year mark. The program includes several safety measures, such as requiring a suitability screening for each participant to ensure they are a safe candidate for treatment.

“As a decorated combat Veteran and mental health advocate that has struggled with PTSD, I applaud the bipartisan coalition that is supporting the legislation Senator Becker and Senator Jones have authored,” said Jason Moore Brown, a veteran with Heroic Hearts, a sponsor of the measure. “We’ve struggled to find meaningful support on this matter so I’m very thankful to the Senators. We have lost over 130,000 Veterans to suicide since the Global War on Terror began in 2001. I know firsthand that Psilocybin, when used responsibly and with support, has the potential to save the lives of California’s Veterans. This pilot program is the responsible first step to reducing, and hopefully ending, the Veteran suicide epidemic.”

The Heal Our Heroes Act is sponsored by the Heroic Hearts Project, Veterans Exploring Treatment Solutions (VETS), and Law Enforcement Action Partnership (LEAP). The measure is jointly authored by Senate Minority Leader Brian Jones and Senator Josh Becker, and principal co authored by Assemblymember Marie Waldron (R-Valley Center).

SB 803 is currently on the Assembly Floor. The Heal Our Heroes Act is expected to be referred to the Assembly Rules Committee for referral to a policy committee.

June is Alzheimer’s Awareness Month



Assemblymember Marie Waldron
75th District

As with so many issues involving medical research and healthcare, San Diego County is ground zero in the battle against Alzheimer’s disease.

Currently, it is estimated that 84,000 persons are living with Alzheimer’s disease in San Diego County, a number that is expected to increase to 117,000 by 2030. Another 250,000 San Diegans are caring for loved ones suffering from Alzheimer’s, which is the county’s third leading cause of death.

California now has over 720,000 residents living with the disease, more than any other state. That number is expected to grow by 127% the next 20 years, though the state’s population is only projected to grow by 16%.

Unfortunately, finding a cure has been elusive. Despite billions spent on research and ongoing clinical trials, many of which are now underway here in San Diego, finding a cure has been elusive, so far.

Age is the greatest risk factor and there is no known cause, cure or prevention. Voluntary contributions

to Alzheimer’s research have raised more than \$25 million over the years; research that must continue and accelerate.

Alzheimer’s patients and their caregivers need acknowledgement and support. That’s why I’m so happy to join my Assembly colleagues as a co-author of Assembly Concurrent Resolution 204 (ACR 204) which declares June 2024 Alzheimer’s disease and Brain Awareness Month. ACR 204 raises awareness about the disease, the need to support patients and their families, along with support for ongoing research that eventually will lead to a cure.

As a long-time member of the Assembly Health Committee and its current Vice Chair, I will continue to do my small part to improve overall healthcare in California, and to support efforts that eventually will win the fight against Alzheimer’s disease.

THIRD TIME'S THE CHARM.

(But the first and second were pretty great, too.)

For the third year running, Fairwinds – Ivey Ranch has been named Best Independent Living by *U.S. News & World Report*. Discover a senior living experience that exceeds every expectation – year after year after year.

Join us this summer and receive a \$10,000 credit upon move-in between now and July 31st. Call 760-472-5273 to schedule a tour and lunch. Apartments starting at \$3,895 per month.



Journalism interns are vital to our future



Julie Reeder
Publisher

Last week I started working with two bright young interns.

Without knowing it, they give me hope. I was pressing forward in my week, despite my discouragement after talking to a young person who informed me that they don't read, listen or watch any "long-form" content in order to better understand important issues, whether it's news or any information that helps them be informed on issues ranging from politics to health, education, etc.

They don't ingest any content more than 30 seconds to a minute. I asked, "How do you get an understanding on more nuanced issues that affect your community?" They responded they just listen to what their friends or family have to say.

I thought, "We are done as a society and culture. We've trained our young people to be addicted to little screens that give them dopamine rushes every 30 seconds and there is no interest in real information, probably until they experience a real emergency or total chaos somehow, and then it

may be too late."

For over 25 years, Village News and Valley News have always invested in young people as interns and now we have a nonprofit in which to grow that program. With a little help from our supporters we have been able to start the 501(c)3 and add videos and curriculum to our training, giving us far more structure.

We also start with a strengths assessment that every person takes so we can have a foundation of understanding the person we are working with. Sometimes journalism is not a good fit for them ultimately because of the unique set of strengths they have.

Whether they end up becoming a journalist or not, it is important that we invest in the individual. We want to instill in them the importance of asking questions and then asking more questions. They learn about the 1st Amendment which gives them unique rights that can't be taken for granted. And we talk about the responsibilities that go along with that right.

We talk about how unique that is in the world, completely unknown in other parts of the world. Often young people who have had the privilege of being born in the United States don't understand that they would be jailed or killed in other parts of the world for their free speech, or the way they dress, or who they decide to marry.

Training and nurturing journalism interns is vital to the health of our democracy, a concept deeply rooted in the principles of the First Amendment and the vision of our Founding Fathers. As Thomas Jefferson famously stated, "Our liberty depends on the freedom of the press, and that cannot be limited without being lost."

This underscores the essential role a free and robust press plays in maintaining our pluralistic and democratic society.

The First Amendment of the United States Constitution guarantees freedom of speech and press, recognizing that an informed citizenry is the cornerstone of democracy.

James Madison, another key architect of our Constitution, argued, "A popular Government, without popular information, or the means of acquiring it, is but a Prologue to a Farce or a Tragedy, or, perhaps both."

These foundational beliefs highlight that a well-informed public, empowered by a free press, is crucial for the proper functioning of democracy.

In today's digital age, the landscape of information dissemination has dramatically shifted, with social media playing an increasingly dominant role. While social media platforms provide rapid access to information and diverse viewpoints, they also pose significant risks.

The proliferation of misinformation and echo chambers can distort public perception and polarize society. Unlike traditional journalism, which adheres to rigorous standards of accuracy, balance, and accountability, social media often lacks these ethical safeguards, leading to the spread of unchecked and sometimes harmful information.

That's not to say that all media adhere to rigorous standards either. Today we live in a society where most news stations are driven by politics, marketing and ideology, rather than ethical journalistic standards. And that just exacerbates our situation. Herein lies the critical

importance of training and nurturing journalism interns. These young professionals represent the future of credible, ethical journalism. Through comprehensive training, interns learn the fundamental principles of journalism – objectivity, verification, transparency, and accountability.

They are taught to prioritize facts over sensationalism, to scrutinize sources, and to uphold the public interest above all else. This professional rigor ensures that the news remains a reliable resource for citizens, enabling informed decision-making and fostering a well-functioning democracy.

Moreover, nurturing journalism interns ensures the sustainability of investigative journalism, a key component of a healthy press. Investigative journalism shines a light on corruption, injustice, and abuse of power, holding those in authority accountable. Without a new generation of trained journalists, the capacity for such crucial reporting diminishes, weakening the pillars of democratic oversight.

This is also a great challenge, because strong, young excellent investigative journalists in our country are being harassed by government agencies for their work, which is so counter to everything for which the First Amendment stands.

Just because they are doing their work, whether it's investigating government agencies, big pharma (which funds many news stations), or other agencies. This is their purpose and their job, and it is being criminalized, or they are being arrested by the people they are investigating. It's far more lucrative and safe

to enter the world of marketing or something where you write puff pieces, or create TikToks all day. Investigative journalism is hard, expensive, takes time and may eventually land you in jail by the three lettered government agencies which are actually corrupt.

Training and nurturing journalism interns is not merely about maintaining a profession; it is about safeguarding our democracy. By upholding the high standards of journalistic ethics and practices, these future journalists ensure that the press remains a pillar of liberty and a watchdog for the public.

As we navigate the challenges posed by the digital age and social media, the role of well-trained journalists becomes even more indispensable. Echoing the wisdom of our Founding Fathers, a free and responsible press is indeed vital to the endurance and vitality of our democracy.

We are investing in our community and our country's future one intern at a time.

We have no idea how many apples are the result of one seed.

The first step is to break through the screen addiction of young people and convince them that there is life, purpose and importance beyond Tik Tok, and to walk beside them and help them discover how amazing they are and how amazing and vital the work they do for their community can be.

If you would like to donate to our nonprofit, you can send a check to Mentoring For Purpose or email Jreeder@reedermedia.com.

We are developing our website which should be finished by July 1, 2024. We are so thankful for our readers and our advertisers. Thank you for your support.



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World War II Donut Dollies to be celebrated with Author Talk at the library

FALLBROOK – Friends of the Fallbrook Library announced its 2024 Author Talk will be held Sunday, July 14, from 1:30-4:30 p.m. at the library. Admission is free to the public. Luis Alberto Urrea is a best-selling author of 19 books. He will talk about his latest book, “Good Night, Irene.”

The book takes as inspiration his mother’s own Red Cross service as one of the Donut Dollies. After the attack on Pearl Harbor Dec. 7, 1941, the Red Cross quickly mobilized to supply aid to wounded soldiers as needed. One aspect of this aid was maintaining troop morale. Enter the Donut Dollies.

After a Donut Dollie completed her training, she was sent overseas, where she would often operate a “Clubmobile,” which was basically a mobile army clubhouse that traveled directly to soldiers stationed at faraway bases or camps in the field.

The Donut Dollies were not sent overseas simply to bake donuts. Their primary function being to bring a piece of normalcy and home to troops. They would serve donuts, coffee and hot chocolate as well as hand out clean socks and whatever it was that the troops needed.

Urrea will speak and take audience questions. A live auction will follow as well as a raffle. Book sales and signing will conclude the event. This free event will give attendees a unique insight into a fascinating time in World War II history. The library is located at 124 S. Mission Road in Fallbrook.

Submitted by Friends of the Fallbrook Library.

Author Luis Alberto Urrea will speak about his book, “Good Night, Irene,” which was inspired by his mother who was one of the Red Cross’s “Donut Dollies” during World War II, at the Fallbrook Library in July.

Village News/Courtesy photo



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Field Day 2024 set for June 22-23

FALLBROOK – The Fallbrook Amateur Radio Club will be participating in Field Day 2024, an emergency preparedness exercise, Saturday, June 22, from 11 a.m., until Sunday, June 23, at 11 a.m. The public and ham radio operators are invited to attend at Frazier Elementary School’s athletic field, 1835 Gum Tree Lane, in Fallbrook.

The premise of Field Day is to prove that emergency amateur radio operators or “hams” are capable of setting up radio stations in the field, and by using portable antennas and emergency power, such as generators, batteries and solar, they are able to contact as many other groups around North America who will be doing the same thing.

There are expected to be over 40,000 participants in Field Day, which has been an annual event since 1933 and remains the most popular event in ham radio.

During emergencies and natural disasters normal modes of communication such as telephones, cell phones and the internet usually

become overloaded and fail. Amateur radio operators have been called into action again and again to provide communications in crises when it really matters. Amateur radio is well-known for providing communications support in real disaster and post-disaster situations.

The club also assists in community events such as the Fallbrook Avocado Festival, Harvest Faire and parades.

During the Lilac Fire, the Fallbrook Amateur Radio Club’s repeaters, which re-transmit radio signals to extend range, were used by local radio operators with vantage points from at home or mobile, observing the fire and road conditions, to provide supplementary information to North County Fire and to provide verified information from North County Fire from a radio operator stationed at headquarters. The radio transmissions could have been heard with a radio scanner or with a smartphone app or computer, from audio streamed via the internet. For more information,

visit <http://www.fallbrookarc.org/streaming-audio/>.

Amateur radio operators must pass exams that test their knowledge of electronics and communication procedures to get licensed by the FCC. Once licensed, they are issued a unique call sign and have earned the privilege to use frequencies in the radio spectrum that are allocated for the amateur radio service. Some of these frequencies are for short-range communications while others are capable of contacts over distances of thousands miles. There are 95,358 licensed hams in California and 748,476 licensed hams in the United States.

Even if you are not a licensed amateur, come on out to Field Day and see what it’s all about. There will be plenty of experienced and friendly people to show you around and perhaps guide you through an on-air contact.

For more information, a map and the latest information, visit <http://www.fallbrookarc.org>.

Submitted by Fallbrook Amateur Radio Club.

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GARZA from page A-1

best high schools in the nation, California, and the San Diego metropolitan area.

CALSA’s San Diego Chapter Treasurer, Dr. Maritza Koeppen, called Garza-Gonzalez “a transformative leader that has made a profound impact in the lives of the families and students of FUHSD and a fearless leader who is an inspiration to all.”

CALSA’s San Diego Chapter

is part of Region 6 which is made up of San Diego, Orange, and Riverside counties. CALSA is a professional association of a community of diverse educational leaders skilled in addressing the needs of Latino/a students and dedicated to increasing the number of highly effective leaders with Corazon.

For more than 23 years, CALSA has been known for its well-established Mentoring Program, Women’s Leadership Network (WLN), and bringing evidenced-based practices to leaders.

Fallbrook Union High School District (FUHSD) is a sprawling high school district in Fallbrook, California, with a continuous pursuit of excellence. FUHSD consists of: Fallbrook Union High School, the second oldest high school in San Diego County established in 1893; Ivy High School, a continuation high school established in 1971; and Oasis High School, an independent study high school established in 1994.

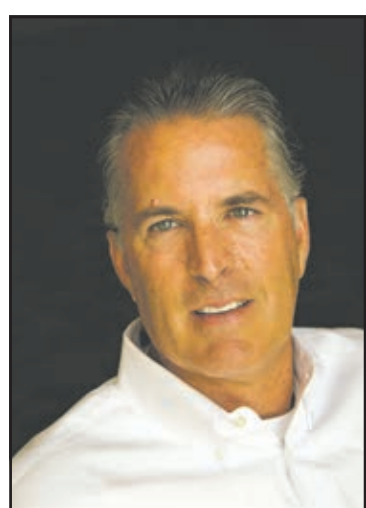
Learn more about FUHSD and its member schools at www.fuhsd.net.

More 'Wise Women' celebrate



A June 1 champagne celebration is attended by more "Wise Women of Fallbrook" (i.e. those who missed the first book launch party on May 1), from left, Dolly Harty, Hanh DeMore, Joy Frew, Karina Solly, Sue Thorne (author and hostess), Nancy Heins-Glaser, and Christie West.

Finishing strong



Dr. Rick Koole
LifePointe Church

In 1965, the rock band "The Byrds" had a hit song called "Turn! Turn! Turn!" in which they sang the words King Solomon wrote 3,000 years earlier. The lyrics were taken directly from the Bible (as recorded in Ecclesiastes 3), and they say this about "time": "To everything there is a season, and a time for every purpose under heaven: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and

a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace."

With each passing birthday, I realize that I don't have that much time left on this earth, and that I should make sure I don't waste any of it. How well are you using the precious time you have? Following are some thoughts on how to get the most out of the time you have left.

Realize how little time is left

As the first Queen Elizabeth lay dying, she was heard to utter, "All my possessions for one more moment of time." Time is precious, and none of us know how much time we have left; so we should strive to avoid wasting what we do have. If a task is important, get started and don't put it off any longer. We have no guarantee that we will have a next year. Get started now.

Invest your time where it will have the greatest impact

I've spoken at literally hundreds of funerals and the part I always find fascinating is when there is an open microphone for people to share what the deceased meant to them. At funerals you hear about

a person's relationships and not accomplishments. People share how the deceased took the time to get involved in their life, and how in many cases helped them in ways that others were never aware of.

Don't waste time on the unimportant

Some activities are relaxing, and relaxation is important, but if it is excessive, it can be a waste of valuable time. You may want to do an audit of your weekly schedule to discover where you are wasting time on meaningless activities, precious time you will never be able to recover.

Make a commitment to finish strong

In the Old Testament, we read about how after wandering for 45 years in the wilderness, the children of Israel were preparing to enter the promised land. A man named Caleb stepped forward and said: "The Lord has kept me alive for 45 years since the time he said this to Moses, while Israel moved about in the wilderness. So here I am today, 85 years old! I am still as strong today as the day Moses sent me out; I'm just as vigorous to go out to battle now as I was then. Now give me this hill country that the Lord promised me that day."

Now that's what I call finishing strong!

SHERIFF'S LOG

NOTE: While these reports have been taken straight from the Sheriff's Office, individuals are innocent until proven guilty. These addresses reveal the block number, not an exact location.

June 3	
100 blk W. Mission Rd.	Follow up investigation - Battery: spouse/exspouse/date/etc.
1300 blk E. Mission Rd.	Person down - Misc. incidents
5500 blk Mission Rd.	Fraud - Elder abuse/neglect, personate to get money/property
400 blk Ammunition Rd.	Arrest - Contempt of court: disobey court order
June 4	
900 blk Quail Hill Rd.	
5150 - Mental health evaluation - 72 hr. observation	
1900 blk E. Mission Rd.	Found property
1900 blk Grey Rabbit Hollow Ln.	Misc. incidents
700 blk E. Mission Rd.	Arrest - Suspicious person - Felony (other agency's warrant)
800 blk S. Main Ave.	Arrest - Battery on person
300 blk W. Aviation Rd.	Grand theft - Burglary: commercial
1100 blk S. Mission Rd.	Petty theft: shoplift
June 5	
200 blk W. Ash St.	Arrest - Possess controlled substance paraphernalia and false identity to police officer
1400 blk S. Mission Rd.	Arrest - Traffic stop - Carry concealed dirk or dagger, carry switchblade knife on person
Sterling View Dr. / N Hwy 395	Arrest - Suspicious vehicle - Possess nitrous oxide
1400 blk S. Mission Rd.	Arrest - Subject stop - Possess controlled substance
500 blk W. Clemmens Ln.	Burglary: commercial
600 blk Alturas Rd.	5150 - Mental health evaluation - 72 hr. observation
4100 blk Pala Rd.	5150 - Mental health evaluation - 72 hr. Observation
1100 blk S. Mission Rd.	(2) Arrests - (1) Burglary: commercial, conspiracy: commit crime, (2) Conspiracy: commit crime
400 blk Yucca Rd.	Recovery of stolen vehicle
June 6	
600 blk S. Main Ave.	Arrest - Disorderly conduct: intoxicated with drug and alcohol
2200 blk Old Hwy 395	Arrest - Driving without valid driver's license, unsafe speed, reckless driving, evade peace officer with wanton disregard for safety, obstruct/resist executive officer with minor injury
3400 blk S. Old Hwy 395	Arrest - Subject stop - Possession of narcotic controlled substance, felony (other agency's warrant)
1400 blk Alturas Rd.	5150 - Suicide - Actual or attempt
1100 blk S. Vine St.	Arrest - Spousal/cohabitant abuse with minor injury
June 7	
2300 blk Green Valley Rd.	Arrest - Trespassing, possess controlled substance and paraphernalia, use/under the influence of controlled substance
2800 blk Olive Hill Rd.	Welfare check - Misc. incidents
300 blk E. Alvarado St.	Found property
400 blk Ammunition Rd.	Arrest - Contempt of court: disobey court order
1400 blk S. Mission Rd.	Arrest - Violate domestic violence court order
June 8	
500 blk Teran Dr.	5150 - Mental health evaluation - 72 hr. observation

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SPORTS

Fallbrook's Billy Allen shines at 2024 AVP Huntington Beach Open



Fallbrook's Billy Allen, pictured here digging the ball at a past tournament, was named the best defender of the AVP Huntington Beach Open.

