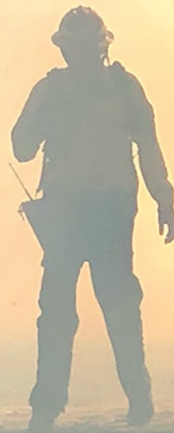


OCTOBER 2024

Valley Magazine



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The Vial of Life can speak for you

By CHARLOTTE SEABORNE

"The Vial of Life is designed to speak for you when you can't speak for yourself. The vial contains important medical information that can assist emergency personnel in administering the proper medical treatment."

-Alameda County Fire Department

If you live alone, or are at risk of being home alone during a medical emergency and unable to speak for yourself, The Vial of Life can speak for you. The Vial of Life is a package consisting of a medical information form and 2 decals. Vial of Life decals are vinyl UV coated fade-resistant, self-adhesive stickers, that will stand up to most weather conditions. Packets are available online at: <https://www.vialoflife.com>

Valley Center Fire Chief Joe Napier, shared in an earlier interview, "First Responders are taught to look for the Vial of Life that is magnetically attached to the refrigerator to gain vital information to prevent an adverse medication interaction or an allergic reaction."

To get started with the Vial of Life program, obtain a Vial of Life packet.

- Fill out the Vial of Life medical information form.
- Attach the completed form to your refrigerator.
- Attach one decal to your refrigerator.
- Attach the second decal to your front door.

Fill out the Vial of Life medical information form.

When starting the Vial of Life program, it is necessary to complete a medical information form and provide details about the patient's medical history. With complete medical information, paramedics can take appropriate measures to treat patients in an emergency. Information such as blood type, medical conditions, current medications, doctor's name and number, allergies, insurance information, emergency contacts, and any other information that might be needed for first responders should be captured.

Patients may also include advanced health care directives. These medical orders (DNR, MOST, POLST) must be signed by a physician and are the most frequently used medical directives. The DNR (Do Not Resuscitate)



Firefighter paramedic Ashlei O'Hair shows what "The Vial of Life" looks like.



Firefighter Elfego Covarrubias and the Vial of Life.

order expresses the patient's preference to decline CPR. Medical treatment preference documents are critical, especially for the elderly, for whom resuscitation by emergency responders (EMTs) may cause painful and/or life-threatening injuries. Without these documents to guide the emergency responder, patients must understand that EMTs are trained to automatically administer a full range of emergency life-saving measures. Patients who wish to decline automatic EMT measures should be aware that most jurisdictions require that the DNR, MOST, and POLST documents included in the Vial of Life container be original versions, including the physician's signature.

Attach the completed form to your refrigerator.

Once the form is completed, fold and place it inside a clear plastic baggie, or other plastic, protective sleeve. Place one Vial of Life decal on the front of the plastic baggie. Secure the baggie to the front of your fridge. Place the baggie at eye level so that first responders can

easily find your complete medical information.

Attach the second decal to your front door.

Place the second decal on your front door at eye level. This lets your local first responders know where your medical information is located.

Keep your information current!

To be most effective, it is important that information be kept current. Make blank copies of the form to keep information current or go to Vialoflife.com to maintain and store updated information online.

As Chief Napier shared, "More often than we like, the medication bottles do not match the list, or a new medical diagnosis is being treated without being added to the updated medical history. This can cost valuable time in the general assessment of the patient to determine the best course of immediate care to stabilize the patient on scene or in route to the ER."

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VALLEY CENTER: Empire of the Ants

By **JOSHUA SIBELIUS**

It never fails. Every summer across Valley Center, Pauma Valley, and Pala battles of epic proportions are waged. Black ants invade homes, offices and basically every nook and cranny they see fit within North County San Diego.

I hear many stories of how these invasive pests affect local denizens. What are they exactly? Where do they come from? The culprit is no other than the Argentine Ant.

It has colonized the whole world. Because of their nesting and dietary generalism, invasive ants with super colonies are especially successful as stowaways in human cargo (Holway et al. 2002). They most likely hitched rides on ships that traversed the world and lucky for us (excuse the sarcasm) there's a local super colony known as the Lake Hodges Colony which is, where you guessed, near Lake Hodges.

An ant super colony is an exceptionally large ant colony, consisting of a high number of spatially separated but socially connected nests of a single ant species, spread over a large area without territorial borders.

Over 30 million ants die each year, on this battlefield that covers many miles. Argentine ants clash ceaselessly. I personally clash with these ants—as they are relentless.

Dr. David Holway a professor at UCSD and known ant guru, states these ants thrive this time of year with their colonies being the biggest at this time. “One thing to note: Argentine ants are

harmless, don't vector (i.e. they don't carry dangerous diseases) and are not going to endanger your health. You don't have to hurt them”, says Holway.

Now, given how persistently invasive they are, that decision is up to you. Dr. Holway further explained that they are most likely in search of water in homes this time of year, or escaping the summer heat. Given that they are in search of water, they never pass an opportunity to find food along the way. Dr. Holway said simply the best way of dealing with them is to “remove the source.”

I personally don't like to endanger any living thing. However, when these ants invade, I often feel godlike trying to remove them. After all, they invaded my home. Dr. Holway even stated to, “use pesticides as a last resort.” They are sensitive to boric acid and will quickly succumb.

There's not one answer to why these ants are so successful. They exhibit traits that make them abundant, are adaptive and basically have no other competition in the local ecosystem. The Argentine ant often displaces most of all native ants and can threaten native invertebrates and even small vertebrates that are not accustomed to defending against the aggressive ants. They aren't going anywhere, except maybe to that oasis you call your sink or shower.

Deal with them as you please but now you know more about them. Fight well my soldiers!

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Sheriff's Dept. is recruiting for Deputy Explorer Program

Deputy Explorer Viviana Vega and Sheriff's Sgt. Morgan Fomby.



By **DAVID ROSS**

The San Diego County Sheriff's Department sponsors the Law Enforcement Explorer Program, which is actively seeking new recruits.

Valley Center resident Viviana Vega, a senior at Valley Center High School, is a recent recruit to the program. She dropped by *The Roadrunner* office recently with Deputy Sgt. Morgan Fomby, who is an adviser with the local program.

Viviana wants to get a degree in forensic science. "This program will help me get a view into what I'm

getting into," she said. She plans to attend Palomar College her first two years and then transfer to Cal State San Marcos or Grossmont to get a forensic science degree and to become a crime scene investigator.

Pre-COVID, Valley Center had a pretty active Explorer program, said Fomby. "When that hit, most of our Explorer kids aged out. We are trying to revive the Explorer program in Valley Center. Not many people know about it. We are looking for people who want to see behind the curtain—so to speak."