Village News/David Canales photo

JP Raineri
Sports Writer

The 2024 beach volleyball season kicked off with a bang on Thursday, May 16, at the Huntington Beach Open. The tournament, which drew beach volleyball enthusiasts and sports fans from across the country, saw some of the sport's finest athletes competing for top honors. Among these athletes, one name stood out: Billy Allen from Fallbrook.

Allen's performance at the 2024 AVP Huntington Beach Open was nothing short of extraordinary. Known for his defensive skills, Allen led the tournament in digs per set, averaging over a full dig more per set than his closest competitors, Evan Cory, and Tim Bomgren.

With a total of 56 digs, Allen was just three digs shy of claiming the title of Dig Leader for the tournament. His standout performance included recording the most digs in a two-set match with 19 against Tri Bourne and Chaim Schalk.

Allen's defensive mastery was pivotal in his team's success, displaying his ability to read the game and react swiftly to opponents' attacks. His performance not only solidified his reputation as one of the best defenders in the sport but also earned him the coveted title of

Best Defender at the Huntington Beach Open.

2024 also marks Allen's first season as an assistant coach for the Stanford beach volleyball program. Allen joined the Cardinals after a successful stint with the California Golden Bears' indoor volleyball program.

During his time with the Bears, Allen helped the team achieve their first winning record since 2019, finishing the season at 16-15 (5-15 Pac-12) with an undefeated 11-0 non-conference record. Under his guidance, three players earned their first career All-Pac-12 awards.

"I am over the moon to welcome Billy to the coaching staff at Stanford," noted Stanford head coach Fuller. "Billy has been one of the best beach volleyball players on the professional tour for the last two decades, and he will bring a wealth of experience to the team. Billy can synthesize and deliver messages to players in fun and creative ways, guiding them as unique individuals, all with a competitive spirit for which I have had immense respect throughout our friendship."

Allen's journey in volleyball began in his hometown of Fallbrook, where he grew up playing beach volleyball with his family in Oceanside. He played college indoor volleyball at Cal State Northridge, where he

With a total of 56 digs, Fallbrook's Billy Allen was named the best defender of the AVP Huntington Beach Open.

Village News/David Canales photo

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often snuck away to play beach volleyball before home matches. His persistence paid off when he qualified for his first AVP tournament with fellow Matador Ty Trambly.

Over the years, Allen has become a consistent main draw player, partnering with various athletes, including Braidy Halverson and Theo Brunner. Allen won his first AVP tournament in 2016 at the Seattle Open with Brunner and defended his title the following year, partnering with Stafford Slick to secure Slick's first and only championship in 2017.

In addition to his professional career, Allen is an accomplished

author and podcast host. He has written two coaching books, "Coach Your Brains Out: The Art and Science of Coaching Volleyball" and "The Inner Knight: Train and Compete Like A Champion." He also co-hosts the popular volleyball coaching podcast "Coach Your Brains Out."

Off the court, Allen is a devoted family man. He and his wife, fellow AVP pro Janelle Allen, have one son, Ketch. As the 2024 beach volleyball season unfolds, all eyes will be on Billy Allen as he continues to excel both as a player and a coach.

His dedication to the sport, coupled with his impressive

defensive skills and coaching acumen, makes him a formidable figure in the world of beach volleyball. Whether he's on the sand or on the sidelines, Allen's impact on the game is undeniable.

For more updates and statistics on the 2024 beach volleyball season, visit www.avp.com. Fans can also follow Billy Allen's journey and stay tuned for more exciting performances and achievements from this exceptional athlete and coach by visiting www.BillyKetchAllen.com.

JP Raineri can be reached by email at sports@reedermedia.com.

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HEALTH

County Cool Zones open as temperatures heat up

Gig Conaughton
County of San Diego
Communications Office

The County of San Diego opened its annual Cool Zones program June 3, just as the region is expecting to face its first potential summer-like temperatures this week.

The Cool Zones program was created two decades ago. It was designed to give older adults, people with disabilities and people with health concerns free, safe air-conditioned shelters to visit to escape extreme heat.

The program will run from Saturday, June 1 through Oct. 31. Cool Zone sites include the county's 33 branch libraries, community centers and other locations across the county.

Locally, the Fallbrook Library is a Cool Zone – 124 S Mission Road, 760-731-4650; Mondays, 10 a.m. to 6 p.m.; Tuesdays, 12-6 p.m.; Wednesdays, 10 a.m. to 6 p.m.; Thursdays, 10 a.m. to 6 p.m.; Fridays, 10 a.m. to 5 p.m.; Saturdays, 10 a.m. to 5 p.m.; Sundays, closed; Holidays, closed: June 19, July 4. Service animals only.

A complete list and map of Cool Zone sites, their hours and locations are located online. The site includes a map feature where people can type in their address to find locations near them. People can also call 2-1-1 to find a location, or, if they cannot get to a Cool Zone, ask for help with free transportation.

People can also call 2-1-1 to find a location, and – if they cannot get to a Cool Zone site – ask for help with free transportation.

Extreme heat can be especially dangerous for the elderly and children. Everyone is recommended to shelter in cool places when the temperatures get too hot. Working or exercising outside on a hot day or staying inside a hot space for too long can cause heat-related illnesses. Those can range from cramps to exhaustion and heatstroke, a condition when the body can no longer control its temperature.

Signs of heat stroke or exhaustion include having an extremely high body temperature, 103 degrees or higher, dizziness, nausea, confusion and headache. Anyone suffering these symptoms should call 9-1-1 and be cooled off immediately.

In addition to the Cool Zone sites, the county and San Diego Gas & Electric work together to provide free electric fans to eligible older or disabled people living on limited incomes countywide.

To be eligible, county residents must be 60 years of age or older, or disabled, living on limited income, must not have access to air-conditioned space at their home or apartment and unable to travel to a Cool Zone site.

To learn more about the Cool Zone fan program or to request a fan, call 2-1-1 or visit www.coolzones.org to complete a fan eligibility survey.



Village News/Courtesy photo

Students are home from school: 4 tips to address youth mental health

Dr. Donald Tavakoli
Special to the Village News

As high school and college students finish their spring terms and prepare for summer, it's a critical time to check their mental health and consider how to engage in conversations about it.

It is especially important for college students, as the "Second Annual Student Behavioral Health Report" revealed a significant jump in self-reported mental or behavioral health concerns among college students as compared to high schoolers.

The report found college students self-report a near-50% increase in anxiety, depression and suicidal ideation compared to high school students. For example, high school students reported that during the past year, they or a classmate or friend experienced anxiety/stress at 35%, depression at 20% or suicidal thoughts at 9%. Among college students, those self-reported experiences increased to 55% for anxiety, 41% for depression and 13% for suicidal thoughts.

Importantly, the report found many parents may not be aware

of this change. For example, while 41% of college students self-reported they, a roommate or a friend have experienced depression in the past year, only 18% of parents reported their college student experienced it. In contrast, parents of high schoolers reported perceptions more closely aligned with high school students' self-reported experiences: 20% of students reported depression, while 15% of parents reported their high schooler experienced this issue.

In honor of May's Mental Health Awareness Month, use these four

tips to help proactively address mental health concerns among young people.

Look for warning signs.

As students wind down or return from school for the summer, take stock of their mood and be on the lookout for any warning signs of mental or behavioral health concerns. These can include constant feelings of sadness, hopelessness, withdrawal from friends and family, inability to concentrate, excessive worries, changes in sleep or eating habits, extreme mood fluctuations or problems with alcohol or drug use.

Have conversations early and often.

The "Student Behavioral Health Report" revealed the more frequently a child's mental health comes up in conversation, the more likely the child may be to interpret their parents' tone and behavior in a positive light – and to take action to access care. If you're unsure how to approach the conversation, UnitedHealthcare offers conversation starter cards to help parents talk to their children about mental well-being and spark conversations that move past one-word answers. For instance, ask your student, "What can I do to support you better?" or "What are you most worried about right now?"

Talk to your primary care

physician.

It's important to raise mental or behavioral health concerns to a health care professional – just as you would if it were a physical illness. For many, primary care physicians are the first line of contact and will be able to help assess symptoms and provide guidance on next steps.

Get familiar with your resources.

There may be various resources available in your community or through your health plan, including assistance with finding a quality mental health care provider, understanding what's covered and virtual care or coaching options. Also, many colleges and universities offer on-campus support services, 24/7 crisis support, virtual care and access to self-care apps and wellness resources. Some student health plans offer students unlimited free virtual mental health visits.

By considering these tips, parents and adults can play a key role in improving mental health challenges experienced by many young people. If you or someone you know is struggling or in crisis, call or text 988 for the suicide and crisis lifeline for 24-hour, confidential support.

Dr. Donald Tavakoli is national medical director for behavioral health for UnitedHealthcare.



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Fathers should be talking to their children about drugs and alcohol

Nickolaus Hayes

Special to the Village News

What does it take to be a responsible father? While there are countless answers to this question, it generally means playing an essential role in a child's life and showing up daily.

Generally, fathers provide abundant love, support and involvement, making sacrifices to ensure their children are loved and cared for. A father is always there for their children, offering guidance, support and education. The greatest joy for any father is seeing their children thrive, do well in life and be healthy.

Things can happen in life, however, such as experimenting with drugs or alcohol, and teens and young adults become curious and often act on this curiosity.

According to the California Health Care Foundation, the rate of substance use disorder among young adults, aged 18 to 25, was nearly twice that of adults aged 26 and older and more than three times that of adolescents. Among those ages 12 to 17, 4.6% reported a substance use disorder in the past year. Among all age groups, marijuana remains the most common drug.

Illegal drugs today are more readily available than ever before. According to the DEA, drug traffickers have turned smartphones into a one-stop shop to market, sell, buy and deliver fake prescription pills and other drugs. Amid this ever-changing age of social media, children, teens and young adults have easy access to these substances.

Drug traffickers advertise on

social media platforms like Instagram, Snapchat, TikTok, Twitter, YouTube and Facebook. The posts are promptly posted and removed with code words and emojis used to market and sell illicit drugs. Unfortunately, digital media provides increased opportunities for marketing and social transmission of risky products and behaviors.

Fathers are responsible for protecting and preparing their children for the world. Drug education is essential. Take the time to speak to your kids about the dangers of illicit substances, how to avoid and manage peer pressure and what to look for. Be prepared to share personal experiences and help them understand that some choices have consequences.

It is challenging to see children

struggle with things in life, and fathers also face their own uphill battles, making it more difficult to help their children. The responsibility of raising children can be a lot; there are many challenges along the way, and the pressure of being a good influence can get the best of us.

All of it makes it vital not to ignore our mental health; children, especially younger children, mimic what they see. How parents cope with frustration, anger, sadness or isolation impacts their children in several ways.

Actions have consequences. Children see how their parents handle every situation, and while no father is perfect, they must be conscious of the fact their children are impressionable when they are young. They look

up to their parents, mimic their actions and see when they are doing well in life mentally.

The key for fathers caring for children is to take the time to care for themselves; however, if you are struggling, contact 988 for the suicide and crisis lifeline. Taking care of your mental health is the same as taking care of your physical health; it is an integral part of your well-being and contributes to you being the best father you can be.

Nickolaus Hayes is a healthcare professional in the field of substance use and addiction recovery and is part of the editorial team at DRS. His primary focus is spreading awareness by educating individuals on the topics surrounding substance use.

Are sugar substitutes bad for you? Yes

Dr. Jennifer Brix, ND

Special to the Village News

Sugar substitutes were once touted as a miracle food because they had no calories, needed no land for growing and didn't appear to impact blood sugar levels or weight. Synthetic sugars have now been suggested to cause weight gain, increase cancer risk and play a role in cardiovascular disease.

Common synthetic sugar substitutes include saccharin, aspartame, sucralose and erythritol. Some were discovered accidentally, while others were created with the goal of being the next big thing in the low-calorie or no-calorie sweetener world.

What about real sugar?

The pressure real sugar puts on our bodies includes an increased demand on the pancreas to release insulin. Over time, it can create burnout, causing more sugar to stick around in the bloodstream rather than our cells, damaging sensitive tissues like nerves, kidneys, eyes and blood vessels. What starts as insulin resistance leads to Type 2 diabetes, weight gain, obesity, heart disease and non-alcoholic fatty liver disease.

NAFLD is something one-quarter of Canadians have, and the U.S. rates aren't much better. In 2023, 100 million Americans were diagnosed with NAFLD, with even more being undiagnosed. Sugar intake is a major player in NAFLD, which can lead to cirrhosis, cancer and liver transplantation, so it makes

sense that a substitute for sugar should be a good thing, and one to reduce these risks and create a healthier population.

They are not a healthier choice, however, and in 2023, the World Health Organization cautioned against the use of sugar substitutes because of their potential cancer-causing attributes and inability to improve weight outcomes. Another detail is that these potential health risks have been known for years. In animals, aspartame was shown to be carcinogenic in the early 2000s.

No safe place for our sweet tooth.

Humans were not designed to process high levels of sweeteners – natural or not – and the brain

was not geared to be rewarded with sweet things daily. But many people don't realize they are consuming the equivalent of three desserts per day. The WHO suggested people keep their daily intake of sugar to less than 50g, although the average North American consumes closer to 80g. Rather than replacing this sugar addiction with another just-as-unhealthy one, focus on real foods like whole fruit to get the sweetness you crave and read labels. The sugar in whole foods doesn't count toward the 50g limit, while that in anything with a label, from processed grains, vegetables and fruits, including dried fruits and fruit juice, does.

Watch the sugar balance.

It is important to know that the

amount of artificial sweetener you would need to consume to affect your health is quite a lot on its own. But we don't live simple lives. Our world is full of other health hazards and carcinogens, from the sun's UV light and air pollution to plastics and hormones in our food. So, if you are health savvy and want to reduce your overall risk for disease, artificial sweeteners should be on your "no" list, now and forever.

Dr. Jennifer Brix is a licensed naturopathic doctor. She earned a bachelor's degree in biology with distinction from the University of Victoria and completed her professional training at the Boucher Institute of Naturopathic Medicine in New Westminster, British Columbia, Canada.

How to convince someone to get help for their mental health

Stan Popovich

Special to the Village News

There are many reasons why some people are reluctant to get help for their mental health or addiction issues. In addition, many people are not sure what to do when encouraging someone to get the help they need for their mental health.

As a result, here are seven suggestions on how to convince a person struggling to get some assistance.

1. Talk to the person instead of talking at them: Nobody wants to be lectured or yelled at. The person who is struggling is scared and they need help in overcoming

their fears and resistance to getting some guidance. Treat others the way you would want to be treated if the roles were reversed.

2. Find out why the person won't get help: Ask the individual who is struggling the reasons why they are reluctant to get some assistance. Although most people may not admit it, a sense of fear of the unknown and/or some kind of frustration are usually the main factors. It might take a few tries, however, try to find out what is stopping your friend from getting treatment.

3. Address the reasons why the individual won't get help: Once you get the reasons why he or she won't get some help,

the next step is to find the ways to address those factors that are preventing the individual from getting assistance. Addressing one's fears and concerns may convince them to take some action that will get their life back on track.

4. Get some advice from a professional: Talk to your doctor or a mental health counselor for recommendations on how you can help someone who is struggling. A medical professional in the mental health field will be able to give you some ideas and options that you can use to help convince someone you know to get some help.

5. Find someone who understands: Try to find someone

who used to struggle with their mental health for their advice. For example, a person who used drugs and alcohol in the past could use their past experiences and insights to convince the individual to seek treatment. A person who used to struggle with addiction or their mental health may be better able to relate to the person who is struggling.

6. Get them to attend a support group: Another way to convince someone to get help is to get them to go to a mental health support group. This may or may not work depending on the individual, but it is still worth a try. A person who goes to a support group can at least listen to those who are also

struggling, which may convince the person to get some assistance.

7. Be persistent: Continue to be persistent with your loved ones in getting them the help they need. Keep in contact with your doctor and any mental health counselor on your progress. If things do not improve, continue to find other alternatives in getting the person some help.

Stan Popovich is the author of "A Layman's Guide to Managing Fear" which covers a variety of techniques that can drastically improve your mental health. For more information, visit <http://www.managingfear.com>.

Parkinson's Support Group topic is 'Avoiding fraud and scams'

FALLBROOK – North County Parkinson's Support Group (NCPGS) Fallbrook invites anyone interested to join its monthly Parkinson's Support Group meeting. Every fourth Friday of the month, the next meeting is June 28, 10 a.m. to noon at the Fallbrook Regional Health and Wellness Center, 1636 E. Mission Road

The topic, "Avoiding fraud and scams," will be presented by Heather Mitchell, San Diego County Sheriff's Crime Prevention Specialist. She has

achieved successful community engagement throughout San Diego County.

As a department tribal liaison, agriculture specialist, and media relations spokesperson, Mitchell assesses a community's concerns, identifies their needs, and effectively collaborates to create solutions, fostering cohesive relationships.

As a crime prevention officer, she provides services such as Internet safety, identity theft protection, robbery prevention, and cons and frauds.

Mitchell has a Master of Arts Degree from California Baptist University in Public Relations/Communications, and a Bachelor of Arts Degree in Criminal Justice.

She was instrumental in bringing the Blue Envelope Program to fruition. The San Diego County Sheriff's Department has now adopted new strategies to improve its interaction with people who have disabilities. Officers receive training to increase awareness as speech patterns, movements, and mannerisms can be different to what the officer is used to.

Mitchell has received many awards. In 2022 she was recognized for her community outreach efforts by the Bonsall Chamber of Commerce and the Bonsall Rotary. In October 2023, she was acknowledged and awarded a Proclamation by the County of San Diego Board of Supervisors for her work in making San Diego County a Blue Envelope Program and as an ambassador.

In addition to the speaker presentation, Breakout groups will be held for a time of sharing;

coffee and refreshments will follow the program.

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

For more information, call Irene: 760-731-0171 or Tony: 951-751-2242 or email NCPGSF@gmail.com.

Submitted by the Fallbrook Parkinson's Support Group.



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- JUNE 21ST** Mama Rosa's Meatball Dinner 5pm-7pm
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Fallbrook Chamber honors members for their service



Described as someone “who embodies the spirit of community service completely,” 2023 Ambassador of the Year Jane Felton will serve as Fallbrook’s new Honorary Mayor. The announcement was made at the Fallbrook Chamber of Commerce’s annual awards and installation luncheon, June 5.



The Chamber Member of the Year goes to Ronne Branson who represents her grandson’s Wise Guys Window Tinting. Branson has lived in Fallbrook for more than 50 years and has been a chamber member for more than 41 years.



The 2023 Business of the Year is Moonlite Chic, a home-based clothing boutique owned by Sarah Holt. Her “support for the Chamber and the community has been continuous and extremely impactful through the business’s fundraising programs to benefit various organizations here in Fallbrook,” said chamber CEO Lila Hargrove.

FALLBROOK – Being an unincorporated community can sometimes present challenges, but it can certainly open an abundance of opportunities for businesses.

The Fallbrook Chamber currently has 560 members, which ranks it #8 in San Diego County out of nearly 30 Chambers of Commerce.

Chamber CEO Lila Hargrove said, “While we are very proud of this, we are also thrilled that there is certainly plenty of room for businesses to start up, develop

and flourish right here in our small town.”