Fomby continued, "Explorers have to go through a



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background check and attend an Explorer academy to prepare them a little bit and see what the academy expects from them. When they go on ride-alongs they see the kind of calls we go on. They get to see the good, bad and ugly.”

The sergeant added, “We are very fortunate in VC that we have a supportive community who supports us and loves us.” Members of the Explorer program, she said, “get to see the field of law enforcement from on- the-job

experience.”

Viviana became interested in the program when, during COVID, and there wasn’t a lot to do, she became hooked on first responder TV shows. “My brother is a firefighter in Valley Center and that also helped interest me in first responders,” she said.

She added, “My parents (Rosa Peral Vega and Mike Vega) are very happy that I followed in my brother Michael Vega’s footsteps who did the Explorer program for firefighters. I hope this guides me to the right path and prepares me for the real world. My parents supported me all the way—although I had my doubts. But I don’t regret my decision at all.”

Viviana appreciates that the Explorer program lets her be flexible with hours, which are mainly after school or on weekends. “I try to keep weekends flexible. Just to get experience. The more experience the more fun I have.”

To join the Explorers you should be between 16 and 20 years old and you need permission from a parent or guardian. Those 18 and above need a diploma or GED. If you are younger and still in high school, you must maintain a C average. All are subject to background checks. Any sort of felony conviction is disqualifying.

Fomby added, “You should be in good physical condition, vision 20-100 or better correctible. You have to be able to complete a 20 hours a month of service to the department. This may be through a balance of ride-alongs, performing office work, attending meetings and trainings, or through special assignments.

Explorers also assist with special events such as the Mother Goose parade and with traffic control.

Qualified candidates will be notified that they have been accepted into the Sheriff’s Explorer Program as a cadet. An Explorer cadet will complete a course of instruction that prepares them to enter the Law Enforcement Explorer Academy, which is an 8-day, summer live-in academy or a school year academy that takes place over four weekends.

Viviana said the most interesting experience for her so far was to see an arrest involving drugs with an actual person. “It was kind of eye-opening that these kinds of things actually exist,” she said.

He favorite part of the program is the deputies themselves. “The deputies are my favorite thing,” she said. “They are like a family that you meet and you begin to feel part of it.”

Youngsters who want to join the Explorer program can do so, no matter where they live. Sgt. Fomby explained: “We have Explorer advisers all through the county—anywhere we are— through our volunteer services.”

Apply by contacting Sheriff’s Personnel at 858-974-2001 or email sheriffexplorer@sdsheriff.org.



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ALERT
SAN DIEGO



By **CHARLOTTE SEABORNE**

The best time to prepare for an emergency, is while there is no emergency. The better prepared you are for an emergency, the more easily you can navigate the situation. Below are valuable mobile apps and websites that can help you prepare beforehand, and provide accurate, timely information if disaster strikes. Download, or bookmark these applications and take a moment now to become familiar with them.

AlertSanDiego.org (and reverse 911)

Alert San Diego is a website that provides emergency alerts for San Diego County. It provides information updates intended for regional emergencies that pose a significant threat to large numbers of people and/or property.

The reverse 911 system is a service that sends automated notifications to people in a specific area during emergencies. These notifications can be sent via calls, texts, or emails. The system can reach landlines, TTY phones, cell phones, Voice Over Internet Protocol (VOIP) phones and email or text addresses.

Sign up for **Alert San Diego** at:

<https://www.alertsandiego.org/en-us/preparedness/alertsandiego.html>

SD County Emergency Mobile App

The **SD Emergency** is a mobile app that helps San Diego County residents prepare for and respond to emergencies. The app was created by the County of San Diego Office of Emergency

Services (OES) The SD Emergency Mobile application provides planning tools that will be critical during an actual emergency:

- How you will contact one another
- How you will get back together
- What you will do in different emergency situations
- Creating an emergency plan
 - Checklists
 - Supply Lists
- During an emergency it provides:
 - Immediate emergency updates
 - Interactive emergency map
 - Shelter locations

“SD Emergency is a multi-hazard tool that would also send you important information about other emergencies such as wildfires, extreme weather and terrorism affecting your location in the region,” said Jeff Toney, director of the County Office of Emergency Services. “And it helps people prepare with tips for before, during and after various San Diego County emergencies.”

Genasys Protect

Genasys Protect is a mobile app and website. It is an evacuation management tool that helps communities, and first responders more effectively plan, communicate, and execute evacuations. It is a platform where residents can look up their addresses using the search bar and use the zone map to find evacuation information

for their area.

Users can download the mobile from the app store. The Genasys Protect website can also be accessed at: <https://protect.genasys.com/>

Users can choose to activate location services to receive alerts and safety instructions when entering an area that is under threat.

Watch Duty

Watch Duty is a mobile app that will keep you apprised of fires that happen in real time. This app gives updates as they become available and includes fire perimeters and evacuation maps.



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Watch Duty disseminates public safety information in real-time from verified sources. The service is powered by active and retired firefighters, dispatchers, and first responders who monitor radio scanners and collaborate around the clock to provide up-to-the-minute lifesaving information.

Watch Duty can also be accessed from the web at: <https://app.watchduty.org>. Also, the Watch Duty mobile app can be downloaded from the App Store.

ShakeReadySD

The ShakeReady SD is a mobile app for earthquake early warnings. It is now part of the SD Emergency Preparedness mobile app. In the event of a real earthquake and after, a ShakeReadySD alert is sent to users' phones. Users would also receive other emergency notifications such as road closures, shelter, or other relevant critical information as it is determined.

Pulse Point Mobile App

Pulse Point is a 9-1-1-connected mobile app that allows users to view and receive alerts on calls being responded to by local fire departments and emergency medical services. It provides early warnings about local threats like wildland fires, flooding, and 9-1-1 dispatches including traffic accidents, and utility emergencies. The Pulse Point app can be downloaded from the App Store.

Alert California

Alert California is a website which provides live camera feeds of active fires. It is a UC San Diego public safety program working to understand natural disasters and determine short and long-term impacts on people and the environment. The state-focused program manages a network of more than 1080 monitoring cameras and sensor arrays as of June 2024.

Visit the website at: ops.alertcalifornia.org

@SDSHERIFF provides information on road closures during disasters.



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Safe travel tips for a great vacation

By JEANNA HUGHES

"Adventure isn't about seeking danger or taking risks; it's about embracing life with a sense of curiosity and enthusiasm." —Unknown

The fall is the perfect time to plan that vacation you have been dreaming about all year.