Several businesses and individuals were recognized with awards during the chamber’s

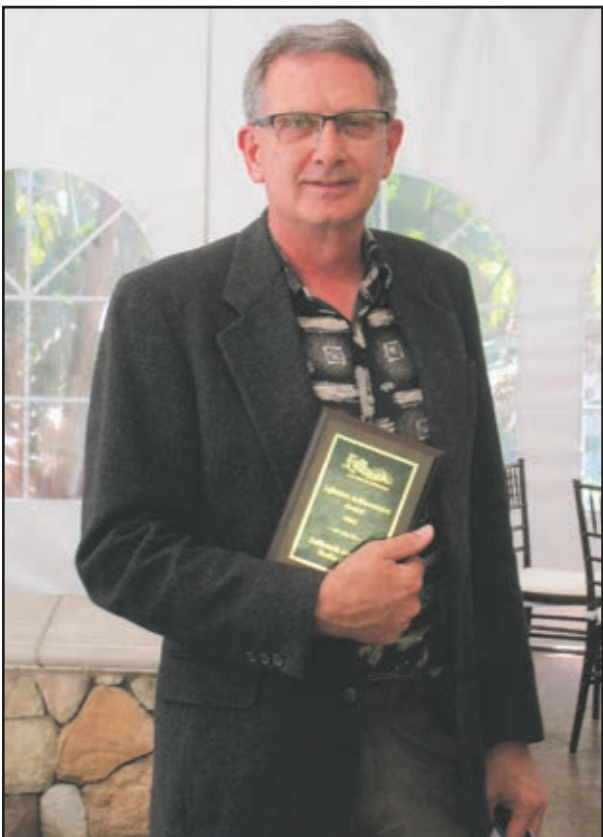
annual awards luncheon, which also included the and installation of its new officers, June 5, at the Grand Tradition.



Members of the Fallbrook Senior Sheriff Volunteer Patrol, represented by Steve Kelso, are honored collectively as Citizens of the Year at the chamber luncheon held at the Grand Tradition. The SVP has 28 volunteers that each work six hours a week, some of whom have volunteered more than 9,000 hours.



The 2023 Nonprofit of the Year is the Fallbrook Land Conservancy, represented by FLC Development Director Heather Welch, far right, and Save Our Forest founder Jackie Heyneman, center, seen with Lila Hargrove.



The Lifetime Achievement Award, given to the Fallbrook Amateur Radio Club, is accepted by its vice president, Lee Standley. The FARC plays a key role in providing communication at community events and during emergencies. For more information on FARC, visit <https://www.fallbrookarc.org/>.



The Fallbrook Chamber of Commerce Board of Directors is installed by Marisol Edrozo, community liaison/policy aide for Supervisor Jim Desmond at the Grand Tradition Estate & Gardens.

REAL ESTATE & HOME and GARDEN

Going native in your garden, Part 2



A simple fountain can be a focal point in your landscape. Village News/Roger Boddaert photos

Roger Boddaert
Special to the Village News

If you were inspired by Part 1 of "Going Native in Your Garden" let's dig a little deeper and now look at the most important phases to consider when starting a garden refurbishment.

Starting a native plant garden does not have to be complicated, but planning is the key. In Part 1, I mentioned various sites to visit for inspiration and to educate yourself of all that's possible and guide you in the direction you'd like to take your new landscape setting.

Once you start sketching the garden design and layout, you should consider adding an entrance arbor, paths to stroll, focal points to catch the eye, a dry streambed with boulders and cobbles, pots/stoneware, a spot for a bench or swing, all of which will add to the enjoyment of your new garden.

Steps to consider when starting a garden redo

- Grass/turf removal. Try sheet mulching with layers of cardboard placed on the grass to deprive it from light. Go to <https://www.cnps.org/gardening> for more information.
- Soil amendments. Many native plants thrive in what we consider poor soil conditions. Add a little organic compost or worm casting to promote healthy soil. Avoid chemical fertilizers and other amendments.
- Mulch. It retains moisture, feeds your soil in time and insulates your plants from heat and cold. Keep mulch away from tree trunks.
- Hardscape. Use permeable surfaces wherever possible to allow the water – be it rainfall or an irrigated landscape to penetrate. Use natural looking stepping stones, gravel,

decomposed granite for your access pathways.

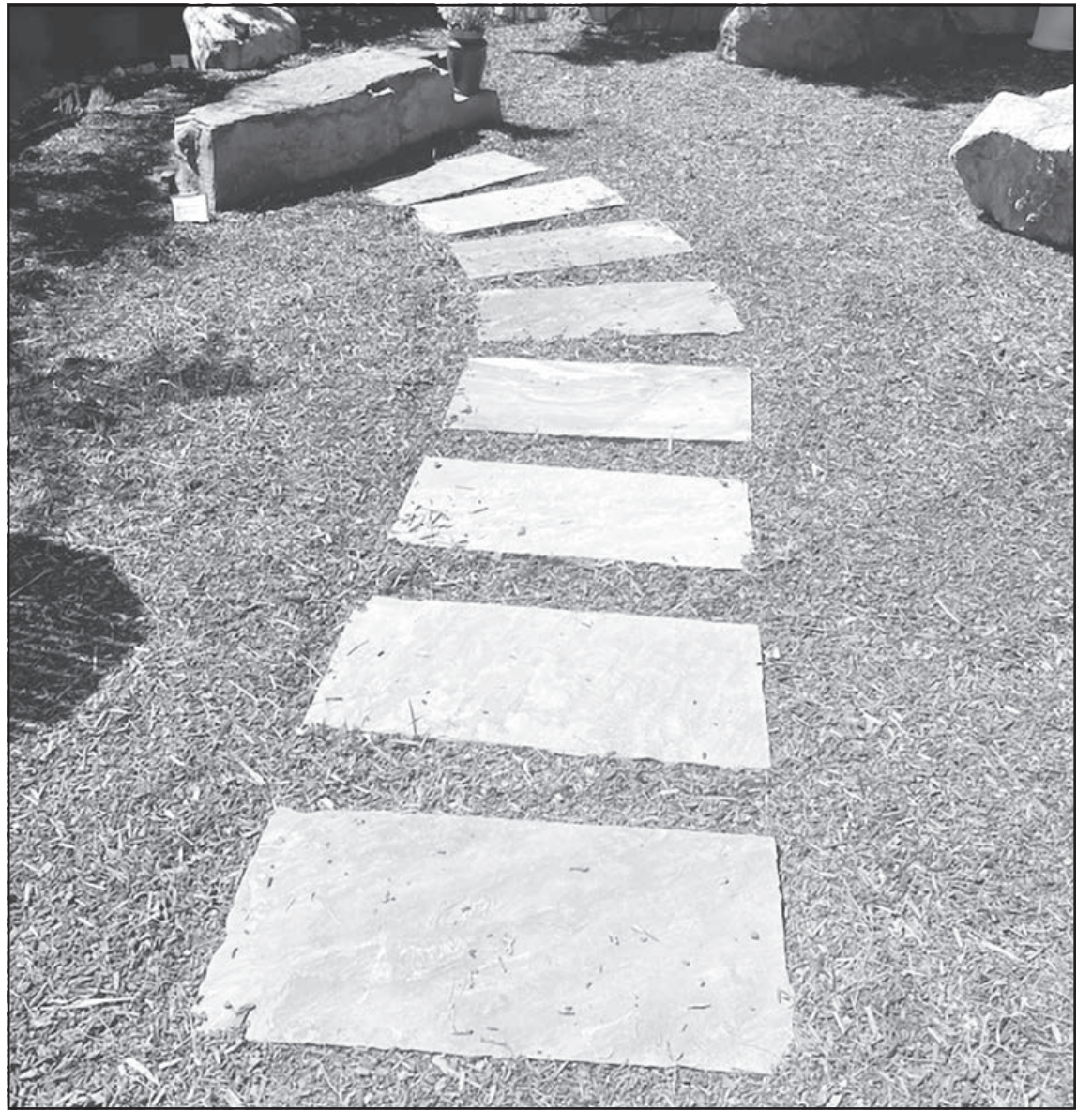
- Irrigation. This is one of the most critical components in establishing a native garden. You might be able to redo an existing irrigation system, but keeping an old system might not be the best way to go. I prefer starting new so I know what I'm working with.
- Planting. The best time to put new plants in the ground is autumn when the weather cools down, the soil temperature is lower and with the potential of rainfall. Summer is the most challenging season to install native plants. The summer months can be spent planning and preparing. Planting season goes from autumn through winter and springtime.
- Water features. Pollinators, birds and wildlife need water too. Adding a birdbath or a small fountain will not only enhance your garden, but add to the tranquility of your garden setting.
- Bare soil for bees. Native bees need their habitat too. These bees are not aggressive and will help in the pollination of your garden.

These are some of the fundamental steps to take to start a native plant landscape. It will conserve water, is earth friendly and better equipped to deal with a changing climate.

In Part 3, I will share with you my personal favorite native plants.

I design and install native and drought tolerant gardens. If you have questions or concerns I will be happy to assist you.

Roger Boddaert, Maker of Natural Gardens, can be reached at 760-728-4297.



Stepping pads can lead you around the garden areas.



Native chalky Dudley is a striking specimen for a garden.

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Proactive efforts help as mosquito season continues

Shauni Lyles
County of San Diego
Communications Office

In April, San Diego County began ramping up its proactive treatment of mosquito breeding sites in waterways around the county. The goal is to reduce these pests and their risk for spreading diseases, such as West Nile virus.

The next treatments, including Lake Rancho Viejo, will be June 26 and 27, as well as July 17 and 18.

Every year in spring, the county's Vector Control Program applies a safe, eco-friendly larvicide by helicopter to treat nearly 1,400 acres of hard-to-reach areas where mosquitoes breed. This year, locations in the Tijuana River Valley with stagnant water are also being treated to protect people living or visiting in that area.

The larvicide does not hurt people or pets, but kills mosquito larvae before they can grow into adult biting mosquitoes.

Larvicide drops, during the mosquito season (usually April-October), are just one part of Vector Control's Integrated Vector Management Strategy. County Vector Control monitors over 1,600 potential mosquito-breeding areas each year and applies larvicide through a variety of techniques – aerial drops, boats, trucks, and hand-crews.

It also gives out free mosquito-eating fish to the public, tracks down and treats neglected swimming pools, tests dead birds for West Nile virus, and monitors mosquito populations for potential mosquito-borne illnesses.

You can make a difference too
Want to protect yourself from mosquitoes? Follow our "Prevent,

Protect, Report" guidelines.

Prevent mosquito breeding
Dump out or remove any items inside and outside of homes that can hold water, such as plant saucers, rain gutters, buckets, garbage cans, toys, old tires, and wheelbarrows. Mosquito fish, available for free at locations throughout the county, may be used to control mosquito breeding in backyard standing water sources, such as unmaintained swimming pools, ponds, fountains, and horse troughs.

Protect yourself from mosquito bites
Protect yourself from mosquito-borne illnesses by wearing long sleeves and pants or use insect repellent when outdoors. Use insect repellent that contains DEET, picaridin, oil of lemon eucalyptus, or IR3535. Make sure

screens on windows and doors are in good condition and secured to keep insects out.

Report increased mosquito activity and dead birds

Report increased mosquito activity, or stagnant, unmaintained swimming pools, and other mosquito-breeding sources, as well as dead birds – dead crows, ravens, jays, hawks and owls – to the County Department of Environmental Health and Quality's Vector Control Program by calling 858-694-2888 or emailing vector@sdcounty.ca.gov.

If you have checked around your home for standing water and are still experiencing mosquito issues, you can request an educational mosquito inspection by contacting the Vector Control Program at 858-694-2888.

For more information about



Mosquitoes Village News/Courtesy photo can spread diseases like West Nile Virus.

mosquito-borne illnesses go to San Diego County's "Fight the Bite" website, <https://www.sandiegocounty.gov/content/sdc/deh/pests/mosquitoes.html>. Here are some tips to help you keep your yard from becoming a mosquito breeding ground.

Asphalt & Concrete Enterprises receives FPUD as-needed annual paving contract

Peters Paving to repave 25 FPUD work areas

Joe Naiman
Village News Reporter

Two 5-0 Fallbrook Public Utility District board votes May 29 awarded paving contracts.

One action approved an annual contract for as-needed paving work with Asphalt & Concrete Enterprises; the Santee company will receive up to \$300,000 for each year of the contract which is initially for two years and may include up to two one-year extensions.

The other contract was awarded

to Peters Paving and Grading, which is based in Rainbow, and will pay the company \$74,675 to repave 25 sites which currently have temporary paving.

When a pipe is added or repaired, asphalt is removed and replaced with a temporary cold-mix asphalt. In some cases, the asphalt is damaged due to leaks which are repaired or valves which need to be replaced. The roadway must eventually be permanently paved to meet County of San Diego standards and to ensure that the integrity of the road remains intact.

At one time, FPUD grouped final repaving projects, but the delays between the completion of the projects and the completion of the final paving resulted in poor road conditions prior to the final paving.

In 2016, FPUD adopted a policy of competitive solicitations for as-needed paving work based on estimated quantities and unit pricing. The contracts were awarded annually, and bidders were allowed to submit separate bids for asphalt and concrete work.

The annual paving contracts for as-needed paving had a set price

per square foot, but FPUD didn't know how much paving would be needed over the course of the year. As pavement repair was needed due to a pipeline break or meter repair, FPUD would request the contractor to perform the work at the contracted price per square foot.

FPUD evaluated small paving projects and different contractor paving methods to seek the most cost-effective approach to expedite the final paving of roads after a leak. In 2021, FPUD allowed some repairs to accumulate and then

contracted for a specified quantity and area to be paved. That method led to a lower cost per square foot, and if the workload of FPUD crews allowed some of the final paving could be performed in-house.

Requests for proposals were issued both for the latest annual contract and for the one-time paving at the 25 locations. Asphalt & Concrete Enterprises had the lowest bid per square foot for the annual contract. Peters Paving and Grading submitted the low bid for the one-time repaving.



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East building renovations at Silvergate Fallbrook elevate community spaces



The all new Great Room venue at Silvergate Fallbrook will offer a dynamic entertaining environment for the many social, educational and interactive events the community features in this soon-to-be-renovated space. Village News/Courtesy photos



The new East Building reception area at Silvergate Fallbrook will feature a welcoming coffee bar and inviting entry lounge, giving residents, guests and visitors a comfortable space to relax and converse as they arrive and leave from the north end of the campus.

FALLBROOK – For the seniors who call Silvergate Fallbrook’s retirement community home, major changes are in store this summer as the community prepares to renovate its East Building common area spaces from floor to ceiling. The ambitious remodel will bring about an array of exciting new amenities and upgrades that will further enhance the day-to-day living experience for residents.

The centerpiece of the renovation efforts will be the new entrance improvements, featuring a welcoming coffee lounge and inviting reception area. Residents, visiting family members and visitors alike will have the opportunity to enjoy an inviting, comfortable space as they enter the East Building, creating a sense of community and relaxation the moment they walk through the doors.

Beyond the beautiful entrance upgrades, Silvergate Fallbrook is introducing an all-new onsite Country Store within the building. This nostalgic resident-run store will offer convenience items and exclusive Silvergate-branded merchandise, providing residents with easy access to essential goods and unique memorabilia.

“We’ve lived here at Silvergate for some time now, and we’re

continually impressed with the ongoing reinvestment the owners of Silvergate make in this community,” said Jimmie Lamurri, who moved to the community with his wife in late 2023.

“We’re really looking forward to seeing the remodel take place. Our apartment is our personal sanctuary, but the entire community is also our home. The improvements they’re getting ready to make to these common area spaces will transform the places where we spend much of our time with friends and neighbors. We’re excited to see the big reveal!” added Lamurri.

The community is abuzz with talk about one of the most anticipated transformations planned as part of the renovation project – the makeover of the interior dry fountains.

These two first-floor spaces will be reimagined as stylish, modern conversation lounges at either end of the building to leverage the overhead skylights. These lounges will serve as contemplative gathering places where residents can unwind, socialize, and enjoy the tranquility of the surrounding ambiance.

The East Building’s Great Room, with its soaring ceilings and dual overlook balconies, will

undergo a complete remodel, showcased by upscale lighting features, all-new flooring, designer-selected furnishings, and enhanced acoustics.

These enhancements will provide a fresh, professional atmosphere for the many regional entertainers and speakers who perform and present at the community, elevating the overall living experience for residents and guests.

Patricia Martinez, executive director of Silvergate Fallbrook, commented, “These latest renovations to our community mark a significant milestone in our commitment to a pleasurable and satisfying resident experience. We continue to be dedicated to providing new and improved amenities that truly enhance the overall quality of life for our residents and for our staff. This project in particular highlights how responsive ownership can exceed resident expectations and drive resident satisfaction.”

The East Building remodel will also boast a new kitchen space, featuring a convenient food and refreshments serving bar for added functionality and aesthetics.

Hallways will receive upgrades to lighting, flooring and hard surface areas, giving the entire



The two dry-fountain spaces on the first floor of Silvergate’s East Building will be converted to upscale conversation lounges that will serve as tranquil spaces where residents can visit, relax, read or chat with neighbors.

building a fresh, modern feel. This beautifully redesigned space will enhance the flow of operations during cocktail hours, social events and the many other resident activities that take place in the community’s Great Room.

With new renovations planned and apartment homes at Silvergate now limited, seniors who are considering retirement living are encouraged to tour the community, sample the Chef’s cuisine and see the modernization underway at Silvergate Fallbrook.

The community is now scheduling virtual and private tours of its apartment homes and picturesque, walkable campus. For information, call Helen Gray at 760-728-8880.

General information about the independent living, assisted living and memory care accommodations at Silvergate can be found at <https://silvergaterr.com/silvergate-fallbrook-elder-care/>. Silvergate is located at 420 Elbrook Drive.

Submitted by Silvergate Fallbrook.

FPUD renews MRCD lease for Fallbrook Community Garden

Joe Naiman
Village News Reporter

The Mission Resource Conservation District leases 0.58 acres of Fallbrook Public Utility

District property for the Fallbrook Community Garden, and that lease had a Monday, June 17, 2024, expiration date. The FPUD board meeting Wednesday, May 29, included a 4-0 vote, with Ken

Endter absent, to extend the lease for another five years.

The lease will now expire June 17, 2029. The MRCD will pay FPUD a dollar a year to rent the Alturas Road property.

Although the MRCD is the formal lessee and the lease prohibits any sublease or assignment of the lease without FPUD’s consent, the MRCD partners with local community organizations and volunteers to maintain the garden and to offer garden beds at no or low cost to Fallbrook community members. The leasehold site has raised garden beds and a garden shed and also has basic plumbing and a water meter.

MRCD may maintain and improve the community garden without any additional permission from FPUD. If any other lawful use is desired, FPUD written permission must be provided.

The lease prohibits on-site sales of products grown on the site, and all activities must have whatever proper licensing or permitting is necessary. Any improvements other than temporary fencing which are made to the site will become FPUD property after the lease ends.

The RCD has Community Service Water User status for Fallbrook Community Garden, and FPUD does not charge for the potable water provided as long as the total water use does not exceed two acre-feet a year.

Any water use in excess of two acre-feet will be billed at FPUD’s normal irrigation rate. The MRCD is not required to pay FPUD’s monthly Water Fixed Service Charge, Capital Improvement Charge or Backflow Device Charge.

The cost for any other utilities will be paid by the MRCD. It includes any electricity used and any sanitation or refuse removal costs. If fertilizers are used on the property the MRCD will be responsible for complying with all FPUD cross-connection and backflow policies.

The MRCD is financially

responsible, if not provided by donors, for construction of irrigation systems, fencing and all other necessary supplies and equipment required for growing fruits and vegetables including the plants themselves. FPUD must approve any fencing plans.

Low water use application technology such as high-efficiency irrigation emitters and drip lines will be used for irrigation. The MRCD will prepare an irrigation plan for FPUD’s approval before installation, and irrigation runoff from the site is not allowed. Any fertilizer and growth aids must be applied using injection application technology.

Any nitrogen application is limited to no deeper than the root zone and no migration from the site is allowed. Nutrient management procedures and pest management practices must comply with the Natural Resource Conservation Service conservation practices standards.

FPUD must approve any pesticides and herbicides proposed including specific materials, application schedules and application rates. Any pesticides used must have a surface loss potential of medium or less and a leaching potential of small.

No trucks on the premises may exceed 10 wheels, and all tractors must have wheels. No more than five RCD employees or contractors may be on the leasehold property at a time.

FPUD has the right to terminate the lease upon 90 days’ written notice if the land would be required for waste treatment or for environmental protection or other FPUD waste treatment and disposal requirements.

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

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FPUD approves \$57,000 to repave Elder Street private road area

Joe Naiman
Village News Reporter

If the Fallbrook Public Utility District installs or replaces pipeline segments the pavement is removed. After the work is completed, the road is paved with temporary cold mix asphalt. The roadway will eventually need a longer-term resurfacing to meet San Diego County standards and to ensure that the road's integrity is not compromised.

The FPUD replacement of the water main pipeline along Elder Street created a question of how much of the private road segment between Shady Glen Drive and Debra Ann Drive should be replaced at FPUD expense. FPUD's board voted 5-0 Wednesday, May 29, to authorize \$57,000 for the paving of the Elder Street private road segment.

Although the 730 feet of Elder Street between Shady Glen Drive and Debra Ann Drive is a privately owned segment, the private section connects two public streets. Many non-residents use the private road, and motorists cannot access Emmanuel Baptist Church without using the private road.

Seven homes have direct access from the private road section of Elder Street, another 11 homes are on dead-end private roads accessed from that segment, and 10 Morro Road homes can be accessed from Alvarado Street or Fallbrook Street but are near the private section of Elder Street.

The private segment of Elder Street was paved around 1980, although who funded the original paving is currently a mystery since there is no road maintenance committee or homeowners' association responsible for road maintenance. The private streets which connect to Elder Street have been maintained by the residents, but the Elder Street private roadway itself has not been repaved or maintained since 2007.

The roadway was in a deteriorated state with alligator cracking – interconnecting or

interlaced cracking in the asphalt layer – throughout the length of the street prior to the FPUD pipeline construction work. Elder Street appeared to have been originally paved without an adequate base layer and three inches of asphalt.

The normal FPUD policy for pavement replacement of private roadway is to replace the pavement in-kind within the influence of the excavation as well as any other area damaged by the work. The new water main was placed in an existing public utility right of way, and 550 feet are under the existing private pavement. A 180-foot section of the pipe was placed in the public easement north of the paved street to avoid existing utility conflicts and did not require trenching in the private pavement.

During construction, some of the contractor's equipment including an excavator and a dump truck was staged within the public easement in the dirt lot adjacent to the private road. An additional staging area for materials and equipment was used within the shoulder of the county-maintained street just east of the private section of the road.

For approximately six months, the contractor routinely used the private road within the FPUD easement to transport equipment and materials from the staging areas to other areas of the project. No reasonable alternative existed to avoid the private road during construction.

Several Elder Street residents requested that FPUD restore pavement beyond the planned trench repair area and expressed that wear and tear on the pavement occurred outside the influence of the trench area due to the contractor's use of the road for access.

Numerous residents and the church's pastor attended the FPUD board meeting, March 25, and requested that FPUD consider options for additional paving. The issue was discussed at the board meeting, April 22, and was continued to allow the community members time to explore options

with the county.

County staff noted that funding could not be provided until the roadway was adopted into the county-maintained road system and that the necessary maintenance or restoration would require either the formation of a Permanent Road Division zone or a privately funded roadway improvement project which would bring the roadway to current county standards.

Three options were presented to the FPUD board at the May 29 meeting. One would have provided no additional paving beyond the planned repair to restore the road within the influence of the pipeline trench to like-new condition with a swath of new pavement approximately six feet wide.

The second option would provide full-width paving at the two intersections in addition to trench repair since the existing pavement is in the worst condition at each of the intersections and the influence of the pipeline work is larger due to trenching for ties to the cross-streets; extending the paving to the full width of the intersection would require 1,500 square feet of additional paving with an estimated additional cost of \$17,000. Full-width paving along the entire length of the private road would include 13,350 square feet of additional paving at an additional cost of \$92,000.

The cost of additional paving funded by FPUD would utilize capital funds designated for pipeline repairs, so adding significant pavement expenses to the cost of pipeline installation would limit the ability of the pipeline replacement program to achieve the targeted replacement goals needed to maintain reliable water service. Approximately 70% of FPUD pipeline is within private roads, so replacing the entire pavement at FPUD expense for all pipeline replacements would likely increase annual costs between \$800,000 and \$1,000,000 per year.

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

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BUSINESS

Sigmon of Fallbrook attends national political advocacy event

FALLBROOK – Marc Sigmon, agent and CEO of Marc Sigmon Insurance Agency LLC and the NAIFA-California, San Diego Affiliate Leader, joined around 500 other professional insurance and financial advisers, agents, brokers and employee benefits specialists from across California and the United States to attend the NAIFA Congressional Conference, an annual political advocacy event held by the National Association of Insurance and Financial Advisors.

Sigmon, a dedicated NAIFA member since 2020, attended his fourth Congressional Conference, May 20-21. His active participation in advocacy training and comprehensive briefings on issues crucial to his business and the consumers he serves underscores his commitment to staying informed and prepared.

Sigmon also met with key policymakers, including U.S. Rep. Darrell Issa, CA-49, and Christopher Mika, legislative assistant for Issa; Alison Feinswog, legislative director for U.S. Rep. Mike Levin, CA-48; Dillon Cook, senior legislative assistant for Rep. Scott Peters, CA-50; Michael Rivas, legislative assistant for Rep. Juan Vargas, CA-52, in the U.S. House of Representatives.

Sigmon's role in leading meetings with other California constituents with both Andrew Baratta, legislative correspondent

for U.S. Sen. Alex Padilla, and Matthew Greer-Gentis, staff assistant for U.S. Sen. Laphonza Butler, was a significant milestone in his advocacy journey.

"In years past, I attended our Senate meetings listening to other NAIFA members discussing critical issues. This year was my turn," Sigmon said. "Each meeting had over 10 agents and advisers who are passionate about our industry and the work we do every day to protect our business clients, our families, our veterans, our seniors and our own family members.

"I listened to stories from other advisers across our state which emphasized the key role we serve. I was honored to facilitate these opportunities while in Washington," he said.

This experience further solidified Sigmon's position as a respected advocate for the industry.

"Advocacy is an important part of being a good NAIFA citizen and working in the best interests of our clients," NAIFA President Tom Cothron, LUTCF, FSCP, said. "I commend Marc Sigmon for participating in NAIFA's Congressional Conference and being an engaged member of the most influential membership association for insurance and financial services professionals."

Submitted by Marc Sigmon Insurance Agency.

Marc Sigmon, San Diego Affiliate Leader of the National Association of Insurance and Financial Advisors, far right, meets with Congressman Darrell Issa, second from right, along with other NAIFA political advocacy event in Washington.

Village News/Courtesy photo



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Pinky Maynard owns West Kauai Sun, which Village News/David Landry photo is located at 127 N. Main Ave. in Fallbrook. She opened her store in 2022, when the pandemic was coming to an end and after she retired from UCSD Medical Center as a pathologist's assistant. In 2021, Maynard and her husband, Ed, came to Fallbrook for a visit and by the day's end decided to purchase a home in town. West Kauai Sun sells all things Hawaiian. Hula classes are also available for children and adults. West Kauai Sun is a member of the Fallbrook Chamber of Commerce as well as the Rotary Club of Fallbrook.

County Supervisors approve appointment of new CAO



Ebony Shelton is the county's new Chief Administrative Officer.

Village News/Courtesy photo

Tracy DeFore
County of San Diego
Communications Office

The County Board of Supervisors voted unanimously June 4 to appoint Ebony Shelton

as the new Chief Administrative Officer (CAO). Shelton is the first Afro-Latina in county history to serve in the role. She will start her new position June 14.

Shelton is a visionary leader who has dedicated her career to serving

the community, most recently in a dual role as the county's chief financial officer and as a deputy chief administrative officer, overseeing the departments in the county's Finance and General Government group.

"Ebony has the vision, the talent and the expertise to serve our residents and support working families as the Chief Administrative Officer," said Board Chairwoman Nora Vargas. "She has nearly 30 years of experience working for the county and is a native San Diegan who is committed to our communities."

The county's CAO is responsible for implementing the board's policies and running the county's daily operations, including more than 20,000 employees who serve nearly 3.3 million people in the region.

The county provides many services across the region, such as food and restaurant inspections, beach and bay water testing, elections, social services, health programs, foster care, adult protective services and more.

In addition, the county provides city-type services for those who live outside of the region's 18 cities in the unincorporated area, including law enforcement and fire protection, and maintenance of parks, libraries and roads.

"I am deeply honored by the board's approval and the

opportunity to lead the county team in service of our residents," said Shelton. "I am committed to driving positive change and fostering a future of prosperity, inclusivity and resilience for all in the region."

Sarah Aghassi currently serves as the interim Chief Administrative Officer. She was unanimously selected by the board to serve as the interim during the recruitment process.

Aghassi previously led the departments in the Land Use and Environment group as the deputy chief administrative officer and general manager. She has been with the county for over 18 years.

Aghassi took the role after former CAO Helen Robbins-Meyer retired in the beginning of January. She applied for the role knowing that the Interim CAO would not compete or be chosen for the permanent role. Aghassi did not apply for the permanent job as CAO.

"We extend our sincerest gratitude to Sarah for her exemplary service as interim CAO during this critical transitional period. Sarah's dedication, leadership and unwavering commitment have been invaluable to our county organization," said Supervisor Monica Montgomery Steppe.

Shelton began her career with the county in 1997 at the age of 19 as a payroll clerk, earning

consistent promotions in various human resource and financial roles, including the director of the Office of Financial Planning where she guided financial planning policies and coordinated the creation of the county's annual multi-billion-dollar budget.

Her leadership paved the way for her most recent position overseeing several departments and offices and managing the county's fiscal financial functions.

As an Afro-Latina, Shelton is proud of her Black and Salvadoran ancestry. She understands the impacts of history on Black and Latino communities, and the importance of equity for all San Diego County residents.

"The people that we serve, they are my lifelong friends and my family, and I understand explicitly how the decisions that we make here on a day-to-day basis impact the life, liberty and justice, of not just my friends and family, but all San Diegans," said Shelton.

Shelton holds an Undergraduate Degree in Business Administration from the University of Phoenix and an Executive Master's Degree in Public Administration with an emphasis in Public Sector Leadership from California State University at Northridge.

In her personal time, Shelton enjoys spending time with her husband and three daughters.

FPUD purchases pump skid to pump Red Mountain Reservoir water to De Luz

Joe Naiman
Village News Reporter

The Fallbrook Public Utility District has plans for a new pump station which will allow water from Red Mountain Reservoir to be pumped to De Luz. An analysis of the least expensive way to provide water to De Luz until that pump station is operational indicated that the purchase of a pump skid to pump Santa Margarita River Conjunctive Use Project supply from Red Mountain would be the most cost-efficient option, so the FPUD board approved a motion to acquire a pump skid Wednesday, May 29.

The 5-0 vote authorizes the purchase of a pump skid from Sloan Electromechanical Service and Sales. The San Diego company will be paid \$69,329. A pump skid

includes the pump and a motor coupled together and mounted on a steel baseplate.

De Luz is currently hydraulically isolated from the rest of the FPUD distribution system. The De Luz area receives water from a separate Metropolitan Water District of Southern California connection. FPUD partnered in the Santa Margarita River Conjunctive Use Project which constructed facilities to convey water from the Santa Margarita River basin.

Installing a pump station which will allow water to be pumped from Red Mountain Reservoir to De Luz will allow Conjunctive Use Project water to be distributed to all portions of the FPUD service area, which will allow FPUD to meet 100% of demands without importing any water. The new pump station will also provide

operational flexibility.

During the FPUD board meeting, Feb. 26, a 5-0 vote approved a professional services agreement with Ardurra for hydraulic modeling and design services for the De Luz Pump Station.

The design, permitting, bid and construction phases may not be complete for another two years, so FPUD evaluated options to pump water into De Luz. One option was a pump rental while purchases of skid pumps from Sloan and from Rain for Rent, which is headquartered in Bakersfield, were also considered.

The calculations for the option which would provide the greatest economic benefit to FPUD were based on projected demand to De Luz of 1,246 acre-feet over 24 months, a wholesale water cost to

purchase supply from the Eastern Municipal Water District of \$1,267 per acre-foot, a cost of \$775 per acre-foot for water produced from FPUD, and pumping costs for the Gheen Pump Station of \$81,698.40 over the 24-month period. Rental of an electric pump would have a monthly rental cost of \$8,494.39 which equates to \$203,865.36 for the 24-month period, monthly fees of \$596.34 or \$14,312.16 for 24 months and a one-time service items cost of \$3,315. That creates a total 24-month cost of \$303,190.92 for the rental option including the electricity which equates to \$243.33 per acre-foot and creates a total FPUD cost of \$1,018.33 per acre-foot to supply water to De Luz.

The price to purchase a pump from Rain for Rent would be \$97,251.28 plus \$7,780.10 in

sales tax for a total of \$186,729.78 including the electricity costs. The \$149.86 per acre-foot for that option would result in total FPUD costs of \$924.86 per acre-foot to convey water to De Luz.

The \$69,329 Sloan Electromechanical Service and Sales will receive for the pump will be augmented by \$5,546.32 for sales tax and the electricity cost. The \$156,573.72 equates to \$125.66 per acre-foot and thus a total cost of \$900.66 per acre-foot for FPUD water distributed to De Luz. The total \$1,122,223.72 cost for 1,246 acre-feet over 24 months would save \$456,458.28 from the \$1,578,682.00 total cost of obtaining imported water from Eastern.

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BONSALL HIGH

Valedictorian and Salutatorian take different paths

Special Graduation Section – June 13, 2024

BONSALL – Bonsall’s 2024 graduates have been accepted to a wide range of higher education institutions and trade schools. Students were accepted at UCLA, UC San Diego, UC Berkeley, UC Riverside, UC Santa Cruz, UC Merced, San Diego State University, Cal State San Marcos, Cal State Fullerton, San Jose State, Gordon College, Northern Arizona University, California Baptist University, Cal Poly Humboldt, and Clemson, to name a few.

This year’s valedictorian and salutatorian may have produced similar outstanding GPA’s and participated in many of the same high school activities, but they are forging two very different paths in their futures.

Bonsall High School’s 2024 Valedictorian Mahala Sayler graduated with a 4.37. She will be attending California Baptist University Riverside and will be studying Criminal Justice with a minor in Psychology. Sayler, whose first name means tender affection in Hebrew, hopes to become a lawyer. She was an active participant in Bonsall High School’s Mock Trial program.

Mock Trial Advisor Margaret Armijo said, “Mahala was great in Mock Trial! The year we started, it was all virtual because of Covid. Since then, she’s been a witness and an attorney and, this year, she played the defendant accused of murder. She was fantastic in every role.” Sayler also competed in Speech & Debate, and ASB Leadership.

Salutatorian Sheila Folger graduated with an equally impressive 4.34 GPA. She will be attending UCLA in the fall, majoring in biology. Folger, (a student from a military family), recently was the senior keynote speaker at the district’s Purple Star Award celebration. She participated in ASB leadership as well as mock trial, but science captured her heart.

Bonsall High School biology teacher Scott Rodarte said, “Sheila is one of the most motivated, curious, and driven students I have had the good fortune to teach. As an example of her leadership, initiative, and innovation, Sheila spearheaded adoption of a program that would allow students who had missed certain tangible experiences during the pandemic, to recover this knowledge by working with the biology department to provide laboratory activities asynchronously, which allowed students who had not had hands on life science experience, with dissections for example, to gain this experience.”

Both graduates took extensive AP and Early College courses through the Bonsall High School Early College Program with Palomar College. They are both members of the inaugural National Honor Society at Bonsall High School.

Submitted by Bonsall High School.



Bonsall High Salutatorian Sheila Folger and Valedictorian Mahala Sayler receive their medals during “Hawaiian Spirit Day.” Village News/BUSD photos



Honor student Noelani Kaimuloo displays her sense of humor, “Can you believe it?”



Valedictorian Mahala Sayler, center, and other seniors visit Bonsall Elementary School where their educational journeys began.



Educational specialist Meghan Smith and art teacher Anna McGuire give heartfelt congratulations to each student.

Graduates list

- | | |
|-------------------------------|------------------------------|
| Aguilar-Cardona, Isabella | Lee, Jeffrey Bembry |
| Allen, Kaval’ly | Lightfoot, Keedan |
| Alonzo Fernando, Martin | Manalo, Alexis Grace Ramos |
| Anderson, Calla Sophia | Marcos Lucas, Esteban Isaias |
| Baird, Isaac | Martinez, Brisa Lourdes |
| Bennett, Nyomi Alexandria | McMurray, William Gibson |
| Buendel, Tanner Joseph | Miranda, Madelyn Irene |
| Casillas, Jenny | Mondragon, Michelle |
| Camacho, Evan Daniel | Moody, Kani Miya |
| Colores, Estrella Liliana | Orozco, Luciano Wilson |
| Conard, Landon Thomas | Orozco, Luis |
| Cornish, Mason | Ozuna, Lilian Tawpa |
| Cruz, Jackelyn | Perez, Thorn Josefina |
| Cruz, Vanessa | Rackovan, Maddie Taylor |
| Deschamps, Brenden Carter | Rahman, Lenna Shadee |
| Duke, Brayden Stanton | Rangel, Daniel |
| Estrada, Leia Reanne | Reyes, Cindy Fernanda |
| Ferrante, Sarah Megan | Rodriguez, Rainy Ta’Laigha |
| Fletes Valdez, Nikolas | Rodriguez Zamudio, Kaylie |
| Folger, Sheila Jasmine | Jade |
| Garcia, Fabian Yandel | Romero, Azucena |
| Gonzalez, Brianna Lizet | Romo, Jonathan Salvador |
| Gonzalez, Coral Brooke | Salas, Aaron |
| Gonzalez, Ivan | Sayler, Mahala |
| Gonzalez, Kimberly | Stobbe, Thomas Robert |
| Gonzalez Miguel, Jesusa | Strause, Shane Kekoa |
| Sobeida | Suarez, Cortez, Jennifer |
| Grant, Aaliyah Lashay | Trujillo, Tashpa Frances |
| Guzman-Aguilar, Jacqueline | Vargas, Leonardo Andres |
| Heaven, Riley Shae | Walter, Nolan Michael |
| Hernandez, Ilzet | Walters, Alayna Danielle |
| Ibarra, Ayari Daneida | Arcamo |
| Jones, Aaliyah Breonna Brandi | Wilbert, Luke Jackson |
| Jopes, Ella Nance | Winebrenner, Nathan Dean |
| Kaimuloo, Noelani Chloe | Wirtz, Emerson Lindee |
| Keeler, Amani Kara | Wiscott, Jonathan Minh |
| Kerns, Jaden Shye | Zuniga, Priscilla |
| King, Wesley Conrad | |



BHS seniors Thorn Perez and Mandy Rackovan enjoy the graduation ceremony.