The rush of summer travelers and ab-



Continuing on our vacation after cutting my finger tendon and needing hand surgery.

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sorbent prices has slowed down. Most of the children are back in school. Packages for travel and flights are budget-friendly. Trips to Europe just months ago, out of the question, are suddenly priced within reason. Many cruise lines offer substantial savings on their most popular cruises. Most of our national parks are now more accessible to navigate, and fewer people are visiting. It's time to pack your bags and take an adventure. The world is your oyster.

With all of the enthusiasm of traveling to dreamy destinations, ideas of wandering amongst the great pyramids of Egypt, climbing the Great Wall of China, basking in the sun of Grace Bay Beach of Turks and Caicos Islands, or dreamily floating along the White River, Jamaica, one often forgets the safety and security of travel.

Most of us are coming from our little part of the world, Valley Center, and many of those safeties will be left far behind as we



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Reagan and I leaving LAX to travel through Greece, Italy and France.

travel the wide world. Valley Center residents enjoy a peaceful, beautiful essence among their friends and neighbors—uncommon in many places worldwide. This does not mean it is unsafe to travel. It just means we must understand and prepare ourselves for the world outside our safety net.

In my travels, I have learned that buying travel insurance is the first and foremost important thing to do after deciding on a vacation destination. I learned the hard way and began purchasing travel insurance after an incident where I cut the tendon in my finger and had to have emergency surgery when I was on vacation—and I did not have travel insurance. Luckily, the hospital gave me an excellent cash price, and I could pay for the surgery out of pocket. The surgery ended up costing me substantially more than travel insurance would have.

After the incident with my cut tendon,

I made it a habit to buy travel insurance. I purchased complete medical, travel emergency evacuation, and more. Unfortunately, I neglected to read that the insurance I purchased for a two-week trip to Egypt would be negated during a pandemic.

Jeff and I had planned a vacation on a liveaboard dive boat with a group of friends from our dive club in Egypt in November 2020. The trip had been purchased and paid for over two years before we were to set sail. I bought my insurance 12 months before our vacation. If I had paid for the insurance in the first 30 days of my first payment for the trip and purchased the cancellation for any reason, I would have been covered and rested easily. The most extensive insurance option is only available up to 30 days after the first payment is made on vacation. Unfortunately, I had to learn this lesson the hard way.

When the pandemic began in 2020,

travel became more complicated and questionable. We could not use the insurance we had purchased because of the “pandemic” clause. Despite travel becoming much more difficult during 2020 and the pandemic, Jeff and I decided to attempt to travel to Egypt and modified our trip. Despite the restrictions, we ended up having a fantastic vacation. Ultimately, our flight home was canceled at the last minute, and we had to spend an extra night in Cairo. I filed a claim and received full reimbursement for the delay.

I recommend copying and storing all your documents away from the originals. This includes passports, IDs, credit cards, etc. It is easy to have these items stolen or lost on vacation in unfamiliar towns or cities.

When traveling with just two people, I usually ensure each person has a copy of the other’s passport and information. I also hide a second credit card and some

cash in a place on my person I will never access in public, i.e., a money belt or hidden pocket. If, by chance, you lose, misplace, or are pickpocketed, at least you will have a backup plan.

I learned a valuable lesson when traveling with my daughter Reagan across Greece and Italy. We had rented a car in Greece, and we were turning the car in and catching a flight to Rome. When we dropped the car off, I left my cell phone inside the rental car. My phone had all of my travel information on it. I wasn't sure which of the small airlines we were using to travel to Rome that evening. Not to mention, I had all our vacation rental stays and tours in the apps I purchased on my phone.

I happened to have written out the details of our trip in a small book. I included the most critical information I would need. Such as the names of the apps I had purchased the tours on, the names of the cities and streets for the vacation rentals, the names of the flights, and the ticket numbers.

Unable to retrieve the phone, Reagan and I ran to the airline to check into our flight. The attendant was able to help us and find out which flight we were on. Once we were checked into our flight, we had about 45 minutes at most to go through security and get to our gate.

Reagan and I decided to take a chance and try to get the phone back from the rental car company. We ran back to the car rental drop-off location. Our car had already been sent away to the carwash. In my attempt at broken Egyptian words and their attempts at English, I conveyed to them that we needed them to look for our phone. Then we waited. As the minutes ticked by, our chances of finding the phone started to slip away. I told Reagan we could only wait five more minutes. We could not miss the flight. It was the last flight of the night, and we had a tour first thing in Rome in the morning.

I again begged the man to please hurry and bring my phone back. Finally, at the last second, one of the workers took pity on us and found and returned the phone. We ran full speed to the gate and made it just as the last boarding onto our plane started. This was a very stressful situation. From now on, I will always have a hard copy of my travels and not just rely on a digital form.

One last thing is crucial when traveling outside of the United States. I often hear people traveling to locations during seasons that have excellent prices but take with them the risk of hurricanes or other inclement weather possibilities. I am all about finding a great deal and traveling to

a location in the off-season.

Some of these trips can be the best I have ever taken, assuming the weather holds off and the storms do not come. But by all means, check the weather before you travel. The planes will still fly, and the reservations will remain until you arrive.

I have heard of so many friends flying into an area where a hurricane is about to hit. They have one or two days of a fan-

tastic vacation, only to be sent to a shelter to await safe travels home. This is again where the "cancel for any reason" insurance comes in handy. Do not travel into an area about to get hit by a massive storm.

I had been planning a trip with my family. We were all 12 of us flying to Hawaii and spending a week on the island of Oahu. Two of my girls and I were going to

See Travel Tips on Page 34



Always be cautious of your surroundings when traveling. Keeping important items hidden on your person.

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The Valley Center History Museum is presenting a special event at a spectacular location adjacent to the Valley Center community. This property is a vast undeveloped parcel of land that is simply like no other. It is a rare opportunity to experience what our southern California landscape looked like in the bygone days of Old California/Mexico/Spain – expansive views of rolling hills, and as a bonus the event will be held on the exterior of the handsome 8,000 square foot hacienda.

The historic Rancho Guejito dates to an era when large tracts of land were parceled out to friends and loyal followers of the Mexican territorial governors of California. These were known as the Days of the Dons and the period ended with the conquest of California by the United States in 1846.

The Rancho Guejito chain of title dates back to 1845, when three leagues (13,298 acres) was granted to Jose Maria Orozco. There have been seven property owners since Orozco. In 1974, the now over 20,000 acre property was acquired by businessman and rancher Benjamin Coates, Sr. Mr. Coates died in 2004 and the property remains in the ownership of a family business.