Potter Junior High



Potter Junior High Assistant Principal Robert Huish, far left, and Assistant Principal Jessica Ramirez, far right, present Marlee Muro, second from left, and Erik Vu their Student of the Year plaques at the eighth grade promotion ceremony May 31.

Village News/David Landry photos



Potter ASB President Tallulah Laurenson stands at the podium and recites the Pledge of Allegiance at the beginning of the promotion ceremony.

Acosta, Andrea
Acosta, Armando
Adams, Anza
Adams, Cole
Adams, Cormac
Aguilar, Christopher
Aguirre, Brittany
Ahumada Celedon, Diana
Albarran, William
Alegria, Alexis
Alegria, Itzayana
Alonzo Antonio, Juan
Alvaro, Mateo
Alvidres, Camila
Amezquita, Gabriel
Amezquita, Gizalle
Anaya, Alison
Andrade, Gabriel
Andres Antonio, Juana
Antonio Lucas, Juana
Anzures, Kiana
Arango, Kayla
Arias, Denise
Arita, Josue
Ariza, Elian
Armstrong, Caylem
Arras, Aaryn
Arroyo, Evelin

Avalos Flores, Kevyn
Avila, Eriana
Bailon, Brisa
Bailon Mendoza, Diana
Baker, Arabella
Balbier, Laila
Baltazar, Alexander
Barajas, Alesandra
Barajas, Diego
Barron, Norberto
Bauer, Steven
Becerra, Luis
Becerril, Ivan
Beltran, Andres
Benavides, Naomi
Bennett, Rosemary
Bobadilla, Anthony
Boling, Nayah
Bonfanti, Olivia
Bonfanti, Parker
Borem-Brownell, Jestin
Bowcutt, Jory
Brantley, Savannah
Brumfield, Lorenzo
Brunie, Aarmon
Brunson, Charlotte
Cabrera, Diego
Cadena, Ruth

Calderon, Erick
Campos, Emily
Canfield, Jacob
Cannizzo, Evan
Canseco, Noah
Carapia, Nataly
Casey, Shaye
Castaneda Francisco, Jose
Castelan-Hernandez, Madai
Castillo, Mireya
Castro, Michelle
Cecerra, Luis
Caywood, Hailey
Chavez, Isaac
Cifuentes, Samantha
Cisneros, Adrian
Clapp, Kyle
Clapp, Tyler
Cobb, Cayden
Colin, Normeli
Collins, Aliyah
Consalvi, Samantha
Coronado, Nikko
Cortez, Layla
Cox, Tyler
Cruz, Gonzalo
Cruz, Lilyanisse
Dagostino, Jasmine
Davis, Charlee

De La Rosa, Jared
De La Rosa, Joceline
De La Torre, Alan
DeArmas, Alexa
Diaz, Kaylie
Diego Castaneda, Sheyla
Domingo, Diego
Domingo Lucas, Domingo
Dominguez, Anthony
Donston, Asher
Duarte, Ashlee
Duran, Ezekiel
Duran Tovar, Mario
Eckert, Lillian
Esbensen-Silverthorne, Hayden
Escobedo Rodriguez, Ryan
Escoto Tirado, Renata
Esparza, Uvaldo
Espinoza, Mirian
Espinoza, William
Esteban, Edwin
Estrada, Admir
Faris, Julianna
Fernando Francisco, Petronila
Fernando Juan, Fernando Junior
Figueroa Cardona, Caroly
Fleming, Coral
Flores, Abel
Flores, Adrian
Flores, Natalie
Fontanos, Rhylianne
Foster, Hayden
Francisco Castaneda, Samuel
Francisco Diego, Ernesto
Francisco Gonzalez, Aurelio
Francisco Mateo, Emilio
Galan, Jannet
Garcia, Cielo
Garcia, Kevin
Garcia-Kelsey, Isaiah
Garland, Elene
Garoutte, Brady
Gaudreau, Leo
Gibson, John
Gomez Bermudez, Jimena
Gonzalez, Cynthia
Gonzalez, Eduardo
Gonzalez, Jaime
Gonzalez, Jessica

Gonzalez, Juana
Gonzalez, Pablo
Gonzalez, Yahir
Gonzalez Cortez, Jessica
Gonzalez Martin, Martin
Gonzalez Pascual, Esteban
Gonzalez Ruiz, Briseida
Grande-Valdez, Dominic
Gutierrez, Mauricio
Gutierrez Arellano, Jade
Gutierrez Meza, Alan
Guy, Alexander
Haines, Madison
Hale, Zoe
Handy, Justice
Hansen, Titus
Hegel, Morgan
Hernandez, Anabelle
Hernandez, Javier
Herrera, Christopher
Herrera, Johanna
Herrera, Jose Manuel
Hilborn, Alaina
Howard, Presley
Hoye, Charlotte
Iacuaniello, Aodhan
Jacinto Miguel, Hector
Jaimes Rivera, Kelly
Jesus, Rigoberto
Jimenez, Angel
Joaquin Francisco, Francisco
Johnson, Leyelle
Juan, Belinda
Juan, Evelyn
Juan De Leon, Juan
Juan Gonzalez, Maribel
Juan Juan, Lorenza
Juan Lopez, Angela
Juan Zacarias, Nayeli
Juarez, Andrew
Juarez, Angel
Juarez, Angel
Juarez, Manuel
Keller, Rio
Kelsey, Catherine
Kelsey, Kevin
Kolb, Jaiden
Korszeniewski, Khloe
Laird, Telina

Congratulations Class of 2024!

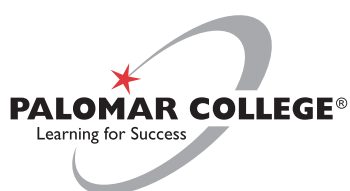
Your education is the key to endless opportunities.



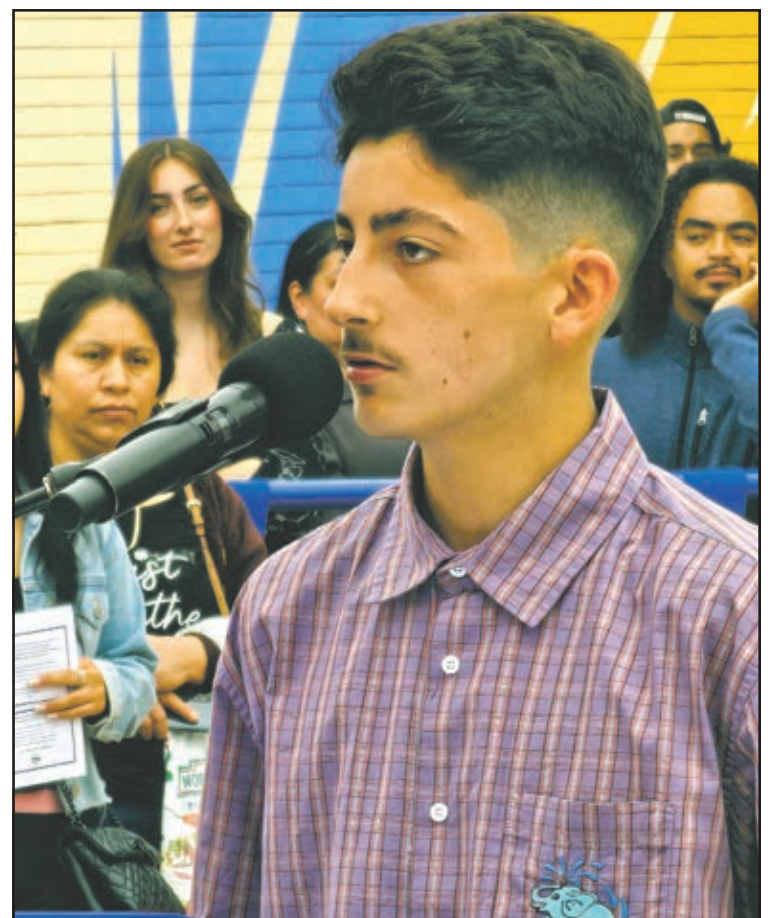
Through this journey, you have figured out the secret to success! You invested time, energy, and resources into your education, laying a foundation for a brighter future. Whether you choose to continue your educational path or begin a new career, Palomar College is here to serve your needs.

At Palomar College, we offer many paths to success, including certificates, associate degrees, career training, and transfer to a 4-year college. More than 4,600 students who chose Palomar completed their degrees and certificates this academic year. We are certain that these alumni of Palomar College will continue to the advancement of North County and give back to those in need, while mentoring those who are just starting their educational journey.

Achieve your Goals!
Financial aid and scholarships are available!
Visit Palomar.edu/fallbrook



Fallbrook Education Center
35090 Horse Ranch Creek Road
760-744-1150, Ext. 8464



Potter student Ares Miramontes talks about his experiences with friends supporting him in his classes, learning leadership skills and being in the dual immersion program since kindergarten.



Eighth grader Bentley Nash, one of two Masters of Ceremony for the promotion event, stands with his mother, Cathy Nash, after his graduation.



Potter Junior High Assistant Principal Robert Huish introduces Fallbrook Union High School Principal Lauren Jones who's accepting the class of 2024. This was Huish's last year as assistant principal as he is retiring.

- | | |
|--------------------------------|--------------------------------|
| Lam, Calvin | Perez, Penelope |
| Lam, Khiem | Perez, Veronica |
| Lara, Celly | Pesqueira Manzano, Kael |
| Lastra, Lillyana | Pinkney, Quinn |
| Lattimer, Gunner | Pizarro-Rivas, Germain |
| Laurenson, Tallulah | Plascencia, Davin |
| Le, Ethan | Popoff, Madilynne |
| Leon Ordonez, Gerardo | Principe, Bryce |
| Leon Sebastian, Alexander | Rader, Thomas |
| Lewis, Aubrey | Ralios Ramos, Eimi |
| Licea-Baca, Angel | Ramirez, Jonathan |
| Light, Sophia | Ramirez, Jonathan |
| Lindsey, Kailee | Ramirez, Julien |
| Lita, Guadalupe | Ramirez, Nya |
| Lita Rivera, Angel | Ramirez, Sheila |
| Lockyer, Owen | Ramirez, Yuri |
| Lopez, Alonso | Ramirez Gaspar, Tomas |
| Lopez, Christian | Ramos, Noemi |
| Lopez, Crystal | Ramsay, Olin |
| Lopez Galan, Ian | Reina Martinez, Mary |
| Lopez Gaspar, Selvin | Reyburn, Jayla |
| Lopez Gonzalez, Eduardo | Reyes, Faith |
| Lopez Rodas, Miranda | Reyes, Jair |
| Lothringer, Madison | Reyes, Joselin |
| Lozano, Isabella | Rhodes, Jayden |
| Lucas Jesus, Juan | Richards, Adelyne |
| Lucas Lucas, Roberto | Riddle, Drake |
| Lucy, Teague | Rivera, Arlene |
| Lupercio, Isaiah | Rivera, Armando |
| Macedo Toledo, Juan | Rivera, Sabrina |
| Macedo Toledo, Juan | Rivera Chamu, Frank |
| Magallanes, Karma | Rizo, Angelina |
| Magana, Isabella | Robinson, Wesley |
| Manriquez, Benjamin | Rocha, Joselin |
| Manriquez, Adair | Rodarte, Madyson |
| Marcum, Corey | Rodas, Melany |
| Mares, Brandon | Rodas, Selena |
| Mares Calixto, Mateo | Rodas Pedro, Yesenia |
| Mariscal, Adrian | Rodas Vicente, Isabel |
| Marrocco, Ava | Rodriguez, Brandy |
| Martin, Carson | Rodriguez, Jacob |
| Martinez, Abayomi | Rodriguez, Julian |
| Martinez, Ivan | Rodriguez, Natalia |
| Martinez Velazquez, Luis | Rojas, Alexandro |
| Matias Simon, Yordi | Romano, Mya-Ann |
| Matteo, Anthony | Romero, Javier |
| McClain, Mackenzie | Romero, Nickolas |
| McCourt, Brianna | Rosales, Daniel |
| McNamara, Ava | Ruiz, Camila |
| Melendez, Rafael | Salas, Uriel |
| Mendez, Aleena | Salas Ortiz, Jesus |
| Meza Fabian, Aileen | Salazar Luengas, Daisy |
| Michaels, Erick | Saldana, Gerardo |
| Miguel, Diego Pedro | Saldana, Mariana |
| Mills, Joseph | Saldivar Bernal, Jocelyn |
| Miramontes, Ares | Salgado, Briana |
| Mochel, Kora | Salmeron, Vinisio |
| Molen, Kelsey | Salvador Zacarias, Julio |
| Molina, Jaden | Samaan, Fadi |
| Molina, Kaylee | Sanchez, Alfonso |
| Monares, Francisco | Sanchez-Velazquez, Alejandra |
| Montejo, Diego | Santiago, Christian |
| Montejo Gaspar, Lucas Benjamin | Santiago, Lilyana |
| Montoya, Brianna | Scott, Isaac |
| Moreno, Jasmin | Scott, Isabella |
| Murillo, Noe | Scott, Isaiah |
| Muro, Marlee | Sharpe, Brennan |
| Murphy, Aiden | Sierra, Alex |
| Nash, Bentley | Solano, Zoey |
| Negrette, Eva | Solis, Leonardo |
| Nestor Nicanor, Alexander | Solorzano, Ian |
| Nieto, Milley | Soto Huerta, Alex |
| Nieto, Omar | Soto Ordaz, Alan |
| Nolasco Ramirez, Liliana | Sparks, Jax |
| Olivos, Isabella | Steffen, Makena |
| Olvera, Maelee | Strubhart, Wyatt |
| Ordonez Ugalde, Karla | Suarez, Issac |
| Ordonez Zamudio, Lesly | Suarez, Lilia |
| Orozco, Anthony | Sutterfield, Eddie |
| Orozco, Erik | Taggart, Caleb |
| Ortiz, Allison | Talavera, Giselle |
| Ortiz, Rhea | Tatul Lucas, Ana |
| Ovalle, Jaylynn | Taylor, Serena |
| Pablo, Javier | Tercero Velasquez, Edgar |
| Pablo Manuel, Maria | Tomas Francisco, Raul |
| Pablo Martin, Isabela Jela | Tomas Jacinto, Yoselin Mileydi |
| Pablo Nicolas, Miranda Isabel | Torres, Angel |
| Palma Castillo, Iker | Torres, Jamie |
| Parra, Jesse | Torres, Zeaxar |
| Pascual, Sebastian | Torres Mendoza, Alexa |
| Pedro, Antonio | Torrez, Xavi |
| Pedro, Elizabeth | Tovar, Oscar |
| Pena, Joel | Tovar Hernandez, Kaylee |
| Perez, Abigail | Trejo Murillo, Anthony |



Jessica Ramirez Assistant Principal with Gustavo Ramos 8th grade counselor is thanking the parents for being there and supporting their children throughout the year. How proud she is that this year's class has been one of the best years.

- Troupe, Lauryn
 Uresti, Lucas
 Vargas, Emily
 Vargas, Hailey
 Vargas, Mia
 Varner Johnson, Bailey
 Vasquez, Darlyn
 Vasquez, David
 Venegas, Ivette
 Vicente Diego, Francisca
 Vigil, Jesus
 Vigil, Viviana
 Villa, Danny
 Villarreal, Miah
 Visoutsy, Sierra
 Vu, Erik
 Walsten, Aksel
 Walters, Gavin
 Wells, Zackery
 West, Emily
 Williams, Kaylie
 Winegar, Kaiden
 Witrago Villa, Damien
 Wood, Diane
 Yanni, Jared
 Yanni, Miguel
 Zarate, Luna
 Zavala, Adrian
 Zenns, Nicholas
 Zuniga, Azul
 Zuniga, Brianna



Sally Gonzalez is the Potter School Social Worker and she is praising the 8th graders on a job well done for the past year and good luck in the future.



Mary Fay Pendleton



Mary Fay Pendleton Peer Counselors of the Year

- | | | |
|-------------------------|-------------------|-------------------|
| Allison, Tristan | Gonzalez, Paxton | Montano, Daniel |
| Berryman, Kenly | Hergert, Jackson | Moore, Zachary |
| Colecraft-Addison, Max | Hines, Justice | Paniagua, Sophia |
| Cota, Jasmin | Law, Khmya | Parker, Samantha |
| Dynan, Evelyn | Lebrun, Leia | Sandoval, Pamela |
| Dynan, Sara | Lebrun, Linkon | Sladek, Lincoln |
| Garcia-Cantarero, Emily | Mantanona, Kaylin | Swinney, Courtney |



Parents and Familied Members were ready to celebrate their promoting students



It was a full house for the MFP Promotion



San Onofre



San Onofre Student Leaders of the year Dylan Mills, Santino Ginestra, and Kalioppe Hibler

- | | | |
|----------------------|---------------------|------------------------|
| Bates, Anna | Fussell, Jeffrey | Mosier, Kayden |
| Bayles, Austin | Ginestra, Santino | Muro, Eliana |
| Beard, Keira | Hall, Kash | Niswanger, Kole |
| Blankenberg, Zachary | Harbour, Niko | Pine, Collin |
| Carboni, Brooklyn | Hibler, Kalioppe | Purcell-Mullins, Riley |
| Chavez, Julia | Lear, Aliyah | Reagles, Hailey |
| Collins, Grace | Mills, Dylan | Salter, Addilyn |
| Doss, Jason | Montbriand, Lillian | Tapia-Galarza, Jaylen |



MFP Promoting 8th Graders



Fallbrook Homeschool Academy

- | | |
|-------------------|-----------------|
| Adams, Connor | Hansen, Titus |
| Ambriz, Anahy | Lanier, Oden |
| Castillo, Malachi | Mejia, Samantha |
| Duran, Ezekiel | Ovalle, Leyllah |
| Genton, Brooklyn | |



Alpha & Omega Academy



SOS Families Excited for their Promoting Student



SOS Families Excited for their Promoting Student



Brayan Colin, 12th grade

BONSALL UNIFIED CONGRATULATES:

BONSALL HIGH SCHOOL CLASS OF 2024



BONSALL HIGH SCHOOL GRADUATES WERE ACCEPTED TO:

UCLA
 UC BERKELEY
 UC DAVIS
 UC MERCED
 UC SANTA BARBARA
 UC SANTA CRUZ
 UC SAN DIEGO
 UNIVERSITY OF OREGON
 UNIVERSITY OF HAWAII MANOA
 UNIVERSITY OF LAVERNE
 ADELPHI UNIVERSITY
 CAL BAPTIST UNIVERSITY
 COASTAL CAROLINA UNIVERSITY
 COLORADO STATE UNIVERSITY
 DOMINICAN UNIVERSITY OF CALIFORNIA
 GEORGE MASON UNIVERSITY
 GORDON COLLEGE
 MENLO UNIVERSITY
 MIRA COSTA COLLEGE
 MONTANA STATE UNIVERSITY
 NEW MEXICO STATE UNIVERSITY
 NORTHERN ARIZONA UNIVERSITY
 VIRGINIA MILITARY ACADEMY

OREGON STATE UNIVERSITY
 CAL POLY POMONA
 CAL POLY SAN LUIS OBISPO
 CAL STATE UNIVERSITY CHANNEL ISLANDS
 CAL STATE UNIVERSITY CHICO
 CAL STATE UNIVERSITY HUMBOLDT
 CAL STATE UNIVERSITY FULLERTON
 CAL STATE UNIVERSITY LOS ANGELES
 CAL STATE UNIVERSITY LONG BEACH
 CAL STATE UNIVERSITY MONTEREY BAY
 CAL STATE UNIVERSITY NORTHRIDGE
 CAL STATE UNIVERSITY SAN MARCOS
 CAL INSTITUTE OF APPLIED TECHNOLOGY
 CLEMSON UNIVERSITY
 SAN DIEGO STATE UNIVERSITY
 SAN FRANCISCO STATE UNIVERSITY
 SAN JOSE STATE UNIVERSITY
 UNIVERSITY OF THE PACIFIC
 WILLAMETTE UNIVERSITY
 PALOMAR COLLEGE



Bonsall Unified School District proudly congratulates our graduates. Wherever your next steps take you, we know you will “Be the Legion” and make Bonsall proud.