The Valley Center History Museum has a display devoted to Rancho Guejito, including the chain of title and interesting artifacts. The Museum is one of Valley Center's premier not-for-profit organizations, an excellent reason to support this event in addition to experiencing the Rancho:

SUNDAY, OCTOBER 13, 2024

Caravan of Cars: 12:15 PM – Outdoor Event: 1:00–4:00 PM

Play wagon train & drive several miles out onto the historic rancho property to the private hacienda featuring a panoramic view of the Rancho plus:

- BBQ Lunch with Live Music
- Wine from Rancho Guejito Vineyard & Beer Tap Truck
- Talk by C.O.O. of the Rancho Guejito Corporation – “10,000 Year Timeline of the Rancho”

Adult Event – 18 & up only please

Event attendance: \$50 per Museum member or \$75 non-members

Sign up online and receive details to meet us for our caravan of cars:

www.VCHistory.org/tickets

Your tickets & info will be emailed to you!

Note: the drive out to the venue site is a very passable and also dusty 4 miles of dirt road; sedans are okay, your favorite SUV or truck is recommended and carpools are encouraged. Proceeds benefit the Valley Center History Museum. Attendance at the event is limited to venue capacity. Rain or Excessive Heat may cause event to be rescheduled. Information: (760) 749-2993.



CHP Senior Volunteer Program administrator Kyle Telleson. Notice that Senior Volunteers get to drive CHP black and white cruisers!

Valley Programs

The CHP Volunteers want you!

By DAVID ROSS

If you are 55 and older, have we got a fun public service volunteer job for you! Kyle Telleson, CHP Senior Volunteer program administrator, tells us, “We are always looking for the right folks to join our program.”

The program is run out of the local CHP headquarters in Oceanside. The Volunteers cover the same territory covered by that office, which runs from Rancho Santa Fe to Palomar Mountain. Currently, the program has 33 members. “Ideally, we’d like to have four or five more,” said Telleson. “We’d like to have enough volunteers to have two shifts out per day.”

The Senior Volunteer program, “has been very Valley Center-centric for a long time because that’s where a lot of activity has been for a long time,” Telleson told *Valley Magazine*. “There seems to be a lot of things for us to do there. A lot of accidents, unfortunately.”

He added, “We’re looking for folks with the ability to do two to three hours of traffic control out on the road.” Daily shifts run Monday-Saturday. A shift can range from six to

eight hours.

Of course, there are background checks, and a felony conviction is a non-starter. Volunteers attend a short academy that is run inhouse at the Oceanside HQ. “You learn the proper protocols, the dos and don’ts of using the radio. You learn how to use our patrol car, sans the firearms, that’s the only difference,” he said.

You may not get to carry firearms, but you do get to drive a regular black and white CHP cruiser, just like the one in the photo. “It slows people down,” explains Telleson. “We can do traffic slowdowns. We are on Valley Center Road every day slowing down traffic—just by the presence of the black and white.”

If this kind of public service interests you, visit the Oceanside office at 435 La Tortuga Dr., Vista. Yes, I know, it’s known as the Oceanside office, but technically it’s in Vista!

“Ask for an application,” says Telleson, adding, “I’ll happily give them a tour of the station and a ride along if they want to see how things go.”

VC crime statistics are trending down, says Sheriff's Lieutenant

‘We are seeing a major decrease in crimes against persons’— Lt. Nathan Rowley

By DAVID ROSS

If you are a typical resident of Valley Center, you may be convinced that crime is on the rise in our country town. If you think that, you'd be wrong.

Recently we interviewed Lt. Nathan Rowley, who arrived as commander of the Valley Center Sheriff's substation in April. We talked about crime statistics in Valley Center. He was joined in the discussion by Sgt. John Delocht, who is the administrative sergeant and detective sergeant at the station.

Lt. Rowley explained that these statistics (shown in the charts) are specific to Valley Center and the five Indian reservations it serves, but doesn't include calls involving the tribal police.

It is a large area of 330 square miles that roughly ends at Lake Henshaw. The statistics divide crimes into three categories.

The first is Crimes Against Persons, which includes homicide (of which there has been none in our area so far this year); kidnapping/abduction; sex offenses, non-forcible; sex offenses, forcible; and assault offense.

The second category is Crimes Against Property, which



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Lt. Nathan Rowley of the Valley Center Sheriff's substation (right) and Sgt. John Delocht look at the most recent crime statistics for Valley Center.




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includes such offenses as arson, stolen property, embezzlement, vehicle theft and burglary, among others.

The third category is Crimes Against Society, which includes drug and narcotic offenses, pornography and weapons law violations. Unlike the other two categories, when you see the statistics for these crimes trend upwards, that means officers are taking more action against them. Such as raiding more drug operations.

“We see the trends peaking around 2020-2021, which was repeated across the nation,” said Rowley. That period was, of course, when many people were at home because of COVID lockdowns.

Since COVID crime statistics have been trending downwards, except for Crimes Against Society, which again reflects the fact that there is more successful enforcement against these crimes. “We are seeing a major decrease in crimes against persons,” said Rowley.

Of course, we continue to see such crimes as ag crime, depending on the price of fruit, but even there, says Rowley, “we are seeing generally the same downwards trend.”

We see an increase in reported Crimes Against Society because they reflect “proactive activity” by law enforcement. “We want them to go up,” said Sgt. Delocht.

Although the numbers of deputies at the station could always use reinforcements (“we are down in personnel,” says Rowley) some new officers are in the pipeline to arrive in Valley Center soon. “We have one new trainee and two more deputies coming,” said Lt. Rowley, who wouldn’t share exactly how many deputies are posted here.

“We have added tribal deputies,” he shared. Those are deputies who are paid for by the reservations, and whose primary role is reservation enforcement, but are available to the substa-