#THEBONSALLWAY

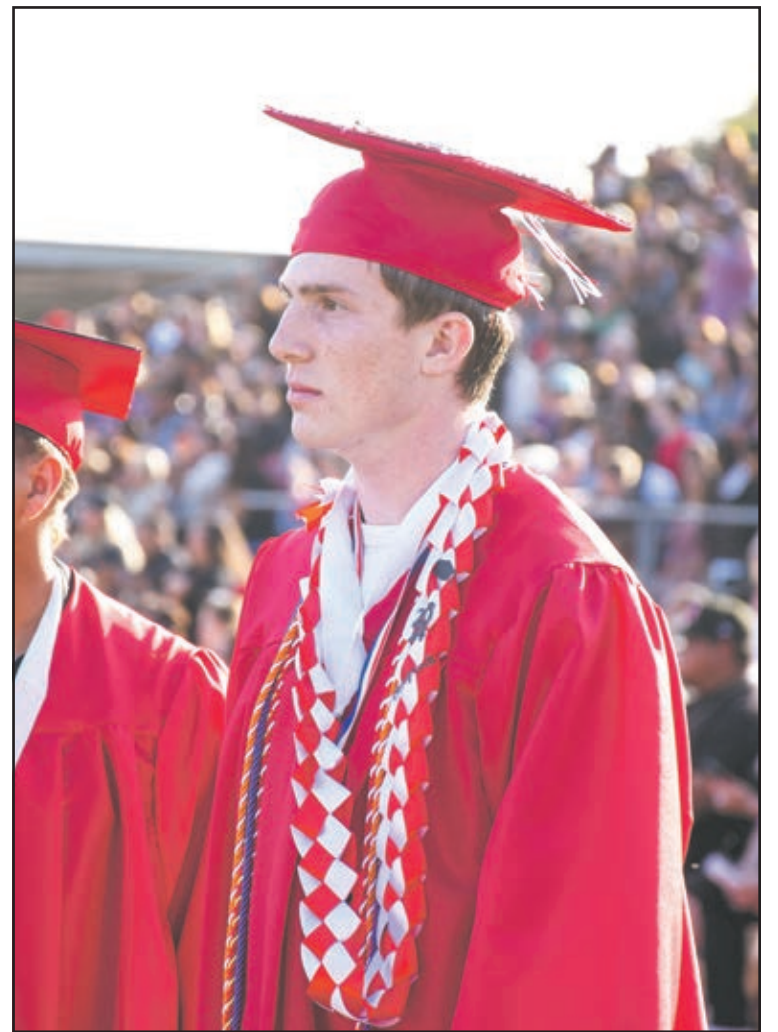
BONSALLUSD.COM



Fallbrook High



Valedictorian Anthony Wilson delivers an inspiring speech at Fallbrooks Commencement Ceremony



Sam Bruton contemplates the future as he prepares to walk across the stage



ASB President Cassandra Rivero leads guests and graduates in the flag salute at Fallbrooks Graduation

- | | | |
|---------------------------------|---------------------------------|-------------------------------|
| Abeysa, Paige Margaret | Bellazetin, Maya Soleil | Castleberry, Madison Grace |
| Acevedo Rodriguez, Merari | Beltran Pineda, Isai | Castonguay, Nathaniel Michael |
| Acosta, Anaïd | Bender, Dacey | Castro, Valerie |
| Acosta, Joel | Benitez, Alicia | Cayas, Denise Raven |
| Acosta, Kimberly | Bernal, Vanessa Nicole | Caywood, Aden Andrew |
| Aguilar, George Gabriel | Bernier, Aiden John | Cervantes, Jace Cameron |
| Aguilar, Juan Pablo | Blazi, Summer | Chandarlis, Miranda Sophia |
| Albergo, Noah | Boling Williams, Lanique Nicole | Chavarria, Raymond |
| Alcantar, Martin | Botello, Alexis Sierra | Chavez, Jaime |
| Alcaraz, Emily | Boyd, Eleanor Cecile | Chavez, Michelle |
| Aldama, Richard Raymond | Brakebill, Jack Raymond | Christenson, Taylor Rose |
| Allegro, Tyler | Brockson, Nicolas Mariano | Christopherson, Jackson Ryan |
| Alonso Rufino, Francisco Alexis | Brooks, Ciri Michelle | Christopherson, Wilson Ryan |
| Anaya-Zermeno, Angel Gabriel | Brotherton, Malaki Kinsely | Cisneros, Julian Alejandro |
| Andraca, Francisco Ernesto | Broussard, Berlin Michelle | Colgan, Marleigh Claire |
| Andres Antonio, Pelegrina | Brown, Kiyisa | Collings, Kyle John |
| Domingo | Brown, Tatum Alissa | Contreras De Santiago, Jared |
| Andres Juan, Aracely | Bruton, Samuel Gilbert | Corona, Esperanza Lupita |
| Anzures, Noah Jacob | Bustos, Ethaniel | Corona, Samuel Santos |
| Arias, Juan Alberto | Cabello, Daniel Robert | Correa, Samuel David |
| Arizmendi, Carlos Alberto | Cabrera, Karen | Cortes Olvera, Shelleen |
| Arwood, Everly Hope | Calso, Shemaine Soriano | Cortez, Gabriella Daye |
| Aviles, Jose Luis | Camiro, Henderson Ramirez | Cortez, Tony Alexys |
| Bailon, Bryce Daniel | Cardona Maciel, Emily Yadira | Craven, Tyler Jay |
| Baker, Austen | Carlson, Jasmine Rosemaire | Crespin, Kaiden Scott |
| Bamford, Maximiliano | Carlson, Winston Davis | Cruz, CameronJoe Sablan |
| Batac, Daryl Alexis | Carmona, Samuel Joel | Cruz, Kevin |
| Bausch, Christopher Manuel | Carreon, Ulices | Curtis, Pashence Leigh |
| Bautista, Lesly Iveth | Carson, Tristan Cecil | De La Rosa Mendoza, Ana |
| Becerra, Fernando Christopher | Castaneda, Leslie Michelle | Cristina |
| Bell, Vida Senaida | Castaneda Francisco, Pedro | Dean, Ryann Nicole |

- | | |
|---------------------------------|---------------------------------|
| Delamora, Marc Anthony | Garrafa Franques, Jenifer Saray |
| Dent, Jaxon James | Gartner, Rori Susan |
| Deputy, Rowan Samuel | Gaspar Rodriguez, Danny Andy |
| Diaz, Daniela Isabel | Yahairo |
| Diaz Martinez, Jose Manuel | Gastelum, Ariana Lilliana |
| Dickey, Zachary Ernest | Gillihan, Tatum Belle |
| Diego, Juan | Godinez, Alyssa Marie |
| Diggs, Oasis Evona Shylanae | Golden, Lilyanne Grace |
| Dircio, Katy | Goldstone, Riley Samantha |
| Dolmer, Joseph William | Gomez, Dominic Angelo |
| Dominguez, Adam | Gonzales, Michelle |
| Dominguez, Tyler Diego | Gonzalez, Alexsander |
| Dowden, Ava Riley | Gonzalez, Alyssa Valerie |
| Duarte, Haylee | Gonzalez, Andrew Guillermo |
| Duarte, Javier Nickolas | Gonzalez, Isaac |
| Duran, Andres Benjamin | Gonzalez, Mariela Guadalupe |
| Ellefsen, Grace Emily | Gonzalez, Misael |
| Enciso, Samantha Hayley | Gonzalez, Xavier Alan |
| Escobar, Xavier Noah | Gonzalez Diego, Blanca Erika |
| Espe, Mikayla Rose Kehalanie | Gonzalez Montejio, Eduardo |
| Espinoza, Dulce Evelyn | Alexander |
| Espinoza, Janet | Gonzalez Sebastian, Maria |
| Espinoza Caudillo, Litzy Judith | Magdalena |
| Esteban Gonzalez, Dolores | Goode, Samuel Joseph |
| Esteban Mateo, Antonio Alexis | Greer, Hannah Marie |
| Estrada, Marylin | Gregorio, Carlos Daniel |
| Estrella, Joscelyn | Guerra, Hanna ZyZu |
| Ewig, Jamison | Guerrettaz, Madison Joy |
| Exile, Isabelle Solange | Guevara Gutierrez, Jorge |
| Fabry, Brittany Ann | Gutierrez, Adrian Lennon |
| Fabry, Lacey Lynn | Gutierrez, Adrianna Danisha |
| Fearn, Makenzie Ramyah | Gutierrez, Fernando |
| Fleurival, Skylar Anesta | Guzman, Jesus |
| Flores, Lesli Michelle | Guzman Sosa, Daniel |
| Fox, Isaiah Eric | Hall, Madeline Afton |
| Francisco Francisco, Eduardo | Hardenbrook, Lillith Rae Lee |
| Ezequiel | Herbert, Kayla Marie |
| Francisco Mateo, Sindy Gricelda | Hernandez, Arleth |
| Frederiksen, Sebastian Eugene | Hernandez, Axel Uriel |
| Freeland, Tyberius Matayoshi | Hernandez, Genesis Guadalupe |
| Galvan, Jazmin Guadalupe | Hernandez, Jasmine |
| Gamino, Aalyah Jasmine | Hernandez, Tiffany Celeste |
| Garcia, Cytally | Hernandez, Valerie Marie |
| Garcia, Jimena | Hernandez, Yesica |
| Garcia, Jocelyn | Hernandez-Javier, Yahir |
| Garcia, Leanna Denise | Hinchliff, Mila Luna |
| Garcia, Luis Antonio Gonzalez | Hoey, Trinity Lee |
| Garcia Olivas, Valeria | Holbrook, Shane Oliver |



FALLBROOK
WARRIORS

Once a Warrior ALWAYS a Warrior!!!

OUR SCHOLARSHIP WINNERS

Jacki Vix
"Heart of the Warrior" Award

MISHA PATEL
Pat Klaviter Education Award

CHRISTOPHER MALICK
Vocational/Technical Studies Award

ALEX HERNANDEZ

Fallbrook Alumni Association Inc., • Post Office Box 596 • Fallbrook, CA 92088

Congratulations
CLASS OF
2024



Students are lined up to receive their diplomas.

Village News / Shelby Ahrend photos

Hostler, Brett Marciano
 Hubner, Seth Christopher
 Huntington, Devin Loc
 Jacinto, Kevin
 Jacobs, Julien Puriel
 Jaramillo, Damian
 Jesus, Briana Marilen
 Jimenez, Katherine
 Johnson, Mekel Monet-Elizabeth
 Jones III, James McAdoo
 Juan Martin, Jesus Martin
 Francisco
 Juarez, Valeria
 Kaprielian, Alysse Sophia
 Kendall, Kela Marie
 Khoury, Maya Kaylah
 Khoury, Sahara Kaia
 Kwon, Shirley
 LaFrenz, Truman Clark
 Lares, Nathan Alexander
 Lastra, Robert Isaac
 Lavin, Cooper Avery
 Lee, Chloe Pricilla
 Leon, Alan Orlando
 Leon, Karina
 Letterneau, Ava Darina
 Leverenz, Trent Patrick
 Lomeli, Perla Marina
 Lonsdale, Rylee Jean
 Lopez, Alex Evan
 Lopez, Briana
 Lopez, Emma Angel
 Lopez, Natasha
 Lopez, Noemi Desarae
 Lopez Gaspar, Raymundo
 Lopez Retana, Fatima
 Lopez Tomas, Juana
 Lucas Anselmo, Justo Pablo
 Lucas Pamatz, Rosario Andrew
 Lyall, Asher Etta Ann
 Lynas, Avery Crowe
 Lypps, Kameron
 Macias, Eric
 Mack, Ivan Michael
 Magana Diaz, Yoseline
 Maldonado Flores, Juliana
 Mansell, Matthew Edward
 Mansour, Sanam Nida
 Manuel Juarez, Estuardo Gabino
 Manuel Sebastian, Alexis
 Marichon Ramirez, Estrella
 Noelani
 Marquart, Ryan Douglas
 Martin, Jayden
 Martinez, Antonio
 Martinez, Darissa Jazlyn
 Martinez, Eric
 Martinez, Ricardo Arturo
 Martinez Plata, Jessica Mishell
 Martinez Ramos, Alexa
 Mata, Kamila
 Mateo Montejo, Jenifer Senaida
 Mateo-Albarran, Jenny
 Mathewson, Katelyn Rose
 McBrayer, Raquel Brianna
 McCarthy, Preston Michael
 Medina, Alexander Junior
 Mendez, Joanna
 Mendoza, Gabriel
 Meza Fabian, Juan Manuel
 Miguel, Brian Steve
 Miguel, Henry William
 Miguel Tomas, Nicolas Fernando
 Minjarez Castro, Jaidy Michelle
 Miranda, Alfonso Cain
 Miranda, Monica
 Montano, Abigail Naomi
 Montejo Avalos, Roselyn
 Montejo-Ramirez, Ezequiel
 Montes, Helena Lizzette
 Monthei, Audrey Marie
 Montillo, Ithzel
 Montoy Bautista, Naomi Odalys
 Moore, Maya Jeanne
 Morales, LaRae Angel



Salutatorian Maya Khoury speaks to her fellow graduates

Morales Vargas, Mikhel Esteban
 Morelli, Gianna Lucia
 Moreno, Abiezer Ezequias
 Moreno, Luz Elena
 Moreno Araiza, Seth Anthony
 Morgan, Shea Hill
 Moya, Alexa Maria
 Munoz, Kayce Isaac
 Myers, Christian Alexander
 Nalick, Christopher
 Nalick, Samuel David
 Neese, Jameson Wesley
 Nieto, Anthony
 Nieto, Lorena
 Nordeen, Claire Louise
 O'Brien, Luke Nathaniel
 O'Farrell, Jordan Mackenzie
 Ocampo, Tony Aaiden
 Olague, Emely
 Oliveros, Juan
 Olivos, Miguel Angel
 Orozco, Ashley Nicole
 Orozco, Mariana
 Orozco, Natalie Guadalupe
 Ortega, Edgar
 Pablo, Roxana Sarai
 Pacheco, Janelle
 Pack, Myah Alyse
 Padilla, Adalinda
 Palma Castillo, Aracely
 Palmerin, Angelina Raquel
 Papageorge, Bryonna Marie
 Papoulias, Ava Nicole
 Pascual, Eylly Selenena
 Pascual Juan, Maria Elizabeth
 Pashong, Avery Jane
 Patel, Misha Dhavalkumar
 Payne, Gunnar Thomas
 Pedro Mateo, Heidi
 Perez, Brandon
 Perez, Delanie Jolene
 Perez, Denise Allysa
 Perez, Malakhi
 Perez Francisquez, Lesly Isabel
 Petersen, Abigail Meredith
 Petersen, Bailey Dean
 Phillips, Fisher Hastings
 Pina Huerta, Emmanuel Jose
 Pizano, Sebastian Marie

Reyes, Raul Anthony
 Reyes Barrera, Dennise
 Riley, Charlotte Lane
 Rios, Abigail David
 Rivera, Jose
 Rivera, Kaelyn Marie
 Rivera Chamu, Eugene
 Rivero, Cassandra
 Rizo Long, Jonathan Joel
 Robles, Andres Alejandro
 Rocha, Angel Elias
 Rocha Duran, Jose Juan
 Rodas, Ricardo
 Rodriguez, Fatima Monserrat
 Rodriguez, Hazel Lynne-Marie
 Rodriguez Bautista, Darlene
 Rodriguez Jimenez, Leonardo
 Miguel
 Rodriguez Ordonez, Yoandy
 Jesus
 Romero, Cirenica
 Romero, Maura Celeste
 Romero-Valadez, Perla Yazmin
 Rosas, Noemi Yarecsy
 Rosas Luna, Duvan Lisandro
 Ruiz, Alexander Francisco
 Ruiz, Carlos
 Ruiz, Joselyne
 Ruiz, Karen Alexa
 Ruiz Alegria, Maria Guadalupe
 Saldana, Juan Manuel
 Saldivar, Hugo Arnulfo
 Salvador Zacarias, Jaime
 Salvador
 Sanchez, Angelina Zamora
 Sanchez, Yaretzy
 Sander, Meadow Elizabeth
 Sandoval, Lily Ana
 Santana Aguilar, Diego
 Guadalupe
 Santiago, Citlalli
 Schwenke, Kai Medici
 Sebastian Pascual, Andres
 Rodolfo
 Serrano, Karen Vanessa
 Serrano, Luis Daniel
 Serrano, Steven
 Sevilla Gomez, Eduardo Cristian
 Sheriff, Benjamin James
 Sherman, William Cole
 Silva Tinoco, Neitan Emmanuel
 Sim, Jasmine Sengphet

Smith, Cayden William
 Solis, William
 Solorzano, Benjamin Angel
 Sosa Colores, Edith
 Soto, Briana
 Stelma, Alexandra Holly
 Stillman, Wyatt Paul
 Sturgeon, Kaydyn Ray
 Sumner, Layla Danielle
 Sundram, Taj Bryan
 Sutterfield, Max Phillip
 Tomas Sebastian, Anderson
 Torres, Ivan Alejandro
 Tovar, Emanuel
 Trujillo, Savannah Marie
 Tzuquen, Sheny Nineth
 Urbina, Monica
 Urrutia, Susana Andrea
 Valdez Padilla, Javier
 Valenzuela Acosta, Diana Paola
 Van Alfen, Jayda Brooke
 Van Eik, Alexa Austin
 Vance, Carson Scott
 Vargas Bustamante, Isis
 Kimberly
 Vela Perez, Juan Antonio
 Velazquez, Geraldin
 Velazquez Venegas, Xavier
 Esteban
 Vera Valente, Jose
 Vicente Diego, Felipa Elayda
 Villa Hernandez, Arleth
 Villasenor Arreola, Jessica Belen
 Vinalay, Eduardo
 Votaw, Damien Allen
 Waide, Samuel Harrison
 Walasek, Deanna Aline
 Walker, Payton Rose
 Walters, Isabella Marguerite
 Watson, Jaidyn Alexis
 West, Braden Javier
 Williams, Katelynn
 Wilson, Anthony Tripp
 Wilson, Audrey Grace
 Woodward, Tristan Scott
 Yanni, Diego Alejandro
 Yingst, Amelia Mae
 Zamora Duran, Andres
 Zamudio, Anthony
 Zerneno, Adrian Refugio
 Zuniga, Angelica Guadalupe
 Zuniga, Daniel Ramon

Congratulations


Alfonso Cain Miranda




You have been a blessing in our lives. You are a talented, kind and unique person. We know you are going to do great things and will continue to make us proud. We love you to the moon and back. According to NASA the moon is pretty far. Mamá and grandpa would be so proud of you.