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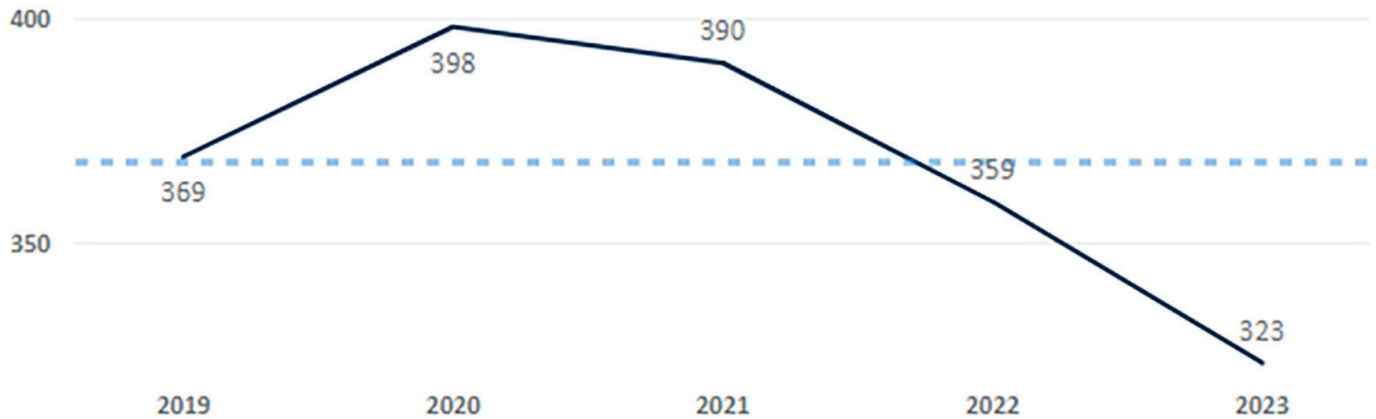
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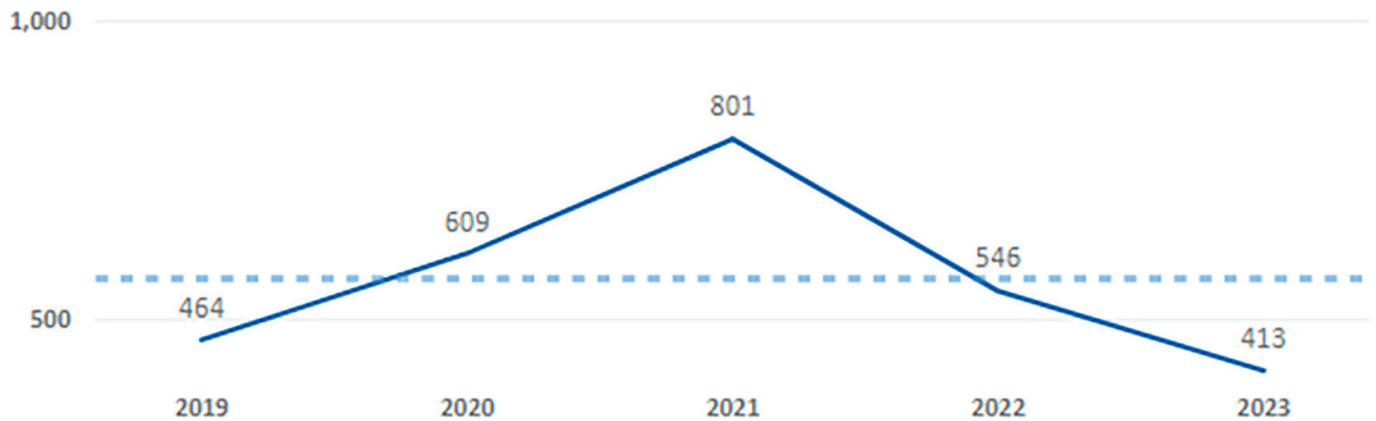
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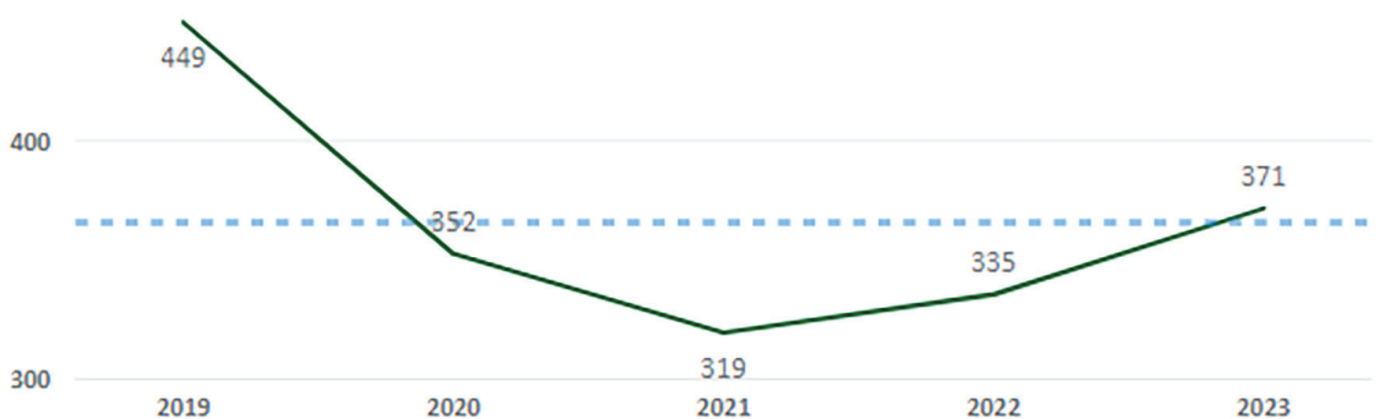
12 Month Trend: Crimes Against Persons



12 Month Trend: Crimes Against Property



12 Month Trend: Crimes Against Society



tion when needed.

Local deputies are very popular with the community of Valley Center, particularly with the local schools. “We have a very good relationships. The deputies hang out with the kids during lunchtime,” said Row-

ley, who added that they answer a normal number of calls at the schools.

The local station is continuing to look for new volunteers for the Senior Volunteer Program. Those are the ladies and gentlemen in the white Sheriff’s uniforms

who perform many useful tasks. Two of the most useful things the volunteers do is: vacation checks and You Are Not Alone (YANA) visits, for the homebound.

They also help with paperwork and routine patrolling. “Without them we could

not do our jobs,” said Lt. Rowley. “Sometimes they are first on the scene.”

Rowley believes that one reason Valley Center is seeing such a decline in crime is help from the community members, who look out for each other. “There are not many communities out there where people look out for each other, but Valley Center

does,” he said.

Moreover, the old advice “If you see something, say something” still applies. “We’d rather get that call, even if it turns out not to be an actual crime,” says Rowley. “We definitely appreciate that from the community. People are more in tuned with the community feeling out here. If you are

not from the community you stick out and people notice. If people are vested in their community they are going to look out for each other. That makes people who commit crimes uncomfortable.”

He added, “I’m willing to bet that our lowering of the crime rate is because people are proactive.”

Valley Politics

Valley Center Democratic Club

Valley Center Dems SHOW UP for community!

Thank you to everyone who came out to our recent Potluck for the People. We saw you being active in your local politics, and we loved it! Thank you for engaging with your community and listening to our guest speakers, all of whom provided important information on local issues. This was our largest turnout to date, and we have you to thank!



Voter materials at the recent Valley Center Democrats’ meeting.

Vote YES on Measure SS this November 5:

Ron McCowan, superintendent of the Valley Center-Pauma Unified School District, spoke to our group and answered questions from parents of students regarding the Valley Center School District Bond on our election ballot this year. The Valley Center Democratic Club supports Measure SS, and gives our thanks to Ron McCowan for his dedication to our kids!

What is Measure SS? If approved by 55% of voters, Measure SS will authorize \$84.6 million to improve VCPUSD schools and classrooms, including repairing, upgrading, and improving the safety in the facilities where our children spend most of their days.

These crucial funds do come from the taxpayer, but this measure will allow our district to qualify for state matching funds, with no bond funding going toward salaries, as well as requir-

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The recent Valley Center Democratic Club meeting.

ing an oversight committee to approve all expenditures. There has not been a bond of this nature in 32 years. Countless families in our community will feel the benefits of this measure. We encourage all VC residents to vote YES for Measure SS.

Want to learn more? Visit www.vcpusd.org and click Measure SS on the homepage.

November is almost here!

The VC Dems Club is preparing for a very intense few weeks leading up to November. The Go-Team is going door to door, and our members are stickering, stuffing envelopes, writing postcards, and talking to on-the-fence voters. We're encouraging you (yes, you!) to join us!

Become a member today. Visit www.valleycenterdems.org.

Vote for your Values:

You can align your vote with your values by getting educated on the policies of our politicians. The Blue Voter Guide



VC-P School Supt. Ron McCowan, speaking to the Democratic Club about Measure SS, a bond to raise funds to modernize VC's schools.

is a handy guide for deciding on local elections and is endorsed by the San Diego Democratic Club. This easy to use tool lists every Dem candidate and proposition - just enter your zip code. Visit bluevoterguide.org

The Valley Center Democratic Club urges you to support:

- U.S. President: Kamala Harris
 - U.S. Senate: Adam Schiff
 - Congressional Representatives: District 48: Stephen Hou-lahan • Valley Center Pauma Unified School District Measure SS
 - California Propositions on the 2024 General Election ballot:
 - YES on Prop 2: This would borrow \$10 billion for public school construction and repairs. Some of that money would also go toward community colleges, but no money would go toward the California State
- University or University of California systems.
- YES on Prop 3: It would remove a 2008 ban on same-sex marriage from the California Constitution. There has been no enforcement of this ban since a U.S. Supreme Court ruling in 2013.
 - YES on Prop 4: This would borrow \$10 billion for drinking water systems, drought and flood preparations, wildfires, and other climate change-related programs.
 - YES on Prop 5: This would make it easier for local governments to raise taxes or borrow money to build affordable housing or public infrastructure. It would do so by lowering the voter threshold needed to pass them.
 - YES on Prop 6: Proposition 6 asks California voters to change the state constitution to remove language that allows jails and prisons to force those who are incarcerated to work. The measure would ensure that forced labor is not allowed to be used as punishment for a crime, or to discipline those who are behind bars.
 - YES on Prop 32: Proposition 32 asks California voters to raise the state's minimum wage to \$18 over the next two years, making it the highest minimum wage in the nation.
 - YES on Prop 33: Proposition 33 asks California voters to make it easier for cities and counties to limit how much a landlord can charge a tenant for rent.
 - YES on Prop 36: Proposition 36 asks California voters to broadly increase the penalties for fentanyl dealers and theft crimes by reclassifying some that are currently misdemeanors as felonies.

Represent your Values:

You may have seen lawn signs around town in support of Harris/Walz and the VC Dems Club. You too can have your very own representation! Visit valleycenterdems.org to buy VC Dems Club & Harris/Walz Merch, available for local pickup and delivery. T-Shirts: \$25 & Lawn Signs: \$20

Stay in Touch!

The VC Dems Club is eager to hear from you! Send us an email, write us a letter, subscribe to our mailing list, and join our private Evite list.

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Valley Center Republicans



Welcome to Valley Center Republicans. We are a vibrant group of Valley Centerites that share the core values of hard work, service to our community, personal and fiscal responsibility. We believe in a constitutionally limited government and our inalienable rights afforded to us by the Bill of Rights. We believe in smaller government, fewer taxes, free markets and state and local autonomy. We are country conservatives with country values.

We meet once a month on the last Tuesday of every month. We strive to keep our members plugged in to the local, regional, and national news and initiatives. We also share hyper-local news and events from the Valley Center Planning Group and subcommittees, Valley Center Fire District, Valley Center School Board, and community groups.

Sign up at www.valleycentergop.org to learn more and be a part of the conservative movement.

So far this year, we have had a quite the lineup of guest speakers:

January – Hosted a Candidate Forum with Carl DeMaio, Jack Fernandez & Kevin Juza

February – We offered a candidate guide for the primary election.

March – Amy Richert, A San Diego community leader @amyforsandiego (Instagram/Facebook)

April – Armen Kurdian, San Diego Central Committee Representative @realarmenkurdian (Instagram/Facebook)

May – Ron McCowan, Valley Center School Superintendent

June – San Diego Sheriff Kelly Martinez, Sheriff Nathan Rowley and Mayor of Vista, John Franklin @mayor.john.franklin (Instagram/Facebook)

July – Dark for summer vacations

August – Corey Gustafson, San Diego County Republican Party, Executive Director @coreyforsandiego (Instagram)

September – Scheduled on Tuesday, September 24, Reform California and candidate Carl DeMaio

Join us by registering at www.valleycentergop.org

In addition, in July several members of our community and group, along with members of Valley Center Fire District, traveled to the July 16 Board of Supervisor's meeting to make a formal request to increase our tax apportionment for the Valley Center Fire Protection District and our Fire Fighters. At that meeting the county voted to have the CAO look for funds in the county budget to increase the tax apportionment to VCFPD.

Every year, we offer a voter guide to help you learn more about those with conservative values. There are seats to be filled on the Valley Center Planning Group, Water District, School Board and Fire Board. You will find several of these individuals on our voter guide, endorsed by the Valley Center Republicans.