Congratulations on your graduation day.

Love, your family




Sullivan Middle School



Sullivan Middle School eighth graders await their turn to be promoted to high school.

Village News/BUSD photos



Sullivan student Jett Van Elphan provides the keynote address to his classmates.

Al Tekreeti, Jannah
 Al-Bassam, Dalia
 Ambrosio Sanchez, Melanie
 Andrade, Landon
 Andrade Mendez, Alvin
 Antonio, Nathaniel
 Arango, Victor
 Berrios-Ramirez, Daniela
 Berry, Vincent
 Betz, Giovanni
 Bolton, Lalana
 Bowman, Gary
 Bowman, Jacob
 Bravo, Omar

Bray, Edward
 Broadway, Chaile
 Brooks, Ronin
 Calixto, Rolando
 Callen-Garcia, Darin
 Camargo Coria, Ezequiel
 Campos, LeRoy
 Cannizzaro, Angelina
 Canonizado, Czarita
 Cantero, Esteban
 Carter, Seth
 Castaneda, Michael
 Chavez, Natalia
 Christensen, Baylee

Colores Martinez, Erik
 Crader, Jillian
 Cramer, Danton
 Cramer, Douglas
 Craven, Brylee
 Cruz, Ulises
 Cuevas, Annalia
 Delgado, Kenia
 Dennis, Kyler
 Dick, Brendan
 Dvorcak, Adam
 Edwards, Zaria
 Erwin, DeLaney
 Ewing, Talan

Figueroa, Alessandra
 Fowler, Kaidan
 Gailani, Sayed-Isaah
 Garcia, Julia
 Gaspar, Rosa
 Gi, Kody
 Golembeski, Ella
 Gonzalez, Adrianna
 Gonzalez, Jayce
 Gonzalez, Jose
 Gonzalez, Leighton
 Gonzalez Miguel, Yanely
 Gonzalez-Oros, Akatzin
 Gould, Delaney
 Gray, Aiden
 Green, Savannah
 Guerra, Diego
 Gutierrez, Jocelyn
 Guzman, Santhiago
 Haddad, Isabella
 Hale, Liberty
 Heczko, Sasha
 Hengen, Mark
 Hernandez, Christian
 Hernandez Bautista, Sheyla
 Huddleston, Aubree
 Huntington, Nylee
 Jackson, Saxon
 Jarvis, Elias
 Jeronimo Perez, Jesús Javier
 Jimenez, Yaribeth
 Jones, Henry
 Khoury, Kingston
 Kniss, Tristan
 Kulp, Mason
 Lee, Ariana
 Levin, Emsley
 Lewis, Isla
 Lian, Daniel
 Lightfoot, Ryland
 Lopez, Jermey
 Lopez, Madalyn
 Lorenzo, Alec Liam
 Lorraine, Aria
 Lovell, Jack
 Loyd, Trenton
 Luengas, Kevin

Mack, Sarah
 Madden, Alaysia
 Mago Barajas, Sarahi
 Makel, Hank
 Gaspar, Rosa
 Maldonado, Cameron
 Marquart, Taylor
 Martinez, Alyssa
 Mata, Evan
 Matias Ramos, Carlos
 Maydahl, Easton
 McDonald, Makhi
 McDonald, Ryan
 McElroy, Jayda
 Medrano Vaquez, Angel Giovanni
 Mendez Wright, Alexa
 Mendez Wright, Mikaela
 Mendoza, Mason
 Mendoza Ramon, Christian
 Miguel Nicolas, Edgar
 Miller, Mason
 Monfort, Leona
 Monsalvo, Emmanuel
 Montejo, Daniel
 Montillo, Natalie
 Montinola, Bella
 Moore, Ella
 Morris, Alan
 Munoz, Izabella
 Nickelberry, Tiffany
 Norton, Audrey
 Olozagaste, Gerardo
 Orozco, Jocelin
 Orozco, Vanessa
 Ortega, Dylan
 Ortiz, Daniela
 O'Shea, Vaughan
 Oyler, Ricky
 Paradeza, Brent
 Paradoza Martinez, Gustavo
 Pepper, Kaylee
 Perrault, Ethin
 Petty, Grace
 Phillips, Finn
 Pollard, Ava
 Pollard, Khronus
 Ponce, Audrey
 Ramirez, Makayla

Congratulations Tatum

Class of 2024

You are starting a new chapter in your life. I have been blessed to watch you grow into this beautiful young woman, to hold your hand along the way and so proud to be your Grandmother. I love you!

Fallbrook High School - June 6, 2024



Eighth graders like Ella Golembeski are congratulated by Director of Educational Services Dr. Golly during the promotion ceremony.



Proud educators Megan Foxley, Jeff White, and Domingo Anguiano smile as their SMS students promote.

Rangel Glover, Mateo
 Resvaloso, Ndiyilii
 Riggs, Lilith
 Rivas, Dulce
 Rizo, Rodrigo
 Robles, Antonio
 Rocha, Marco
 Rodriguez, Anthony
 Rodriguez, Erin
 Romano, Ethan

Rose, Sienna
 Rubio, Cassandra
 Rupsa, Noah
 Sanchez, Amara
 Schrade, Ayden
 Scott-Willardson, Ryen
 Sebastian, David
 Sholdar, Evie
 Skinn, Taylor
 Smith, Carter

Smith, Danica
 Smith, Shelia
 Solano, Usiel
 St James, Alyssa
 Stanley, Evan
 Stobbe, Aleena
 Subish, Rebecca
 Tagle Nava, Christian
 Thevenin, Damon
 Tinoco Rosales, Brian

Titera, Greyson
 Torres, Julian (JJ)
 Trujillo, Kawish
 Trumble, Eylie
 Valdez, Glennis
 Van Alfen, Jett
 Varela, Ambrielle
 Vega, Autumn
 Vrael, Alicia
 Waddell, Taylor

Wagner, Savannah
 Wahner, Brandon
 Wallace, Tyler
 Walter, Anneke
 Wiscott, Jennifer
 Workman, Knox
 Yan, Carl
 Young, Cash
 Zacarias, Griselda

Fallbrook & Bonsall
VILLAGE NEWS

We are honored to share in the excitement of your graduation celebrations. We consider it a privilege to cover school news. With pride and joy we say....

Congratulations
CLASS OF 2024

Congratulations Princess Jasmine!

We are so proud of you and your accomplishments these past four years. Jasmine was actively involved in sports, including field hockey, basketball, water polo, lacrosse, and swimming. Since the age of 8, Jasmine has been dedicated to her community. She was the founding member of the Camarena's Fallbrook Youth Crime Prevention Club, which she started at her high school. Jasmine, you've reached the finish line, now pause and catch your breath before embarking on the next journey. We love you very much and can't wait to see what great things you will continue to achieve. Don't forget we will always be here for you.

- Love Mom and Dad

JASMINE HERNANDEZ • CLASS OF 2024



Oasis High



Bailon, Abigail Lorena
Barkema, Kai Conrad
Birchall, Brooklyn
Colin, Anahi
Cordes, Madison Carol
Dunning, Aidan Zachariah
Espe, Mikayla Rose Kehalanie
Espinozau, Sheyla Marie
Farias, Emilio

Ferrer, Diego Maximillian
Garcia, Dayra Flores
Ford, Braven Timothy
Fuentes, Fernando Raul
Garcia, Aden James
Garcia, Anay Iris
Gomez, Dalet
Gonzalez, Marisol Aguirre
Hartdegen, Jady Marie

Herman, Sofia Margaret
Holloway, Cadence Lee
Hoxie, Sara Raelee
Kent, Isabella Mollie
Lucas Jesus, Martina Petrona
Mejia, Leonardo Angel
Morgan, Lucas Nathaniel –
Salutatorian
Muro, Mariana Michelle

Nolan, Tierney Lynn
Pearce, Marissa Nicole
Powell, Eleni Taylor
Rivera, Briana
Robinson, Natalie Renae
Rudolph, Marquis Josiah
Ruiz, Daniela
Sanchez, Kacey Jean
III, Simon Sanchez

Serda, Scarlett Victoria
Strange, Sienna
Tornero, Gladys
Uresti, Jasmine Alexis –
Valedictorian
Vidaca, Jonathan Daniel
Vidaca, Joshua Anthony
Vielma, Brenda Esmeralda



Vallecitos



Vallecitos Eighth grade class of '24 includes, from left, top row, Arelly Monroy, Jesus Perez, Dalina Hernandez, Geovani Yanez, David Loera, Leticia Cortez Diaz; middle row, Alexandra Estrella, Jazmin Perez, Mayra Matias Cruz, Melissa Chaidez, Kinverlin Lagunas Arizmendi, Sophia Ortiz; front row, Ripley Goode, Alonso Duran, Kathy Rojas Ruiz, Silvestre Hernandez Jr, Carlos Pablo Nicolas, and Chelsie Higuera.

KEN FOLLIS



SHARON ROBINSON

COMPASS

Ken Follis
760.803.6235
DRE #00799622



Sharon Robinson
949.295.1161
DRE #01384726

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Congratulations Grads! 2024

Congratulations to All of the Graduates of 2024!

As you all now have completed this great milestone, we strongly encourage and support you through the next phase of your life, and for your continued successes. It is important to remember that we learn by being humble and teachable, and when we do not achieve a task...we have not been defeated as long as we keep persisting through. Perhaps you are joining the service, going to college or a vocational school, but whatever you decide...please remember that GOD is always watching over you and will always be there for you. Graduation is not the end of a tough journey...it is the beginning of a beautiful one.

THE BEST IS YET TO COME! – Ken

“Fun Fact” I was a teacher!

So, many people know me as a Realtor, but a “fun fact” about my earlier life: I was a high school and middle school science teacher! As a result, I truly appreciate the effort and dedication that goes into being a graduate!

My own children, twins, both graduated from Fallbrook High School! I truly enjoyed being on the parent side vs. the teacher side! And I can truly say, it will be amazing what all these new graduates will do next! I’m excited for you and proud of you just like I was when my own children walked the field on graduation! Congrats and sending the very best to you as you take the next steps of life into adulthood! If you can do this, you can do anything you desire!

There are no limits! If you ever need inspiration, I’m here for you! Always here to talk about your future!

I’M HERE FOR YOU! – Sharon



Trust in the Lord with all your heart,
And lean not on your own understanding;
In all your ways acknowledge Him,
And He shall direct your paths.
(Proverbs 3:5-6)



#lovinlifeinfallbrook

2024 Senior Scholarships and Awards

Students in the Fallbrook Union High School District: Fallbrook, Ivy & Oasis high schools

Military Enlistees United States Marine Corps
Valerie Castro
Trent Leverenz
Janelle Pacheco
Ethaniel Bustos
Ivan Torres

United States Navy
Juan Diego

United States Army National Guard
Everly Arwood, will be joining the Oregon National Guard

Marine Corps ROTC Scholarship
Cameron Joe Cruz

American Association of University Women of Fallbrook Scholarship
Sheny Tzuquez
Michelle Gonzalez
Blanca Diego
Aracely Castillo
Estrella Marichan
Skylar Fleurival
Valerie Hernandez
Arleth Hernandez

Fallbrook American Legion Scholarship
Christopher Nalick

Alana Moya Memorial Scholarship
Carlos Ruiz
Leanna Garcia
Tiffany Hernandez
Jesus Juan Martin
Merari Acevedo Rodriguez
Sheny Tzuquen

Fallbrook Angel Society Scholarship
Alicia Benitez
Dacey Bender
Jasmine Hernandez
Devin Huntington
Maya Khoury
Sahara Khoury
Preston McCarthy
Claire Nordeen
Fisher Phillips
Abigail Petersen
Misha Patel
Charlotte Riley
Cassandra Rivero
Damien Votaw
Alexa Van Eik
Merari Acevedo
Summer Blazi
Cameron Joe Cruz
Bianca Gonzalez Diego
Skylar Fleurival
Samuel Goode
Arleth Hernandez
Abiezer Moreno
Larae Morales
Eric Macias
Jordan O'Farrell
Aracely Palma
Roxana Pablo
Jose Rivera
Daniel Guzman Sosa
Jayda Van Alfen

Assistance League of Inland North County Scholarship
Anthony Wilson
Joanna Mendez
Adalinda Padilla
Jordan O'Farrell
Jasmine Hernandez
Sheny Tzuquen
Myah Pack
Summer Blazi
Kiyisa Brown

Athletes – Signed Letters of Intent
Sam Bruton – Lacrosse – Concordia University Irvine
Austen Baker – Baseball – Simpson University
Claire Nordeen – Volleyball – Chico State
Rori Gartner – Soccer – University of Hawaii Manoa
Jayda Van Alfen – Beach Volleyball – University of Utah
Jaxson Dent - Baseball – Simpson College
Preston McCarthy – Lacrosse - Northwest Nazarene University
Jace Cervantes – Baseball – West Virginia Wesleyan College
Jasmine Uresti – Lacrosse – George Fox University
Anay Garcia – Soccer – Belmont University
Kacy Sanchez – Field Hockey – Limestone University
George Aguilar – Football California Lutheran University
Myah Pack – Lacrosse – George Fox University
Nic Brockson – Wrestling – Ursinus College
Maya Khoury – Pole Vaulting – UC Santa Barbara
Sahara Khoury – Pole Vaulting – UC Santa Barbara

Bonsall Woman's Club Scholarship
Devin Huntington
Claire Nordeen
Ava Papoulias
Abby Petersen
Fisher Phillips
Jayda Van Alfen
Alexa Van Eik
Damien Votaw

Carole Jones Public Safety Scholarship
Samuel Bruton

Christine Okun Educators Scholarship
Samuel Goode

California School Employees Association Scholarship
Eric Macias
Fernando Fuentes
Francisco Andraca
Cirenia Romero
Misael Gonzalez
Isaac Gonzalez

CSF Honors Lifetime Membership with Honors
Daryl Batac
Dacey Bender
Alicia Benitez
Daniel Guzman Sosa
Devin Huntington
Katherine Jimenez
Maya Khoury
Sahara Khoury
Perla Lomeli
Fatima Lopez Retana
Seth Moreno Araiza
Abiezer Moreno
Ashley Orozco
Misha Patel
Abigail Petersen
Fisher Phillips
Charlotte Riley
Cassandra Rivero
Jayda Van Alfen
Damien Votaw

Lifetime Membership
Maya Bellazetin
Tatum Brown
Michelle Gonzales
Jasmine Hernandez
Alexa Moya
Claire Nordeen
Meadow Sander
Braden West

Dinwiddie Memorial Trust Scholarship
Tatum Brown
Sahara Khoury
Eric Macias
Myah Pack
Charlotte Riley
Susana Urrutia
Jayda Van Alfen

Don Diego Scholarship Foundation Junior Livestock Auction Scholarships
Dacey Bender
Don Diego 4H Scholarship
Dacey Bender

Drew Mings Foundation Scholarship
Daniel Guzman Sosa
Jasmine Hernandez
Perla Lomeli
Jose Rivera
Sheny Tzuquen
Susana Urrutia

Duke Snider Scholarship
Abigail Petersen
Fisher Phillips

E. Wright & Jesse Yount Memorial Scholarship
Tatum Brown
Haylee Durate
Joanna Mendez
Myah Pack
Misha Patel
Alexa Van Eik
Anthony Wilson

Enrique Camarena Foundation Scholarship
Jasmine Hernandez

Fallbrook Art Association Scholarship
Katelyn Mathewson
Jasmine Sim

Fallbrook Democratic Club
Jasmine Hernandez

Fallbrook Field Hockey Boosters Scholarship
Hazel Rodriguez
Kacey Sanchez

Fallbrook Football Boosters Club Scholarship
Preston McCarthy
Fallbrook Garden Club Scholarship
Devin Huntington
Preston McCarthy

Fallbrook Masonic Lodge Scholarship
Maya Khoury
Sahara Khoury
Alexa Van Eik
Anthony Wilson

Fallbrook Music Society Scholarship
Christopher Nalick
Angelica Renteria
Anthony Wilson

Fallbrook United Methodist Church Scholarship
Jasmine Hernandez
Abigail Petersen

Fallbrook Village Rotary Club Scholarship
Perla Lomeli
Seth Moreno Araiza
Katelynn Williams

Fallbrook Vintage Car Club Scholarship
Bianca Gonzalez Diego
Damian Votaw

Fallbrook Woman's Club Scholarship
Tatum Brown
Jasmine Hernandez
Devin Huntington
Maya Khoury
Abigail Petersen
Fisher Phillips
Jasmine Uresti
Alexa Van Eik
Anthony Wilson

Fallbrook Alumni Association - Patricia Klaviter Grevatt Memorial Scholarship
Christopher Nalick

Fallbrook Alumni Association Vocational Scholarship
Axel Hernandez

Fallbrook High School District Teachers Association Scholarship
Alexa Moya

"Your Guardian Angel" Award Is In Recognition For The Outstanding Senior Boy And Girl
Jasmine Hernandez
Abiezer Moreno

Robert Jackson Law Scholarship
Jasmine Hernandez
Maya Khoury

Frederick & Margaret Jackson Memorial Scholarship
Misha Patel
Cassandra Rivero

Juanita Walden Memorial Scholarship
Devin Huntington

Lawson Family Woman Athlete Scholarship
Jasmine Hernandez

Jessie Klicka Foundation Scholarship
Jasmine Hernandez

John H. Magee Memorial Trust Scholarship
Anay Garcia
Sheny Tzuquen
Damien Votaw
Anthony Wilson

Mark Oatman, PTSA Scholarship
Jamison Ewig
Jasmine Hernandez
Christopher Nalick
Myah Pack
Abigail Petersen
Alexa Van Eik

Miss Teen Fallbrook Scholarship
Maya Khoury

Orange Grove Energy Innovation Scholarship
Anthony Wilson

Fallbrook/Bonsall P.E.O. Scholarship
Tatum Brown
Jasmine Hernandez
Maya Khoury
Sahara Khoury
Myah Pack
Misha Patel
Abigail Petersen
Ava Popoulias
Cassandra Rivero

P.E.O. Star Scholarship
Misha Patel
Alexa Van Eik

Quest Bridge National Match
Cassandra Rivero

Ray & Mary Bell Memorial Scholarship
Dacey Bender
Devin Huntington
Abigail Petersen
Cassandra Rivero
Anthony Wilson

Republican Women Of California-Fallbrook Scholarship
Myah Pack
Alexa Van Eik

Roberta Collister Memorial Scholarship
Adalinda Padilla
Roxana Pablo
Blanca Gonzalez Diego
Kiyisa Brown
Daniel Guzman Sosa
Summer Blazi
Jasmine Hernandez
Charlotte Riley
Seth Moreno Araiza
Taylor Christensen

Rotary Club of Fallbrook Scholarship
Tatum Brown
Misha Patel
Fisher Phillips
Jayda Van Alfen
Haylee Duarte
Maya Khoury
Alexa Van Eik
Jasmine Uresti
Abby Petersen
Cassandra Rivero
Chris Nalick

San Diego County Salute to Education Scholarship
Jayda Van Alfen

SEIU Fallbrook Chapter Scholarship
Eric Macias
Steven Serrano

St. Peter's Thrift Store Scholarship
Summer Blazi
Roxanna Pablo
Jose Rivera

VFW of Fallbrook Scholarship
Samuel Bruton

Zella Smith Memorial Scholarship
Tatum Brown
Haylee Duarte
Jamison Ewig
Daniel Guzman Sosa
Perla Lomeli
Avery Lynas
Eric Macias
Joanna Mendez
Preston McCarthy
Alexa Moya
Jordan O'Farrell
Roxana Pablo
Myah Pack
Adalinda Padilla
Araceli Palma Castillo
Fisher Phillips
Charlotte Riley
Jasmine Uresti
Susanna Urrutia
Jayda Van Alfen

Fallbrook Alumni Association - The Jackie Vix, Heart of The Warrior Award
Misha Patel

Valedictorians:
Anthony Wilson – Fallbrook High School
Isabella Beckler – Ivy High School
Jasmine Uresti - Oasis High School

Salutatorians:
Maya Khoury – Fallbrook High School
Beth Rodas - Ivy High School
Lucas Morgan - Oasis High School



Congratulations
MISSION VISTA HIGH SCHOOL GRADUATE CLASS OF 2024
RyAnna CANNON

The Journey of Life can be a long road. You continuously overcome, adapt and conquer obstacles on your road, with, but not limited to integrity, dedication, passion and loyalty. You are an incredible person, friend and daughter. You will be stronger because of all that you know and will be able to lead when the time comes. You have more than made me proud of who you are and the adult you will become.