We encourage you to vote early. We have learned that if you vote early, it saves candidates funding and your constant candidate mail! Our voter guide is located on our website at www.valleycentergop.org

We also encourage you to follow some of the conservative voices that will help you as we move closer to the upcoming election:

- Candidate and Former President Donald J. Trump <https://www.donaldjtrump.com/>
- Congressman Darryl Issa <https://issa.house.gov/>
- Supervisor Jim Desmond @supervisorjimdesmond www.supervisorjimdesmod.com
- Assembly Representative Marie Waldron <https://ad75.asmrc.org/>
- Senator Brian Jones <https://sr40.senate.ca.gov/>

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CHP has increased patrols in Valley Center 36% since 2023

By DAVID ROSS

I recently visited California Highway Patrol Capt. Rick Goulding, commander of the Oceanside CHP station and Pub-

lic Information Officer Hunter Gerber. The topic was the status of enforcement in the area that stretches from Rancho Santa Fe to Palomar Mountain. But drilled down into the details of Valley Center enforcement.

The interview was conducted on September 24.

Q: Any chance we will get a satellite office out in our area?

A: There used to be a satellite office in Pauma Valley but unfortunately in the past year and a half that substation closed. We no longer have residency there. So we respond all of our units from the Oceanside area office.

Q: How is the recruitment effort going?

A: Frankly, for all law enforcement across the nation, the recruiting and retaining of officers has been a challenge for the past several years. The Califor-

nia Highway Patrol is no different. We have made big inroads in the past here. Two years ago we revamped our academy process and right now we're hiring approximately 160 new cadets that are entering our academy every 10 weeks.

Q: What's the goal for total number of officers?

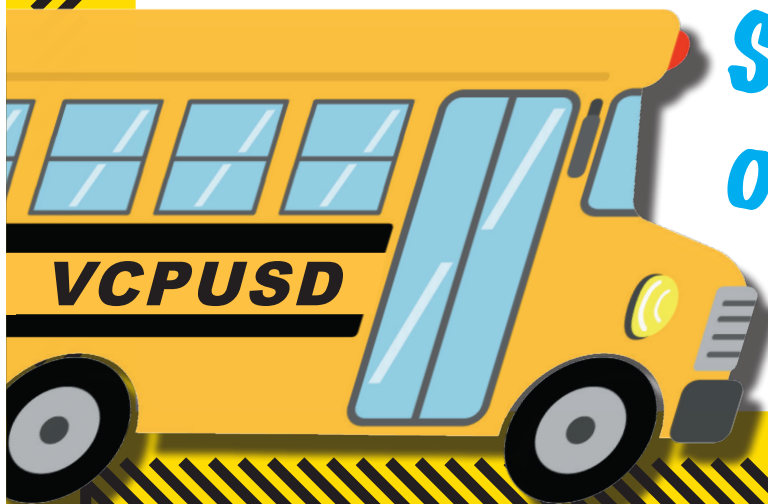
A: Originally, the goal was one thousand but with attrition and retirements and the need for additional officers through time on the job—and because we were so far behind—we're probably going to have to hire another thousand to get us to our full staffing again over the next several years

Q: I guess what I was asking is what's the total number that you want to have in the state?

A: Fully staffed, the state would be around 7,500 uniformed officers.

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California Highway Patrol Capt. Rick Goulding (left) and CHP Public Information Officer Hunter Gerber at the CHP Oceanside headquarters.



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Q: How many do you have here?

A: Right now we have 61. If we were fully staffed we would have 75. So we're still fourteen officers shy of where we'd like to be.

Q: In January a CHP spokesman said that the Valley Center area would be getting from one to three officers assigned here. How's that going?

A: A lot of things have changed in the past year. First of all, our staffing has increased. We've gone up ten officers in the Oceanside area office. Previously we were only staffing the Valley Center area for certain hours of the day because we just

didn't have the units to be able to filling them up and the significant areas that we want to serve. Now what we're doing is we have 24 hour service. One to two officers 24 hours a day in Valley Center. And we have special enforcement details that we do regularly—usually on a weekly basis on varied times to be able to scatter our enforcement and ensure that we're providing better service.

Q: When you say Valley Center, do you mean Valley Center or do you mean the general area around Valley Center?

A: It depends on the location where they're needed—but Valley Center, Pauma Valley. It's always our goal to provide a high level of service. We definitely recognize the needs of Valley Center and how it's grown a lot and more traffic than there's ever been. So we try to be responsive and with our allied partner partners we make an effort to show a presence with the use of our Senior Volunteers and also with our uniformed officers out there.

Q: Tell me more about the Senior Volunteers. Do they have white uniforms like the Sheriff's Senior Volunteers?

A: They have white shirts and darker pants. We have folks from Valley Center and we have one of the largest Senior Volunteers in the state. But we're always looking for additional volunteers. It's a great group. Within the parameters of CHP they work in an office here. They go out and do patrols and assist in all kinds of administrative functions.

The awesome thing is that these Senior Volunteers are very well versed in a variety of different previous careers. Many have done very important and high profile positions in the private sector. Then they come here and we get to use their talents and their abilities and they contribute so much. We've been very fortunate to have a just a very professional group of individuals that have wanted to volunteer with us.

Q: Sounds like you're very picky.

A: We'll take people from any category of society, however they have to be upstanding citizens. We've just been very, very blessed to have folks that have come in and have been very capable of running a program that is in conjunction with our efforts—but independently administered. They take the overarching goals and they self-administer. In many ways it's very impressive.

They supplement our efforts greatly and so we can't say enough positive about them. They're in lockstep with our mission and they really have a desire to serve. That service heart is what we're looking for in our officers and everyone involved with our agency.

Q: Our readers do comment that it seems like there's more speeding and more accidents on Valley Center Road in recent months. Is that the case or is the perception wrong?

A: I know that anecdotally a person might feel that way at one time one day and that may be true for that person and that one day. We don't have any data. We don't take speed surveys for a roadway that would be county roads. Our data is more in the way of accidents. We have data more in the field of traffic collisions or crashes and also enforcement contacts.

We know it's a constant struggle and a constant effort on our part to help people recognize the importance of traffic safety. So we focus on those important education and enforcement actions that can help reduce fatalities and help prevent crashes. We're not out there for the sole purpose of writing tickets. We're out there to educate and to enforce to reduce speeds and to save lives. We have seen that crashes have increased with population and from year to year there is a variation in crashes—but enforcement in the past year has gone significantly up.

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Q: Are they mainly motorcycle CHP or a mixture?

A: A mixture. We have officers in cars out there and a lot of our special enforcement details are motorcycles. Because they're specially trained and situated to be able to enforce quickly—to maneuver through traffic and take enforcement action without some of the barriers.

Q: As a former resident of Palomar Mountain I would be remiss not to ask a Palomar Mountain question. Because residents are basically harassed by the motorcycles and I wonder have there been any enforcements on Palomar or on S6?

A: We regularly schedule enforcements. We have motor officers and car cops—but a lot of times motor officers will go out there because we know it's a highly frequented area for motorcycle riders—especially on weekends. We recognize that it's extremely important that if we want to decrease fatalities we have to decrease motorcycle crashes. Because there's a high propensity for major injury or fatalities when there's a motorcycle crash. We have received grant funds and we have sent our officers on special enforcement details on Hwy 76 and out toward Palomar mountain for those reasons.

Q: When you do enforcements, what are the officers concentrating on?

A: We have asked our officers to focus primarily on primary collision factors and primary crash factors. Distracted driving is a huge issue. People looking at their phones. So we focus a lot on enforcement. Our enforcement activity and distracted driving has increased substantially this year. If we're out there able to see it and enforce it, that means it's happening proportionately greater than it has in the past. We're stopping them for violations of our vehicle code and ones that specifically contribute to crashes. We have a laser focus on that.

Q: Can you elaborate on that?

A: What I've asked them for them to do is work these beats. Every single day they go out and they're familiar with the places where people crash and they're familiar with the beat. So I've said, if you know—based upon your knowledge

and your training and experience—where those crashes are likely to happen that's where I want you to go and focus your efforts. We're really trying to focus our approach on preventing crashes and on saving lives.

Q: Do you have officers assigned to the area that become familiar with our area or do you rotate them?

A: We do want our officers to be community-oriented. We recognize that there are special needs and services in Valley Center. We try to be in tune with that.

Q: Valley Center is very pro-law enforcement.

A: Absolutely, North County is a great place to be and we feel very fortunate to be serving here among these communities that are so, so supportive.

Q: What can our residents do to help our CHP officers? Should we report violations? Are we still pushing 'If you see something say something'?

A: Absolutely. We are fortunate because we do have residents that call and report vehicle violations and high volumes of speed. Then we will go and be responsive. So if they're seeing something, please let us know. If they're seeing a trend and they think we can address it, please call us. We have a sergeant specifically dedicated to addressing citizens' concerns. So if a citizen calls and says 'hey we have this issue on this portion of the roadway and we see this all the time,' don't be frustrated by it. Use your voice to inform us so we can go out and address concerns. If we aren't aware of it we can't address it.

I want to thank the many people of Valley Center who do reach out to us and provide details.

Q: When that occurs, what happens?

A: We follow up and call that community member and go out and address it the best way we can over a period of time. Then we'll give them a follow up and let them know what we've done and how we try to address it and ask if they have additional concerns.

Q: What does it mean when we see a sign that says, "Radar enforced."

A: It means that radar is authorized to be used on that roadway. Usually it means that there's speed surveys on that roadway such that you can use radar to enforce it.

Q: Valley Center has the speed limit changed on several roads in the last year or so. Is there any kind of a grace period for enforcement?

A: We try to be very reasonable, though once you have the posted speed limit it's enforceable. That means there's been the survey work done to determine it. If it's lower than 55 that means the traffic engineers have done the speed-work and they've done the surveys to determine what the speed is.

Q: If people are concerned about speed limits in their area, should they go through you or go through the County? Should people begin with you or by contacting their supervisor?

A: They can start anywhere. They can start with us. They can go to the supervisor—that's always a good avenue to go to Jim Desmond's office and contact him and say these are some of our concerns. Because these folks in our republic are selected to represent them and they do a good job of coordinating with us and extending the concerns of the community to us. We receive forwarded concerns from Jim Desmond's office on a regular basis. We've worked well with him. We consider our elected officials partners in the process and it's been it's been a great relationship. So they can go in either direction. They can go to the County Road Department. They can come to the TAC (Traffic Advisory Council) meeting.

Q: TAC meetings are public meetings?

A: Yes, they are public. Also they can contact us and we can also bring their concerns forward and represent them and even discuss those issues with them. We want involvement.

Call the Oceanside office of the California Highway Patrol at 760-643-3400. Use this number for non-emergency calls.



HALLOWEEN SAFETY TIPS

By JOHN BALOGH, Crime Prevention Specialist, San Diego County Sheriff's Office- Valley Center Substation

Halloween is a time of costumes, candy, parties, and excitement for many. It is also a time to think about how to make it a safe and fun experience.

I reflect back on my own childhood and young adulthood Halloween experiences and have very fond memories. Looking at it from a parent's point of view, it was kind of dangerous. Granted, it was out in the country, not many cars, and we knew all our neighbors, but there weren't any streetlights or much use of flashlights either. And not to mention the older kids who were doing more tricking than treating.

Here are some Halloween safety tips from the Valley Center Sheriff's Substation:

- Fasten reflective tape to costumes for after dark activities
- An adult should accompany children 12 and under
- Agree on a specific time to meet or be home with your children
- Teach children to never go with a stranger and stay with friends
- Travel in well-lit areas with a glow stick or flashlight

- Put electronic devices down (Parents too) and watch where you are walking
 - Cross at crosswalks when available
 - Drivers should be watching for walkers and unpredictable actions
 - Drivers should enter and exit driveways with caution
 - Discourage new and inexperienced drivers from driving on Halloween
 - Watch for children wearing dark clothing at twilight and in the evening
 - Double check candy wrappers- if opened, don't eat
 - Don't eat homemade treats from people you don't know very well
 - Skip houses that don't have the light on
 - Review safety procedures with your child if a dangerous situation occurs
 - "Let your parents pick their favorite candy from your pile first"
 - HAVE FUN!!!
- Happy Halloween!

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Travel Tips from Page 17

race the Hawaiian Spartan race that first weekend. It was August, and that was hurricane season in Hawaii. Still, Reagan and I had taken the same trip the year before and had no reason to believe this year would be any different.

Unfortunately, a massive hurricane was about to hit Oahu that year. I kept waiting for the flights to be canceled. The hurricane was scheduled to hit the day we arrived. I kept waiting for the vacation rental to be canceled, but neither was canceled. I waited until the last minute, even checking us all into our flights. I called to cancel the trip. I assumed an airline would not expect us to still fly into an active storm. Finally, after many hours on the phone with the airline, I got a credit for the family's flights.

Then, I had the same fight with the vacation rental agency. The property owner did not want us to come. He said all the roads were flooded and unpassable. Yet, the vacation rental company said it was a non-refundable stay. Once the hurricane hit, the vacation rental company refunded my money.

As travelers, we must all do our due diligence and check the weather patterns to be sure we are not flying into a storm. We are our best advocates when we travel.

I hope these suggestions make you feel safer and more confident as a traveler. There is so much to see out there and many adventures to be had. Doing them safely with some precautions makes every experience so much better. If you'd like to learn more about safe travel, email me with questions at: Jaxadventures0@gmail.com

"People don't take trips, trips take people" —John Steinbeck

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