Love You Forever ♥ All My Love, Your Mom



Congratulations Class of 2024!



The future is yours. So dream big, work hard, make mistakes and learn from them. Laugh, cry, love and make the most of every day of your beautiful life. We are so proud of you!
Love, Mom, Dad & Brayden

Congratulations
Brooke Birchall
OASIS HIGH SCHOOL CLASS OF 2024

Dine 'n Dash feature Dueling Chefs



Culinary student Arianna Gastelum cuts an onion while preparing her dish for the Dueling Chefs portion of the Fallbrook Food Pantry's Dash 'n Dine fundraiser, June 1. Village News/Ken Munson photos



Guests at the fundraiser include, from left, Fallbrook Food Pantry Board member Jason Kendall, and his family, Micah, Kela and Danielle.



Several volunteers judge food prepared by the Dueling Chefs who were awarded scholarships for their participation.



Culinary student Madison Guerrettaz, far right, is presented a scholarship check for taking first place in the Dueling Chefs contest, by Fallbrook Food Pantry Director Shae Gawlak and board member Catherine Sousa.



More than 100 people enjoy food from local restaurants at Dine 'n Dash which was held at the Vineyard at 1924.



Travis Taylor of Taylor'd Events receives two awards: Best Sweet Bite of the Day for his Mascarpone Banana Pudding and for top professional in Dueling Chefs.



Volunteers gather at the "Bruce's Juices" booth during the Dine 'n Dash.



Food pantry staffers Ellen Fusco, left, and Rebecca Holder enjoy the fundraising event held at the Vineyard at 1924.

ENTERTAINMENT

2024 Rodarte Emerging Filmmakers Showcase highlights Digital Media Pathway

FALLBROOK – Fallbrook High School’s Digital Media Pathway highlighted student talent in the 2024 Rodarte Emerging Filmmakers Showcase. The annual showcase featured the award winning films of the Digital Media Pathway, including the artistic and emotional film “Jazz and Life” directed by Madison Lavin and Sam Deputy and the heartwarming and educational documentary “The Life of Raul Perez” directed by Gunnar Payne.



Film Showcase opening

Village News/Courtesy photos

VILLAGE NEWS

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Please submit all correspondence to our corporate office by e-mail, villageeditor@reedermedia.com. All correspondence must be dated and signed and include the writer's full address and phone number in order to be considered for publication. All letters are subject to editing to fit the the publication's format. Deadline is Monday, 9 a.m.

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The featured films were:
“5 Steps to W Riz” directed by James Stine
 • Best How to Film, 2023 in Class Voting

“How to Teach a Pet Rock Tricks” directed by Coleman Carlson
 Selected Film, 2024 Uniquely Youth Film Festival (NY)

“The Life of Raul Perez” directed by Gunnar Payne
 • Best Film, 2023 Imagination Lunchbox International Festival (MD)
 • Best Documentary, 2023 Jorjezian Film Festival (CA)
 • Runner-up Best Short Film, 2024 Alternative Film Festival (Canada)
 • Selected Film, 2023 Broadway International Film Festival (CA)
 • Selected Film, 2023 White Light City Film Festival (NE)
 • Selected Film, 2024 Filmmakers of Tomorrow Festival (CA)
 • Selected Film, 2024 iVIE Awards & Student Film Festival (CA)

“How to Animate” directed by Madison Levin
 • Best Animation, 2023 Jorjezian Film Festival (CA)
 • Grand Jury Prize, 2024 Uniquely Youth Film Festival (CA)
 • Selected Film, 2024 Queen City Film Festival (OH)
 • Selected Film, 2024 Orlando International Film Festival (FL)

“Jazz & Life” directed by Madison Lavin and Sam Deputy
 • Grand Jury Prize, 2024 Orlando International Film Festival (FL)
 • Selected Film, 2024 Uniquely Youth Film Festival (NY)
 • Selected Film, 2024 London Movie Festival (England)

“Turning En Pointe” directed by Ramona Haywood
 • Grand Jury Prize, 2024 Orlando International Film Festival (FL)
 • Best Choreography, 2023 Jorjezian Film Festival (CA)
 • Runner-up Best Short Film, 2023 A&E International Film Festival (NJ)
 • Runner-up Best Short Film, 2024 Alternative Film Festival (Canada)
 • Selected Film, 2023 Indie Memphis Youth Film Festival (TN)
 • Selected Film, 2023 Broadway International Film Festival (CA)
 • Selected Film, 2023 Film Independent Future Filmmakers (CA)
 • Selected Film, 2023 Imagination Lunchbox International Festival (MD)
 • Selected Film, 2023 White Light City Film Festival (NE)
 • Selected Film, 2023 Film Festival by Rogue Dancer (NC)
 • Selected Film, 2024 San Diego Movie Awards (CA)
 • Selected Film, 2024 iVIE Awards and Student Film Festival (CA)

“How Do Students Feel White At School” directed by Ramona Haywood
 • Grand Jury Prize, 2024 Uniquely Youth Film Festival (NY)
 • Best Make-up, 2023 Jorjezian Film Festival (CA)
 • Selected Film, 2024 Orlando International Film Festival (FL)
 • Selected Film, 2024 iVIE Awards and Student Film Festival (CA)

The annual showcase opened with two short films created around the technique of First Line, Last Line. The showcase is named after FHS alumnus Adam Rodarte who approached teacher George Herring with the idea of starting a film course. Rodarte then spearheaded the efforts to bring film courses to the Warriors. He was the showcase’s keynote speaker.

This year’s showcase was bittersweet as Herring announced his retirement. He will not use the new film studio which he was instrumental in designing and which will welcome Digital Media Pathway students in the 2024-25 school year.

Submitted by Fallbrook Union High School.



Adam Rodarte and George Herring



George Herring welcome

River Village Cinema is D'PLACE 5256 S Mission Rd, Bonsall
FOOD ~ DRINKS MOVIES ~ FUN

Movieline and Text Showtimes 760-214-9792

SHOWTIMES FOR FRIDAY 6/14- THURS 6/20

	JUNE	FRI 14	SAT 15	SUN 16	MON 17	TUE 18	WED 19	THU 20
BAD BOYS: RIDE OR DIE R		11:30 AM 2:10 PM 4:50 PM 7:30 PM	11:30 AM 2:10 PM 4:50 PM 7:30 PM	11:30 AM 2:10 PM 4:50 PM 7:30 PM	2:10 PM 4:50 PM 7:30 PM	2:10 PM 4:50 PM 7:30 PM	2:10 PM 4:50 PM 7:30 PM	2:10 PM 4:50 PM 7:30 PM
HOW TO TRAIN YOUR DRAGON (KSS) PG					11:00 AM	11:00 AM	11:00 AM	11:00 AM
INSIDE OUT 2 PG		11:40 AM 2:00 PM 4:30 PM 7:00 PM	11:40 AM 2:00 PM 4:30 PM 7:00 PM	11:40 AM 2:00 PM 4:30 PM 7:00 PM	2:00 PM 4:30 PM 7:00 PM	2:00 PM 4:30 PM 7:00 PM	2:00 PM 4:30 PM 7:00 PM	2:00 PM 4:30 PM 7:00 PM
SOUND OF HOPE: POSSUM TROT EARLY ACCESS SCREENING PG-13							6:00 PM	
THE BIKERIDERS R								7:25 PM
THE GARFIELD MOVIE PG		11:50 AM 2:20 PM 4:45 PM 7:15 PM	11:50 AM 2:20 PM 4:45 PM 7:15 PM	11:50 AM 2:20 PM 4:45 PM 7:15 PM	2:20 PM 4:45 PM 7:15 PM	2:20 PM 4:45 PM 7:15 PM	2:20 PM 4:45 PM 7:15 PM	2:20 PM 4:45 PM 7:15 PM
THE WATCHERS PG-13		12:00 PM 2:25 PM 5:00 PM 7:25 PM	12:00 PM 2:25 PM 5:00 PM 7:25 PM	12:00 PM 2:25 PM 5:00 PM 7:25 PM	2:25 PM 5:00 PM 7:25 PM	2:25 PM 5:00 PM 7:25 PM	2:25 PM 5:00 PM	2:25 PM 5:00 PM

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Elegancia Doble pianists to perform at the library



Pianists Yumiko Oya and Naomi Hobbs will perform a free concert June 25 at Fallbrook Library. Village News/Courtesy photo

FALLBROOK – Friends of the Fallbrook announce a Freaney and Friends free concert this month which will happen on Tuesday, June 25 at 1 p.m. in the Community Room at the Fallbrook Library.

The concert will feature Elegancia Doble pianists Naomi Hobbs and Yumiko Oya. Elegancia Doble is a gifted duo having won first prize at the 17th Japanese Musician's Association of California Piano competition in 2016.

Naomi Hobbs was born and raised in Tokyo, Japan. She earned her music degree at the Musashino Academia Musicae in Tokyo, where she taught for 10 years. In 1998, one year before she moved to San Diego, she performed Rachmaninoff's 2nd Piano Concerto with the Kanagawa Philharmonic Orchestra.

She was the instructor of Music and Piano class at San Diego Community College for 10 years. She has been composing and arranging as well as performing at concerts. She was the first prize winner of the 7th International Piano Competition in Mexico in 2012 and the gold medalist of 6th Seattle International Piano Competition in 2015.

Yumiko Oya also grew up in Tokyo, Japan. She began playing piano at the age of 3. After moving to the U.S. in 1990, she began studying music theory at Orange Coast College. She was invited to play Beethoven's Piano Concerto No.4 as a soloist, with their orchestra at their annual concert. Further study earned Yumiko her Master's degree in Piano Performance at the California

Institute of the Arts. She continues performing as a soloist and with various ensembles.

The duo's program will include Spanish and French compositions including Dance Espanola No.1 La Vida Breve by Manuel de Falla, Suite Española Op.47 No.5 Asturias by Isaac Albéniz, Goyescas No.4 Quejas, o la maja y el Ruiseñor by Enrique Granados, Miroirs No.2 Oiseaux Tristes and Miroirs No.4 Alborada del gracioso by Maurice Ravel, L'isle Joyeuse by Claude Debussy, The Carnival of the Animals No.13 Le cygnet, and Dance Macabre Op.40 by Camille Saint-Saens.

The library is located at 124 S. Mission Road.

Submitted by Friends of the Fallbrook Library.

Nine things you might not know you can do at the county library

Gig Conaughton
County of San Diego
Communications Office

Almost everybody knows the County Library is the place to go to get books, information and entertainment; all for free.

But you may not know about all the things you can do at the County Library and with your library card – like learning a new language, exploring your family heritage, getting free seeds to plant in your garden, and even graduating high school.

Yup. You can do all of that and more.

Here are nine things you might not know you can do at a County library:

Graduate high school

If you're one of those who didn't get to finish high school, you can earn your diploma through the County Library. Library High School offers adults 19 years old and older the opportunity to earn an accredited high school diploma and a career certificate – for free – through an 18-credit curriculum. Career certificates are documents from a professional organization that show you have the necessary knowledge and skills you need to do a specific job.

Adults who are interested in the program can join at any time. Go to <https://www.sdcl.org/libraryhighschool/>. All you need to start is take an online readiness survey and complete any needed prerequisites. Then, attend, complete and graduate!

Get ready to become a citizen

Getting ready to apply to be a citizen of the United States of America? You can take citizenship classes and prepare to take the U.S. citizenship test for free. The County Library works regularly with the nonprofit Jewish Family Service of San Diego to give 10-week-long free citizenship classes. Summer day and evening classes are scheduled to start June 18 and run to August 22 at four library branches. Registration is required. Please call or text 858-637-3282 or 619-753-1630, or email rudyf@jfsd.org to enroll.

Here's the summer schedule:
El Cajon: 10 a.m. to 2 p.m., Tuesdays: El Cajon Library, 201 E. Douglas Ave., El Cajon.

Imperial Beach: 4 p.m. to 6 p.m., Thursdays: Imperial Beach Library, 810 Imperial Beach Blvd., Imperial Beach.

San Marcos: 10 a.m. to 12 p.m., Thursdays: San Marcos Library, 2 Civic Center Dr., San Marcos.

Spring Valley: 4 p.m. to 6 p.m., Wednesdays: Spring Valley Library, 836 Kempton St., Spring Valley.

Discover & go

Your County Library card isn't just your passport to books, music, movies and more. It's also your ticket into local museums, sporting events and recreational activities – with free passes and discounts – through the Discover & Go program.

To browse what's available and reserve passes, use your Library card number and password (last five digits of your registered phone) to log in to <https://sdcl.discoverandgo.net/>. Make a reservation, print your pass(es) and enjoy your visit.

Read on the go – in multiple languages

Speaking of books, your library card is also the way to read or

listen when you're on the go, with the help of the free Libby app and the County's eLibrary. The County Library has access to more than 200,000 electronic books, magazines, newspapers and audiobooks.

And the Libby app also allows readers to read their material in any one of 15 languages. The app should automatically change text to the language on the reader's iPhone, iPad or other Apple devices.

Learn about your family history for free with "My Heritage"

You can discover, share and preserve your family history for free by using your County Library card to access My Heritage Library edition, either through the computers at your branch library or online.

My Heritage has access to more than 5 billion historical records from 48 countries and 42 languages, from photos to public records, family trees and military records. Tapping into these can help you learn more about who your ancestors were and what kind of lives they led.

Records run from birth, death and marriage records, to mentions in newspapers and even school yearbooks. And the County Library's genealogy page can also link people to sites where you can learn about the lives of people who were enslaved, letting you help restore previously anonymous identities. Enslaved: Peoples of the Historical Slave Trade and FamilySearch's African American Genealogy webpages are dedicated to African American ancestry and records.

Learn a new language for free through Rosetta Stone

You can use one of the most popular language-learning apps, Rosetta Stone, free of charge, to learn a new language with your County Library card. It's easy. First, download the Rosetta Stone mobile app – but don't launch it. Now, set yourself up to use the app through the County Library.

Open your phone or computer's browser, go to the County Library's e-library page, then select Rosetta Stone from there. Enter your library card number and sign in. Select "Learn a Language – Rosetta Stone Library Solution," enter your email address in the username field, choose a password and then a language to learn.

That gets you set up. Now, select "sign in," and then "Launch Rosetta Stone Foundations." The learning program will launch and you're off to the races!

For mobile users, please remember, you'll need to use the County Library link each time you use Rosetta Stone to use it for free through your library card.

Grow your garden with the "Seed Library"

Yes. The County Library is not just for a fertile mind. It can even help your garden grow. Eleven county branch libraries offer starter seeds through the county's Seeds and Sustainability program to promote gardening and access to home-grown food! People can take home seeds for native California plants and bee-and-pollinators helping flowers, and also to grow food – from melons, to squash, tomatoes, carrots and peppers.

The 11 branch libraries that carry seeds include the Alpine Library, El Cajon Library, Fallbrook Library, Julian Library, La Mesa

Library, Lemon Grove Library, Lincoln Acres Library, Rancho Santa Fe Library, San Marcos Library, Valley Center Library and the Vista Library. Oh yeah, and unlike the books you check out? You don't have to return seeds.

Experience different cultures; broaden your horizons

The county's 33 branch libraries feature hundreds of events and programs, including cultural events and arts programs. You can learn how to play American or Chinese Mah Jongg, a game of

skill and chance. Take a Spanish class, experience a Friendship Club, learn how to play a ukulele, listen to the sounds of traditional Japanese music, learn Ballet Folklórico Dance, take Black-ink painting classes or enjoy an arts display. And that's just the tip.

County Library events run the gamut – from after-school programs to author visits, discussions about books or business, law and money, or computers and technology. Just go to the County Library's events pages.

Give back and keep connected

The library also offers lots of opportunities to volunteer – for adults and teens. If you're interested, you can check with your local branch. Interested adults will undergo background checks, then meet with library staff to match their interests with available opportunities.

So, there you have it. Nine things you may not have known you can do at the County Library or with your library card. For more information about the County Library, go to <https://www.sdcl.org/>.

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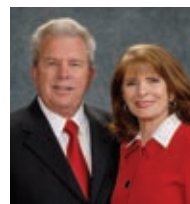
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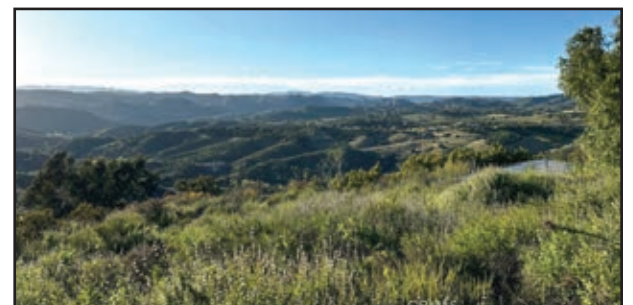
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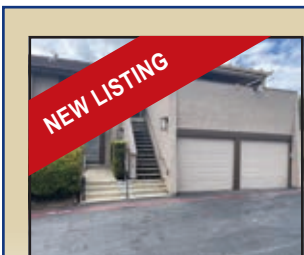
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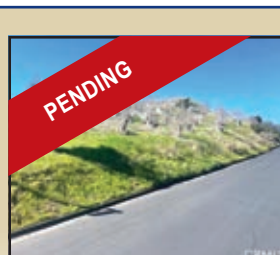
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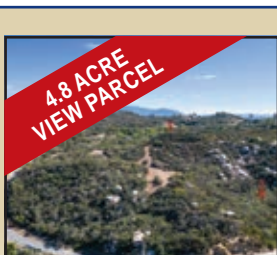
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